



**SPLASH OUT HUNGER**  
**JUNE 6-7, 2026**  
**IOWA CITY EELS SWIM CLUB**  
**MERCER PARK AQUATIC CENTER, IOWA CITY**

**GENERAL MEET INFORMATION**

**SANCTION & RULES**

- **IA-26-076** Held under the sanction of USA Swimming and Iowa Swimming, Inc. (IASI). Current USA Swimming technical and administrative rules as well as IASI policies and procedures will govern this meet.
- All adults participating in or associated with this meet acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy (“MAAPP”) and that they understand that compliance with MAAPP is a condition of participation in the conduct of this competition.
- A quality control system has been implemented to ensure that individuals who are ineligible for participation are unable to participate in this competition. Additionally, all adult members of USA Swimming who have not completed their Athlete Protection Training will not be able to participate at this meet.
- Additional information regarding the Required Quality Control System for Safe Sport may be found on the Iowa Swimming Website > Meet Host Resources page  
<https://www.gomotionapp.com/team/lscis/page/safe-sport/printables-for-events>

**Teams are encouraged to bring donation items for the local food banks of Iowa City. A list of suggested items may be found at the end of the meet invite. A donation box for each team will be provided in the lobby.**

		WARMUPS	COMPETITION	COACH MTG.	POSITIVE CHECK-IN DEADLINES
<b>Session 1</b>	Saturday AM	8:00 am	9:00 am	7:45 am	
<b>Session 2</b>	Saturday PM	No Earlier Than 11:30am	No Earlier Than 12:30pm		800 Free – 30 minutes prior to the Start of Session 2
<b>Session 3</b>	Sunday AM	9:00 am	10:00 am		400 IM - 30 minutes Prior to the Start of Session 3
<i>If split warm ups are needed for Session 3, they will begin no earlier than 8am. Psych Sheets and preliminary timelines will be posted on Tuesday, June 2, 2026</i>					

**VENUE**

Mercer Park Aquatic Center, 2701 Bradford Drive, Iowa City, Iowa 52242.  
 Indoor, 8 lane, 50 meter pool

Starting end depth 12 feet, turning end depth: 4 feet 10 inches.

Timing System: Daktronics system with touch pads, back-up buttons, and manual watches.

The host will ensure the required course dimensions.

### **COACHES**

Only currently registered USA Swimming coach members will be permitted on deck in designated areas. Each coach must sign the Coaches Meet Sign-In (APP-29) and, upon request of the Referee or his or her delegate, present proof of current membership in USA Swimming to the Referee or his or her designee to verify that all certifications are current and on file. The USA Swimming mobile application is acceptable proof of membership in USA Swimming. Screenshots of member cards are not acceptable.

### **WARMUPS**

The IASI mandatory warm-up procedure will be followed. The pool will be cleared 10 minutes prior to competition.

Swimmers must be under the supervision of a USA Swimming member-coach during warm-up, competition, and warm-down. The Meet Director or Referee may assist in making arrangements for such supervision, but it is the swimmer's responsibility to make such arrangements prior to the start of the meet.

### **RACING STARTS**

Any swimmer entered in the meet must be certified by a USA Swimming member-coach as being proficient in performing a racing start or must begin each race from within the water without the use of a backstroke ledge. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

---

## **ENTRY INFORMATION**

---

### **MEMBERSHIP:**

All swimmers must be members of USA Swimming.

- The meet host will notify teams if they have entered swimmers whose memberships cannot be verified through pre-meet reconciliation. Those swimmers must prove membership to the meet host by either (i) showing the athlete's member card from the USA Swimming mobile app or website, or (ii) demonstrating that the athlete appears on a current club roster report produced from SWIMS 3.0.
- Screenshots of the athlete's member card are NOT acceptable proof of membership. Any swimmer who fails to prove membership no later than 10 minutes prior to warm-ups for the first session in which they are entered to compete will not be permitted to compete, forfeits their entry fees, and will be administratively disqualified from the entire meet.

### **ENTRY TIMES & LIMITS**

- Seed times must be submitted for a 50m course. If swimmers do not have a LCM time, coaches should make a best guess at an entry time. The exception to this is for positive check-in events, where valid times are required, or the swimmer should be entered at NT. Coaches will be asked to provide a best guess for the 800 free after entries close.
- The 800 Free and the 400 IM are open events.
- Swimmers may enter up to 4 individual events per day.

## ENTRY FEES

- Individual events: \$10.00 per event.
- Relays: \$12.00 per relay.
- IASI swimmer surcharge: \$4.50 per swimmer
- Facility Fee: \$8.00 per swimmer
- Manual Entries: \$2.00 per individual
- Late Individual entries: \$20.00 per event
- Late Relay entries: \$24.00 per event
- Payment is due no later than the start of warmups of the first session in which the team has entries. Payment shall be by check or money order made payable to the Iowa City Eels. Any unpaid balance remaining at the end of competition may be assessed an additional 10% late fee.
- For all USA Swimming Outreach Members who qualify for IASI benefits, the meet participation fee is \$5.00 per swimmer, which includes the IASI swimmer surcharge and facility fee.

