

SPLASH:

April 2025

The  Swimming Newsletter

March State Meet In Des Moines Includes 130 Swimmers

Thanks to all the swimmers from Iowa and beyond who made the trek to Des Moines for the annual Iowa Masters State Meet. We also appreciate the efforts of Meet Director Jim Lawson and the dozens of volunteers who helped host the meet. Congratulations to **Milky Way Masters** for earning yet another **state crown** with a grand total of 3,160.5 points. According to Dennis Bennett, who compiles masters swim records, there were 26 records broken at this year's meet, 13 for women and 13 for men. Bravo!



Clockwise from top: State Champ Milky Way Masters, state trophy, I-Fly competitor, Prairie Meadows pool and Quad Cities Masters swimmers.



Chair Report by Nick Gearhart

Hello Iowa Masters swimmers!



My name is Nick Gearhart from Cedar Rapids and at our annual meeting this past March 9, Chair Jim Lawson stepped down and I was elected as the new Chair for the 2025-28 term. Many thanks to Jim for his service! I have been involved with masters swimming in Iowa since 1975 and founded our local masters club, Milky Way Masters (MWM). I have coached MWM for the past 30 years.

Iowa Masters (IAMA) has added several new Board members which you will meet in the coming months. Our 15-member Executive Committee's roster with contact information is included in this newsletter. We retained seven members and have added eight new members. I'm excited for my new team and through our new Newsletter Editor, Norm Bower, new Communications Chair, Dennis Green, new Social Media Chair, Hannah Teubel and new Registrar/Membership Chair, Silas Oney, we will be doing a much better job staying in touch with all of you.

When I got involved with masters swimming in 1975, longtime Chair, Jack Matthews made sure there was a monthly swim meet somewhere in Iowa, usually on a Sunday morning. We have gotten away from that schedule and several of you were traveling out of state to compete. That is changing. I put several new meets together in 2024-25 and could not understand when our attendance was so low and realized no one knew about these new meets. Our new Communications team will make sure all of you will know about these new, annual competitions in Iowa. You will find our annual calendar in this newsletter. Enough for now. Please feel free to reach out to me or anyone on our Executive Committee.

Yours in swimming, Nick

FYI: The **Iowa Masters** Swimming website is: www.iowamasters.org

You can also learn more about **U.S. Masters** Swimming at USMS.org.

Please use USMS **registration** system to [register on-line](#).

TO DATE: we have 40 registered Iowa Masters who are signed up for the national short-course meet in San Antonio, Texas in late April. Good luck!

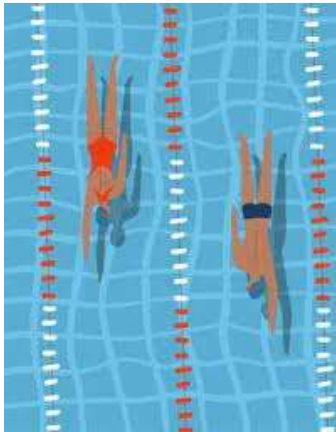
Iowa Masters Swimming Annual Calendar -- 2025

January 18 – Third Annual Splash ‘N Dash, Cedar Rapids

January 25-26 – Iowa Winter Games, Dubuque

February 22 – First Annual Up-The-River Masters Meet, Mason City

March 9 – State Meet, Wellmark YMCA, Des Moines



April 22-25 – USMS Short Course Nationals, San Antonio, TX

May 17 – First Annual Charlie Kohawk Masters Meet, Cedar Rapids

May 31 – QC Summer Games, Augustana College, Rock Island, IL

May 31 – Mercer Long-Course Meet, Mercer Aquatic Center, IA City

June 8 – Iowa Senior Games, West Des Moines

July 12-13 – Iowa Summer Games, Boone, Iowa, High School

July 25-28 – National Senior Games, Des Moines

August 6-10 – USMS Summer Nationals, Federal Way, WA

September 27 – Second Annual Cougar Invitational, Cedar Rapids

Fall Date TBA – Council Bluffs Meet, Council Bluffs, Iowa

October 18 – Second Annual Autumn in the Valley Invite, Decorah

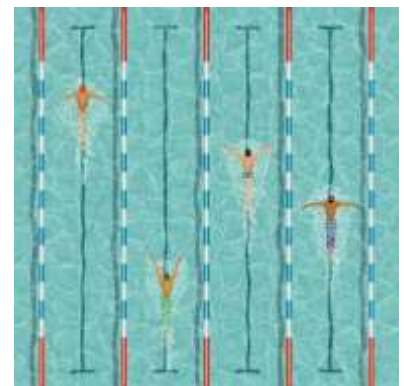
November 15 or 22 (pending) – First Annual Cyclone Invite, Ames

December 6 – Second Annual Cougar Holiday Relays, Cedar Rapids

Are You Getting Your Dollars' Worth From Your USMS Membership?

The USMS Workout Library is an outstanding resource for searchable online swimming workouts and is intended for all different abilities: beginner, intermediate, and advanced. These workouts are written by USMS-certified coaches and feature a variety of swimming sets for all different interests. Go online to check it out ...

