

2025 AMAC GET STUFFED! MASTERS INVITATIONAL SWIM MEET



Date:	November 15, 2025	
Sanction:	USMS No. _____ Sanctioned by Iowa Masters Swimming for USMS Inc.	
Host:	Ames Masters Aquatics Club (a program of Ames Cyclone Aquatics Club)	
Location:	Dan Flannery Pool, Ames High School, 1801 Ridgewood Ave, Ames 50010	
Timeline:	10:45 AM	Facility open
	11:00 AM	Warm-ups begin
	11:15 AM	Officials meeting
	11:30 AM	Lanes open for starts
	11:45 AM	Timers meeting
	11:50 AM	Pool cleared
	NOON	Competition begins
	Appx. 3:00 PM	Social
Pool	<p>The natatorium includes the following features: A Myrtha pool that is 33 1/3 meters long by 25 yards wide with a moveable bulkhead. The racing course configuration will be determined once entries have been received with a possibility of up to 10 competition lanes. The competition lanes are 7 feet 6 inches in width and 25 yards in length. There will be 5 warm-up and cool-down lanes 7 feet wide and 25 yards in length. The competition basin is 12 feet 3 inches deep at the starting end and 6 feet 7 inches at the turn end. The facility is equipped with Myrtha starting blocks and back-stroke wedges. The host will use a Colorado Timing System with 7-foot four-inch touch pads, button back-ups, and individual lane speakers. Times from this competition will not be eligible for world record, USMS record, or Top 10 consideration. The host will ensure the required course dimensions. The length of the competition course is not on file with USMS. Eligibility of times achieved in this meet will be contingent upon pool length measurement and approval with USMS; if bulkheads are present, their placement must also be confirmed by measurements at the meet (USMS articles 105.1.7 and 106.2.1).</p>	
Rules:	Current USMS 2025 rules will be applied.	
Eligibility:	The meet is open to all current U.S. Masters members.	
USMS Registration:	USMS registration is REQUIRED. Registration can be completed at USMS.org .	
Age Groups:	Individuals: 18-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, etc. Relays: N/A. Age as of November 15, 2025, determines the athlete's age for the meet.	
Event Limit:	Swimmers may enter a maximum of 6 individual events.	
Awards:	None.	
Team Scoring:	None.	

2025 AMAC GET STUFFED! MASTERS INVITATIONAL SWIM MEET

Meet Director:	Frank Feilmeyer / Melissa Chamberlin / Alison Robertson P: 515-290-1403 / 801-518-2401 / 515-290-9693 E: frank@swimacac.com / mc.waterislife@gmail.com / alisonr@iastate.edu
Meet Referee	Phil Barnes Phone: 319-573-1890 Email: gjpbarnes@gmail.com
Meet Operation:	There will be one session. All events will be timed finals. All events will be pre-seeded. All heats will be swum fastest to slowest. The competition may be in up to 10 lanes. Swimmers in all events shall report directly to the starting blocks. The host is not responsible for providing rest for swimmers between events. All events will be combined by age group, and some or all events may be combined by gender to facilitate meet operation. Results for all events will be separated gender and age group later for results. Deck changes are prohibited.
No Show/Scratch:	There is no penalty for failing to report for and compete in an event. Athletes may scratch from an event. No refunds will be given for a no show, DFS, scratch, other failure to compete.
Entry Chair:	Kaitlyn Vos Phone: 515-450-8863 Email: meetentries@swimacac.com
Entry Fee:	\$40.00 paid with registration (\$50.00 paid after the entry deadline)
Entry Deadline	November 8, 2025, at noon Central Time
Entry Submissions:	Each athlete must provide an electronic or paper entry submission, a photocopy of a valid 2025 USMS membership card, USMS-required waiver, and payment. Paper entries and PDF entries must be submitted on the Official Entry Form (see attached). Electronic entries may be submitted in a format compatible with HY-TEK Meet Manager software (the meet file may be found at www.swimacac.com). Make checks payable to Ames Cyclone Aquatics Club or ACAC . Mail entry forms and payments to: ACAC PO Box 183 Ames, IA 50010 Email PDF or HY-TEK electronic entries to meetentries@swimacac.com . Entry fees are non-refundable; USMS surcharge fees will be refunded only if the entire meet is canceled. Deck entries may be permitted in the absolute discretion of the host and referee and only if is not necessary to add additional heats.
Seed Times:	On the meet entry form, submit the athlete's latest times for a 25-yard course. Enter "NT" for no time.