## ENTRY DATES & DEADLINES

- Entries will be accepted for teams/athletes in the Iowa LSC beginning on April 30, 2026 at noon.
- All other entries will be accepted beginning on May 7, 2026 at noon.
- The meet entry deadline is May 29, 2026 at noon.
- Entries are accepted in the order they are received. Entries for a session will close when we reach the 4 hour session limit. Teams entered in the meet will be notified by email when a session has reached capacity and is considered closed (See Late Entries).
- There will only be 3 heats of the 800 Free for each gender. We will accept the top 24 times for each gender. If all lanes are not filled for one gender, they may be filled with the other gender. If at least 48 entries for the 800 Free are received by the close of entries, no late entries will be accepted for the 800 Free.
- Should the meet close before the entry deadline, electronic files submitted *ONLY* for the purpose of updating times will be accepted until June 4, 2026 at noon.

## SUBMISSION

- Entries may be submitted by:
  - Electronic entry file in a format compatible with Hy-Tek Meet Manager software, or
  - Manual entries on the IASI Meet Entry Form (APP-7) with a \$2 surcharge per individual.
- Send all entries by email to [entries@iceels.org](mailto:entries@iceels.org). Receipt will be confirmed by email. Entries will NOT be accepted via phone or fax.
- An athlete entry report and a fee report must accompany all electronic entries. No entries will be accepted without these reports.
- It is the responsibility of each team to include the total number of outreach swimmers and the total number of individual events per swimmer. To protect the individual's privacy, please DO NOT indicate the names of the outreach swimmers. The total number of outreach swimmers and the total number of their individual events must be submitted to [entries@iceels.org](mailto:entries@iceels.org) by noon on the LSC Recon date (Monday before the meet). All entries not accounted by this deadline will be billed at the regular rates.

## LATE ENTRIES

- Entries submitted after the meet has reached capacity or after the entry deadline has been reached are considered late. If the meet reaches capacity before the entry deadline, additional entries will only be accepted from teams already in the meet for events in which empty lanes are available.
- Late entries should be submitted by email to [entries@iceels.org](mailto:entries@iceels.org) **before June 4, 2026 at noon**. Late entries will only be accepted if there are still open lanes in an event. Swimmers shall be seeded "NT" and assigned to an empty lane. A zero heat will not be created.

- After the deadline above, additional entries will only be accepted on deck up to the beginning of warm-ups for each session.
- Deck entries must be paid for at the time of entry. Athletes not already in the meet will need to pay all fees and must show proof of USA-Swimming membership before entering the water.
- For all questions regarding late entries, email [entries@iceels.org](mailto:entries@iceels.org).

### **SWIMMERS WITH DISABILITIES**

Swimmers with disabilities are encouraged to compete. The Information Form for Adapted Competitive Swimmers (APP-21) indicating limitations and requested modifications should be completed and attached to the meet entries. Modifications will be determined by the Referee. The swimmer (or swimmer’s coach) is responsible for providing any equipment or assistants required. See Article 105 of USA Swimming Rules and Regulations.

---

### **MEET PERSONNEL**

---

#### **MEET DIRECTOR**

Doug Krupa:  
**[Dkrupa@iceels.org](mailto:Dkrupa@iceels.org)**

#### **REFEREE**

Jen Flatté  
**[swim@wandering6.net](mailto:swim@wandering6.net)**

#### **Entry Chair**

Doug Krupa  
**[entries@iceels.org](mailto:entries@iceels.org)**

### **OFFICIALS**

The Eels welcome any visiting USA Swimming officials who would like to officiate at this meet. If you are able to officiate, the link can be found [here](#). Please contact Jen Flatté for more information or with any questions.

### **MEET COMMITTEE**

A meet committee consisting of the Meet Director, Referee, a Coach Representative, an Athlete Representative, and a certified Official acting at large will be established in accordance with the IASI Policies and Procedures. The committee shall serve as the meet jury to consider any administrative protests filed at the meet. Protests of judgment decisions can only be considered by the Referee and the Referee’s decision is final.

---

### **MEET OPERATION**

---

1. All events except for the 800 Free and the 400 IM will be pre-seeded.
2. The 800 Free and 400 IM are positive check-in events. The deadlines for the 800 Free and 400 IM are 30 minutes prior to the start of competition in Session 2 and Session 3 respectively.
3. Athletes not qualifying for the 800 Free will have an opportunity to select an alternate event during positive check-in.
4. The IASI scratch rule is in effect. Swimmers are encouraged to declare a false start to the Referee if they do not intend to swim an entered event.
5. Swimmers shall report directly to the blocks.
6. Complete and accurate relay cards shall be turned in at the blocks. Relays not reporting to the blocks with a card shall be disqualified. If names for relay events are included in entries, those names will be on the relay cards at the meet. Blank relay cards will be available.
7. All events 800m or longer will be swum fastest to slowest, alternating girls and boys.
8. Events may be combined to facilitate meet operation.
9. Swimmers must provide their own timer and lap counter (if needed) for the 800 Free.

