



## CONTACTS

Natalie Moran: *President* - [nmoran@iastate.edu](mailto:nmoran@iastate.edu), (715) 348-5123

Lori Ostermeier: *Vice President* - [laost@iastate.edu](mailto:laost@iastate.edu), (515) 817-3097

Katelyn Mumper: *Head Coach* - [kmumper@iastate.edu](mailto:kmumper@iastate.edu), (224) 828-5994

Abigail To: *Assistant Coach* - [abbyto@iastate.edu](mailto:abbyto@iastate.edu), (612) 987-6346

Mak Simpson: *Treasurer* - [msimps26@iastate.edu](mailto:msimps26@iastate.edu), (540) 604-3070

Yousef Selim: *Membership Coordinator* - [yselim5@iastate.edu](mailto:yselim5@iastate.edu)

Club Email: [isuswimclub@gmail.com](mailto:isuswimclub@gmail.com)



# LOCATION

**Address:** 2625 Union Dr, Ames, IA 50011: [[Google Maps Link](#)]

## Building Directions

**Spectators** will be seated in the bleachers' area on the second floor. Stairs are located directly at the main entrance of the building, past the front desk.

**Athletes** will be seated on the pool deck in the available deck space (EXCLUDING behind the blocks). Locker room entrances are just down the stairs from the main entrance. The pool area is accessed through the locker rooms.

Beyer Hall Pool: [[ISU Website Link](#)]

## PARKING DIRECTIONS

Below are a few free parking lots available. The entrance to Beyer Hall is on the northside of Union Dr. under the sky bridge (see highlighted image below).

Lot 7: [[Google Maps Link](#)]

Lot 1: [[Google Maps Link](#)]

Lot 6: [[Google Maps Link](#)]



**\*\*If free parking is unavailable,  
find unmetered street parking on Campus Ave or West Street\*\***



# ENTRIES

Participants are allowed **six individual events** and **four relays**.

Teams are allowed an **unlimited** number of relays per relay event (A, B, C, D, etc...)

## CCS Swimmers

All entries are completed through the CCS online portal (see instructions below). Please direct questions regarding sign-up issues to CCS at [meets@ClubAssistant.com](mailto:meets@ClubAssistant.com). Otherwise, contact our club using the information on page 1.

### 1. Make sure you are a registered member of CCS

- a. Find your team under the CCS Club list  
([https://www.clubassistant.com/club/college\\_club\\_swimming.cfm](https://www.clubassistant.com/club/college_club_swimming.cfm))
- b. Click “Register Swimmer”.
- c. If you are new to your club, click “Register here.” Otherwise, find your name on the list and click “Register for 2025-2026”.
- d. Fill out the fields and checkout (it’s free).

### 2. Sign up for events

- a. Navigate to  
[https://www.clubassistant.com/club/login\\_form.cfm?c=2417](https://www.clubassistant.com/club/login_form.cfm?c=2417).
- b. Login (you may need to use Password Retrieval).
- c. Navigate to “Meets” > “ISUSC Spooktacular 2025”.
- d. Mark yourself available for relays.
- e. Fill out seed times for each event you would like to swim.
- f. Hit “Continue”.

## USMS Swimmers

Send entries to: **ISUSC Spooktacular 2025 USMS Entry Form**

Make sure to include first and last name, date of birth, USMS number, and seed times.



## Entry Fees

\$30.00 per USMS swimmer. \$10 per CCS swimmer. An online payment portal will be available before the meet. Cash or Check made out to “Swim Club at Iowa State University” will be accepted at the check-in table.

## Entry Deadlines

Athlete Entries: ***Wednesday, October 22nd at 11:59 PM***

- This includes entries emailed or done through CCS by the athlete.

## TIMELINE

Both the diving well and competition pool will be open during warm-up. During competition, the diving well will remain open for cooling down or warming up for subsequent events.

***Heat sheets will be posted on the walls near each seating area!***

Warmup	Coaches Meeting	Warmup Ends	Meet Start	Meet End (Estimate)
11:30 am	12:30	12:45 pm	1:00 pm	4:00 pm

## Seeding and Scoring

All events will be run as timed finals, with heats swum slow to fast.

***Individual Events:*** 7-5-4-3-2-1

***Relay Events:*** 14-10-8-6-4-2



# ORDER OF EVENTS

Session	Event #	
Saturday - 12:45 pm	Women	Men
200 Medley Relay	1	2
200 Free	3	4
50 Fly	5	6
200 IM	7	8
50 Free	9	10
200 Back	11	12
100 Fly	13	14
50 Breast	15	16
100 Free	17	18
~10 min break		
500 Free	19	20
50 back	21	22
200 Breast	23	24
200 Free Relay	25	26
200 Fly	27	28
100 Back	29	30
~10 min break		
100 IM	31	32
100 Breast	33	34
400 IM	35	36
400 Free Relay	37	38

\*\*Break lengths are tentative and depend on meet pacing\*\*

