

# 2025 Iowa Masters Short Course State Championship

Sunday, March 9, 2025

U.S. Masters Swimming Sanction Number: 405-S003

Host	DSMY Marlin Masters	
Location	Wellmark YMCA 501 Grand Avenue Des Moines, IA 50309	
Date	Sunday, March 9, 2025	
Timeline	9:00am	Annual Meeting - Knapp Meeting Room – All swimmers encouraged to attend
	10:30 AM	Pool doors open
	11:00 AM	Warm-ups Begin
	11:05 AM	Officials Meeting (Dahl Wet Classroom)
	11:30 AM	Lanes open for starts & one-way swims
	11:45 AM	Positive Check in for Distance Events
	11:45 AM	Timers meeting (Admin table)
	11:56 AM	Pools Cleared
	12:00 PM	National anthem Competition begins
Sanction	Sanctioned by USMS Inc. and Iowa Masters Swimming	
Pool	<p>The Prairie Meadows Pool (competition pool) is a 20 lane 25-yard short course pool with one moveable bulkhead allowing for an 8 lane 50-meter long course pool or multiple configurations when running short course competition(s). Water depth of the pool ranges from 10 feet 8 inches to 7 feet (minimum 5 feet required at start end). Lane width is 8 feet 3 inches. Colorado electronic timing systems and Colorado Backstroke Starting Devices will be used in all configurations.</p> <p>Pool configuration and number of courses will be determined once entries have been received. The 4 lane, 25 yard program pool may be made available for warm-up and cooldown if we run two pools.</p> <p>The competition course has been certified in accordance with Rule 104.2.2C(4) of USA Swimming Rules and Regulations. A copy of the certification is on file with USA Swimming.</p>	
Awards	A traveling team* trophy will be awarded for 1 <sup>st</sup> place. No individual or relay awards.	
Team Scoring	Individual events: 9-7-6-5-4-3-2-1 Relay events: 18-14-12-10-8-6-4-2	

Rules USMS 2025 rules prevail. Age as of March 9, 2025 determines age for the meet. Individual competition age groups: 18-24, 25-29, 30-34, 35-39, et al. Relay age groups: 18+, 25+, 35+, 45+, et al.

Event Limit Swimmers may enter a maximum of six (6) individual events. A swimmer may enter a relay once. Swimmers are limited to either the 1000 free OR the 1650 free.

Entry Fee \$40.00 entries received prior to Tuesday, February 25, 2025  
\$50.00 entries received after Tuesday, February 25, 2025. Entries will be accepted up until 5:00 PM, March 7, 2025 (no deck entry)

Please make checks payable to: Greater Des Moines YMCA

Entry Deadline Tuesday, February 25, 2025  
Deck entries will not be accepted. Entries after Tuesday February 25 will be assessed a \$10.00 late fee. We encourage all entries, however late entries must be received by 5:00 PM, March 7, 2025. Deck entries will not be accepted.

Entries Written entries and checks: Hy-Tek/Meet Manager Files:  
Greater Des Moines YMCA andrew.little@dmymca.org  
Attn: Andrew Little  
501 Grand Avenue  
Des Moines, IA 50309

*For teams using team management software:*

Please send Hy-Teck/Meet Manager files along with a PDF copy to the entry chair, andrew.little@ymca, by Tuesday, February 25, 2025. Checks must be received by Friday, February 28. Signed waivers and copies of USMS cards may be delivered the day of competition.

*For individuals:*

Please mail your completed entry form, signed waiver, copy of USMS card, and payment to the address listed above. Checks should be made payable to the Greater Des Moines YMCA. Mailed entries should be received by February 25.

*Late Entries:*

Please deliver your completed entry form, signed waiver, copy of USMS card and payment to Andrew Little, andrew.little@ymca.org by 5:00 PM, March 7, 2025. While checks are preferred, correct change cash is acceptable.

*General notes on entries:*

Distance events are deck-seeded. All distance swimmers should check-in at the Admin Table on the pool deck by 11:45am to confirm their entry in the event.

Entry cards for relay events can be submitted with the entry form or completed at the meet.