2025 AMAC GET STUFFED! MASTERS INVITATIONAL SWIM MEET

Facility Rules:

- The meet will be held in an Ames Community School District facility, all applicable federal, state, and local laws and regulations must be observed. Coaches, athletes, volunteers, and spectators are charged with following all facility signs and rules regardless of whether those rules are described in this document.
- Use of tobacco products and the consumption of alcohol is not permitted anywhere on school district grounds.
- No glass containers of any kind are permitted anywhere in the natatorium.
- Do not enter other areas of the school without permission. Any person who enters restricted areas of the school without permission will be expelled from the meet and escorted out of the venue. In this case, entry fees and admission expenses will not be reimbursed.
- No swimming or diving below the bulkhead, which is treated as a “restricted area” to which the preceding rule applies.
- Participants will be financially responsible for any damage caused by them to the facility.
- Use of audio or visual recording devices, including cell phones, is not permitted at any time in changing areas, restrooms, or locker rooms.

Events:

Women's Events	Event	Men's Events
1	200 IM	2
3	50 Freestyle	4
5	100 Butterfly	6
7	200 Freestyle	8
9	100 Backstroke	10
11	50 Breaststroke	12
13	500 Freestyle	14
15	50 Butterfly	16
17	100 Breaststroke	18
19	100 Freestyle	20
21	50 Backstroke	22
23	100 IM	24
—	Get Stuffed! Relay*	—



* The final event will be a non-sanctioned, fun, holiday-themed relay.

2025 AMAC GET STUFFED! MASTERS INVITATIONAL SWIM MEET

ENTRY FORM

Name: _____

Gender: F / M

Address: _____

Age on 11/8/25: _____

Phone No.: _____

Team: _____

Email: _____

USMS No. (attach member card): _____

Entry Fee: \$40.00 paid with registration (\$50.00 paid after the entry deadline)
Make checks payable to **Ames Cyclone Aquatics Club** or **ACAC**.

Entry Deadline November 8, 2025, at noon Central Time

Entry Submissions: Mail entry forms and payments to:
ACAC
PO Box 183
Ames, IA 50010

Events & Times: Circle events in which you wish to be entered. Opposite selected races, enter a seed time that is the latest time for a 25-yard course. Enter "NT" for no time.

Women's Events	Men's Events	Event	Seed Time
1	2	200 IM	
3	4	50 Freestyle	
5	6	100 Butterfly	
7	8	200 Freestyle	
9	10	100 Backstroke	
11	12	50 Breaststroke	
13	14	500 Freestyle	
15	16	50 Butterfly	
17	18	100 Breaststroke	
19	20	100 Freestyle	
21	22	50 Backstroke	
23	24	100 IM	



PARTICIPANT WAIVER AND RELEASE OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY AGREEMENT

For and in consideration of United States Masters Swimming, Inc. ("USMS") allowing me, the undersigned, to participate in any USMS sanctioned or approved activity, including swimming camps, clinics, and exhibitions; learn-to-swim programs; swimming tryouts; fitness and training programs (including dryland training); swim practices and workouts (for both pool and open water); pool meets; open water competitions; local, regional, and national competitions and championships (both pool and open water); Grown-Up Swimming meets or workouts; and/or related activities ("Event" or "Events"); I, for myself, and on behalf of my spouse, children, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors, and assigns, hereby agree to and make the following contractual representations pursuant to this Waiver and Release of Liability, Assumption of Risk and Indemnity Agreement (the "Agreement");