## SCORING & AWARDS

There will be no scoring for this meet.

### **3 TEAM TROPHIES**

Top 3 Total Donors (By item count)

---

## ADDITIONAL INFORMATION

---

**Deck Changing is prohibited.**

**Psych Sheets and a preliminary Timeline** will be sent to coaches on Tuesday, June 2nd. They will also be posted on [www.iceels.org](http://www.iceels.org)

**Heat Sheets** will be provided digitally to coaches by Friday, June 5th and posted on [www.iceels.org](http://www.iceels.org). QR codes with a link to the sheets will also be posted around the pool.

**Medical Supervision:** Lifeguards who are trained in CPR and the AED will be present on the pool deck.

**Glass:** No glass containers are permitted on the pool deck.

**Drones:** Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.

**Cameras:** Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, locker rooms, or behind the blocks.

**Smoking/Alcohol:** Alcohol beverages, the consumption of alcohol, tobacco products, smoking, vapor products and alternative nicotine products are not permitted anywhere on the Mercer Park Aquatic Center property, including within 20 feet of the facility.

**Image Release:** Participants consent to be photographed/filmed by any authorized photographer(s) and/or network(s) of IASI and/or the host club under conditions determined by the host club, and authorize the use of names, pictures, likenesses, and biographical information before, during or after the event to promote swimming.

**Spectator Information:** Spectator space will be available on deck on the bleachers. All spectators must enter through the main entrance of the facility.

**Swimmer Information:** The back patio space will be open to swimmers and coaches. Teams are encouraged to bring tents since on deck space is limited. In case of inclement weather, swimmers will be moved to the gym.

**Pool Deck Access:** On Saturday and Sunday, the pool deck will open to athletes 20 minutes before the start of warmups.

**Animals:** No animals, other than working service animals, are permitted on the pool deck.

**Results.** Electronic results will be provided to all teams submitting electronic entries. Final Results will be posted on the IASI website.

**Indemnity:** It is understood and agreed that USA Swimming and IASI shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event. General Information

**Concessions.** There will be a concession room on the premises. A hospitality room will be available for working coaches and officials.

---

**SATURDAY JUNE 6TH, 2026**

SESSION 1: WARMUPS: 8 AM COMPETITION: 9 AM

SESSION 2: WARMUPS: 11:30AM COMPETITION: 12:30PM

---

<b>GIRLS</b>	<b>EVENT</b>	<b>BOYS</b>
1	10 & under 50 Back	2
3	10 & under 50 Breast	4
5	10 & under 200 Free	6
7	10 & under 50 Fly	8
9	10 & under 50 Free	10
11	10 & under 200 IM	12
13	10& under 200 Free Relay	14

<b>GIRLS</b>	<b>EVENT</b>	<b>BOYS</b>
15	11 & over 400 Free Relay	16
17	11 & over 200 IM	18
19	11 & over 200 Fly	20
21	11 & over 200 Free	22
23	11 & over 200 Back	24
25	11 & over 50 Free	26
27	11 & over 200 Breast	28
29	Open 800 Free*	30

\*Swimmers must provide their own timer and lap counter (if needed) for the 800 Free

---

**SUNDAY JUNE 7TH, 2026**

---

**SESSION 3: WARMUPS: 9AM\* COMPETITION: 10 AM**

---

<b>GIRLS</b>	<b>EVENT</b>	<b>BOYS</b>
31	11& over 400 Medley Relay	32
33	10 & under 100 Free	34
35	11 & over 100 Free	36
37	10 & under 100 Fly	38
39	11& Over 100 Fly	40
41	10 & under 100 Back	42
43	11& over 100 Back	44
45	10 & under 100 Breast	46
47	11& over 100 Breast	48
49	10 & under 200 Medley Relay	50
51	Open 400 IM	52

\* If split warm-ups are needed, warm-ups will start no earlier than 8am

**SPLASH OUT HUNGER**  
**JUNE 6-7, 2026**  
**IOWA CITY EELS SWIM CLUB**  
**MERCER PARK AQUATIC CENTER, IOWA CITY**



---

**SHELTER HOUSE INFORMATION**

---

The Iowa City Eels swim in a municipal facility which also serves as a recreational home base for several of the area elementary schools. We have an especially close tie with Mark Twain Elementary for whom we run clinics in the summer. Roughly 72% percent of the school's population receives free and reduced meals. The teachers have set up a school pantry for their students and any student who feels they may not have a meal at home is welcome to use this pantry as often as needed.

We hope to use this meet to help stock their summer pantry. With no school lunches during the summer months, this pantry may provide the only meal that these students get. Teams are encouraged to bring non-perishable food items for donation to the food bank at Mark Twain. We will be providing additional opportunities to add to your team's donation box throughout the meet.

**Suggested Food Donation Items**

Ramen cups  
Mac & Cheese single serve  
Applesauce pouches  
Fruit cups  
Fruit cans w/pull top seal  
Spaghetti O's  
Ready to serve soups  
Peanut Butter  
Jelly  
Crackers  
Cereal  
Horizon's Milk packs  
Pudding Packs