<https://www.usms.org/workout-library>





2025-28 Iowa Masters Swimming Executive Committee

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Past Chair	James "Butch" Lawson	Des Moines	jmlawson1960@gmail.com	515.229.0677



2025 First Annual Charlie Kohawk Masters Swimming Meet

Saturday, May 17, 2025 U.S.M.S. Number: 405-S004

- Hosted by: Coe College Men's & Women's Swim Teams
- Location: Coe College Natatorium, 475 Center Point Road NE, Cedar Rapids, IA 52402
- Date & Time: Saturday, May 17, 2025. Warm-ups: 11:00 am – Meet: 12:00 noon
- Sanction: Sanctioned by Iowa Masters Swimming for USMS, Inc.
- Pool: Eight lanes, 25 yards, non-turbulent lane markers, backstroke flags, electronic timing system with back-up stop watches, and generous spectator seating. Four 25-yard lanes separated by a bulkhead will provide continuous warm-up and cool-down to all participants for the duration of the meet and not be used for competition. The length of the competition course without a bulkhead is in compliance and on file with USMS in accordance with articles 105.1.7 and 106.2.1.
- Timing: The primary timing system will be automatic. Times from this competition will be eligible for USMS records and Top 10 consideration, but not for world records.
- Rules: 2025 USMS rules prevail. Individual competition in age groups: 18-24, 25-29, 30-34, 35-39, etc. Age as of May 17, 2025 determines age for the meet.
- Eligibility: Open to all swimmers with current U.S. Masters swimming cards. Participants must be registered USMS athletes and 18 or older as of May 17, 2025. Although registrations can be completed the day of the meet, it is strongly recommended that swimmers complete their 2025 USMS registration prior to entering the meet. Registration may be done by visiting the USMS website: WWW.usms.org
- Event Limit: Six individual events.
- Entry Fees: \$39.00 entry fee + \$1.00 splash fee = \$40.00. (A late fee of \$5.00 will be added to all entries not received by Thursday, May 15, 2025). Make check payable to: Coe College. The Splash Fee is for the promotion of Masters Swimming in Iowa.
- Entry Deadline: Thursday, May 15, 2025**
Entries received without payment will not be processed. Late entries will be accepted until 11:45 am on May 17, 2025. Late entries will be assessed an additional \$5 late fee.
- Seed Times: Submit latest times for 25-yard course. Enter NT for no time.
- Scratches: Swimmers not reporting for events will be scratched. No refunds.
- Entries Submission: Entries will be accepted by **Club Assistant** only. Late & deck entries will be accepted with cash or check payable to: Coe College
- Format: This is an official USMS sanctioned masters swimming meet with a full schedule of events including both the 1000 free and 1650 free. Participants can swim both events as the 1000 Free is Event #1 and the 1650 Free is Event #22, the final event. This is a **Triathlete's DREAM**.....being able to swim the 1,000, 500 and 1,650 freestyle events.
- Meet Director: Joe Tristan, jtristan@coe.edu (319) 399-8653

OFFICIAL ENTRY FORM

2025 FIRST ANNUAL CHARLIE KOHAWK MASTERS SWIMMING MEET

U.S. Masters Swimming Sanction Number: 405-

Saturday, May 17, 2025

NAME _____ SEX _____ AGE _____
(age as of May 17, 2025)

ADDRESS _____

EMAIL _____

CELL PHONE _____

USMS Membership Number _____

TEAM _____ AGE GROUP _____

EVENTS (Enter Seed Time or NT for No Time. SIX event limit.)

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- | | |
|-------------------------------|----------------------------------|
| 1. 1000 Free _____ | 12. 400 IM _____ |
| 2. 200 Medley Relay _____ | 13. 500 Free _____ |
| 3. 200 Back _____ | 14. 50 Fly _____ |
| 4. 100 Fly _____ | 15. 100 Breast _____ |
| 5. 200 Breast _____ | 16. 200 Mixed Medley Relay _____ |
| 6. 50 Free _____ | 17. 100 Free _____ |
| 7. 200 Mixed Free Relay _____ | 18. 50 Back _____ |
| 8. 200 IM _____ | 19. 200 Fly _____ |
| 9. 200 Free _____ | 20. 100 IM _____ |
| 10. 100 Back _____ | 21. 200 Free Relay _____ |
| 11. 50 Breast _____ | 22. 1650 Free _____ |

Quad Cities Summer Games Swimming Competition

Saturday, May 31, 2025 from 9 a.m. to noon

Competition is for people 40 and over.

Location: Anne Greve **Lund Natatorium** in the lower level of the **Lindbergh Center** for Health and Human Performance

639 - 38th Street, Rock Island, IL 61201

Warm-ups 9 a.m. **Competition** begins at 10 a.m.

Limit 4 events **Starts:** on block, on deck or in water

Order: 100 fly, 200 free, 50 breast, 50 free, 100 back,

100 IM, 100 free, 50 back, 100 breast, 50 fly, 500 free

Registration fee: \$40 covers unlimited Summer Games events over 2 weeks, (three medals), T-shirt and closing ceremony picnic on May 31

Web Site: qcsogo.org

Meet Director: Norm Bower 563-349-0469