Entries will NOT be processed unless they are accompanied by a check. Please make sure that all entries are written legibly. Any entries that cannot be read will be discarded and returned to sender.

Seed Times	Submit latest times for 25 yard course. Enter "NT" for no time.
Eligibility	Open to all athletes with current U.S. Masters membership cards.
USMS Registration	USMS registration is REQUIRED. It is strongly recommended that registration is complete prior to entering the meet. Registration can be completed at <a href="https://www.usms.org">USMS.org</a> .  Please attach a photocopy of your 2025 USMS card with your entry form, waiver, and payment.
Scratches	Athletes not reporting for events will be scratched. No refunds will be given.
Meet Director	James Lawson <a href="mailto:James.Lawson@dmymca.org">James.Lawson@dmymca.org</a> 515-229-0677
Meet Referee	TBD
Team Definition	All USMS athletes registered in the state of Iowa are officially members of the same "Iowa Masters" club.

FOR THE PURPOSES OF THIS MEET ONLY

In order to have a sporting competition for a State Championship Team Trophy, a "Team" is defined as follows:

1. A team must have a designated city or town which is a single city or town in Iowa.
2. Every team member must reside in the designated city or town, or swim regularly at a pool within 25 miles of the designated city or town. Regularly is defined as *at least* 20 times per year.
3. To score points in relay events, all athletes on the relay must be from a single "Team" as defined here.
4. Entrants residing outside of Iowa and who have an Iowa Masters USMS card may swim for an Iowa team if rule 2 is satisfied.
5. Teams outside the state of Iowa may score points, but are not eligible for the team trophy.

**Official Entry Form**  
**2025 Iowa Masters Short Course State Championship**

Prairie Meadows Pool at the MidAmerican Energy Company Aquatic Center  
 Wellmark YMCA, 501 Grand Avenue, Des Moines, Iowa 50309  
 Sunday, March 9, 2025

Sanctioned by: USMS, Inc. and Iowa Masters Swimming.

Name		Gender	Age (as of 3/9/25)
Street			
City	State	Zip	
Email	Cell Phone #	Home Phone	
USMS member #	Age Group	Team	

U.S. Masters Swimming Sanction Number: 405-S003

Meet fees: Event/splash fee (prior to February 25) \$40  
 Event/splash fee plus late entry fee (on/after February 25) \$50

Mail form, signed waiver, copy of USMS card, and meet fees to:

Greater Des Moines YMCA  
 Attn: Andrew Little  
 501 Grand Avenue  
 Des Moines, IA 50309

EVENTS (please circle event # and enter seed time) limit of 6 events					
#	Event	Entry Time	#	Event	Entry Time
1	Women's 400 Free RELAY		2	Men's 400 Free RELAY	
3	Women's 200 Back		4	Men's 200 Back	
5	Women's 200 Med RELAY		6	Men's 200 Med RELAY	
7	Women's 100 Fly		8	Men's 100 Fly	
9	Women's 200 Breast		10	Men's 200 Breast	
11	Women's 50 Free		12	Men's 50 Free	
13	Mixed 200 Free RELAY				
15	Women's 200 IM		16	Men's 200 IM	
17	Women's 200 Free		18	Men's 200 Free	
19	Women's 100 Back		20	Men's 100 Back	
21	Women's 50 Breast		22	Men's 50 Breast	
23	Women's 400 IM		24	Men's 400 IM	
25	Women's 500 Free		26	Men's 500 Free	
27	Women's 50 Fly		28	Men's 50 Fly	
29	Women's 100 Breast		30	Men's 100 Breast	
31	Mixed 200 Med RELAY				
33	Women's 100 Free		34	Men's 100 Free	
35	Women's 50 Back		36	Men's 50 Back	
37	Women's 200 Fly		38	Men's 200 Fly	
39	Women's 100 IM		40	Men's 100 IM	
41	Women's 200 Free RELAY		42	Men's 200 Free RELAY	
43	Women's 1000 Free		44	Men's 1000 Free	
45	Women's 1650 Free		46	Men's 1650 Free	

There will be a 15-minute break between event 24 and 25.

## 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	