1. I hereby certify and represent that (i) I am in good health and in proper physical condition to participate in the Events; and (ii) I have not been advised of any medical conditions that would impair my ability to safely participate in the Events. I agree that it is my sole responsibility to determine whether I am sufficiently fit and healthy enough to participate in the Events.
2. I acknowledge the inherent risks associated with the sport of swimming. I understand that my participation involves risks and dangers, which include, without limitation, the potential for serious bodily injury, sickness and disease, viral or bacterial infection including but not limited to COVID-19, permanent disability, paralysis and death (from drowning or other causes); loss of or damage to personal property and equipment; exposure to extreme conditions and circumstances; accidents involving other participants, event staff, volunteers or spectators; contact or collision with natural or manmade objects; dangers arising from adverse weather conditions; imperfect water conditions; water and surface hazards; facility issues; equipment failure; inadequate safety measures; participants of varying skill levels; situations beyond the immediate control of the Event organizers; and other undefined, not readily foreseeable and presently unknown risks and dangers ("Risks"). I understand that these Risks may be caused in whole or in part by my own actions or inactions, the actions or inactions of others participating in the Events, or the negligent acts or omissions of the Released Parties defined below, and I hereby expressly assume all such Risks and responsibility for any damages, liabilities, losses or expenses that I incur as a result of my participation in any Events.
3. I agree to be familiar with and to abide by the Rules and Regulations, including the [Code of Conduct](#) and any safety regulations established by USMS. I accept sole responsibility for my own conduct and actions while participating in the Events and acknowledge that violations of the code of conduct may result in disciplinary action up to and including suspension of USMS membership.
4. I hereby Release, Waive and Covenant Not to Sue, and further agree to Indemnify, Defend and Hold Harmless the following parties: USMS, its members, clubs, workout groups, event hosts, employees, contractors, and volunteers (including, but not limited to, event directors, coaches, officials, judges, timers, safety marshals, lifeguards, and support boat owners and operators); the USA Swimming Foundation; Grown-Up Swimming, LLC; USMS Local Masters Swimming Committees (LMSCs); the Event organizers and promoters, sponsors and advertisers; pool facility, lake and property owners or operators hosting the Events; law enforcement agencies and other public entities providing support for the Events; and each of their respective parent, subsidiary and affiliated companies, officers, directors, partners, shareholders, members, agents, employees, and volunteers (individually and collectively, the "Released Parties"), with respect to any liability, claim(s), demand(s), cause(s) of action, damage(s), loss or expense (including court costs and reasonable attorneys' fees) of any kind or nature ("Liability") which may arise out of, result from, or relate in any way to my participation in the Events, including claims for Liability caused in whole or in part by the negligent acts or omissions of the Released Parties.
5. I further agree that if, despite this Agreement, I, or anyone on my behalf, makes a claim for Liability against any of the Released Parties, I will indemnify, defend and hold harmless each of the Released Parties from any such Liabilities which any may be incurred as the result of such claim.

I hereby warrant that I am of legal age and competent to enter into this Agreement, that I have read this Agreement carefully, understand its terms and conditions, acknowledge that I will be giving up substantial legal rights by signing it (including the rights of my spouse, children, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors, and assigns), acknowledge that I have signed this Agreement without any inducement, assurance, or guarantee, and intend for my signature to serve as confirmation of my complete and unconditional acceptance of the terms, conditions and provisions of this Agreement. This Agreement represents the complete understanding between the parties regarding these issues and no oral representations, statements, or inducements have been made apart from this Agreement. If any provision of this Agreement is held to be unlawful, void, or for any reason unenforceable, then that provision shall be deemed severable from this Agreement and shall not affect the validity and enforceability of any remaining provisions.

First Name	Last Name	MI	Sex (check) M F	Date of Birth (mm/dd/yyyy)
Street Address, City, State, Zip				
Signature of Participant			Date Signed	

Revised 10/30/2024