The First Wave

Invitational Swim Meet

Saturday, October 17, 2026

IASI SANCTION:	IA-27-002 Held under the sanction of USA Swimming and Iowa Swimming, Inc. (IASI).
RULES:	Current USA Swimming technical and administrative rules as well as Iowa Swimming policies and procedures will govern this meet.
DATES:	Saturday, October 17, 2026
TIME:	Warm-Up: 10:00-10:50 AM Competition: 11:00 AM
SITE:	Waukee Natatorium https://www.waukeeaquatics.captynsites.com/ 1655 NW Douglas Pkwy Waukee, IA 50263 515-987-2750
FACILITY:	The host will ensure the required course dimensions. The Waukee Natatorium features a 50-meter by 25-yard competition pool with two movable bulkheads, allowing for an eight-lane, 50-meter course or multiple short-course configurations. The competition course for this meet will be eight 9-foot wide lanes starting from the south side of the competition pool and six 7-foot wide lanes in the north end of the pool with blocks on the west side of the pool. The South Course has a water depth of 7 feet at both the starting and turning ends. The North Course ranges in depth from 13 feet to 7 feet. Automatic timing system with touchpads, with button and watch backups.
COACHES:	Coaches must be current coach members of USA Swimming. If requested, coaches must be able to provide proof of current membership, and shall not be permitted on deck if not properly certified
WARM UPS:	The IASI mandatory warm-up procedure will be followed. All swimmers must be under the supervision of a USA Swimming member-coach during warm-up, competition, and warm-down. The Meet Director or Meet 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. A 3-point, feet first, sit and slide entry is required for lanes designated for circle swim during warm-up and warm-down.

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RACING STARTS:	All swimmers entered in the meet must be certified by a USA Swimming member-coach as being proficient in performing a racing start or must start each race from within the water without the use of the 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 REQUIREMENTS:	1. Swimmers must be currently registered as athlete members of USA Swimming. 2. Swimmers must enter in the age group events corresponding to age as of October 17, 2026. 3. Swimmers may enter no more than four individual events and one relay event for the meet. 4. Seed times must be submitted for a 25-yard course (SCY). Swimmers may enter the meet with No Time (NT).
ENTRY LIMITS:	Any combination of events may be limited to ensure the timely completion of a session. Teams will be notified by email if swimmers are affected by limits prior to the meet.
ENTRY FEES & SUBMISSIONS:	Entry fees are as follows: 1. The meet will have a flat entry of $35.00 per swimmer which will include the IASI Swimmer Surcharge of $6.00 per swimmer. 2. The entry for each outreach swimmer who qualifies for LSC benefits is $5.00 and covers all individual entry fees, program facility use fees, and the IASI Surcharge. Entries must be submitted in electronic format (meet entry file with pdf/hard copy). Submit entries along with the appropriate IASI Financial Sheet (APP-8.1) or another entry fee report. Clubs entering outreach swimmers should only provide the number of outreach swimmers and the number of events being swum by the outreach swimmers to the host club and verified by the IASI Administrative office according to IASI Outreach policy. The names of the outreach swimmers are not to be provided to the host club. Payment shall be by check or money order made payable to Waukee Community School District. Bring check to the meet or mail checks to: Waukee Community School District Attn: Amber Brooks 430 Ashworth Dr.

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	Waukee, IA 50263 All entry fees, including IASI swimmer surcharge fees, should be combined on one check. Entry fees are non-refundable; IASI swimmer surcharge fees will be refunded only if the entire meet is cancelled.
ENTRY DATES AND DEADLINES:	1. Entries will be accepted beginning on Tuesday, September 15, 2026 at 11:00 a.m. for IASI teams and swimmers. 2. Entries will be accepted beginning Tuesday, September 22, 2026 at 11:00 a.m. for all teams and athletes. 3. Entries must be received by Thursday, October 8, 2026 at 11:00 a.m. 4. Acceptance of entries will be confirmed via email.
LATE ENTRIES:	Late entries will be accepted. Entry fees for entries received and accepted after the meet entry deadline will be charged a flat entry fee of $60.00 per swimmer which will include the IASI Swimmer Surcharge of $6.00 per swimmer.
SWIMMERS WITH DISABILITIES:	Swimmers with disabilities are encouraged to compete. The Information Form for Adapted Competitive Swimmers (APP-21) indicating limitations, accommodations, 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.
SEND ENTRIES TO:	Send electronic entries by email to: Erik Goode egoode@waukeeschools.org 515-987-2750
MEET DIRECTOR:	The meet director for the meet is: Bobby Kelley rkelley@waukeeschools.org 319-929-0244
MEET REFEREE:	To be determined
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 prior to the start of competition. The committee shall serve as the meet jury to consider any administrative protests filed at the meet. Protests against judgment decisions can only be considered by the Referee and the Referee's decision is final.

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MEET OPERATION:	1. All events will be seeded slowest to fastest, except the Senior 500 Freestyle, which will be seeded fastest to slowest with girls' and boys' heats alternating. 2. Mixed relays must include at least one female swimmer and at least one male swimmer. 3. Swimmers are responsible for providing their own lap counter for the Senior 500 Freestyle. Lap counting cards will be provided. 4. For the Senior 500 Freestyle, both the North Course and the South Course may be used depending on the number of entries and the session's timeline. 5. Events may be combined by gender and/or age group at the discretion of the Meet Director or Meet Referee to expedite the meet timeline. 6. Deck Changes are prohibited. 7. Banners, signs or posters are not allowed to be adhered, displayed or affixed anywhere in the aquatic center facility. 8. Glass containers of any kind are not permitted on the pool deck. 9. Individuals are responsible for the security of their personal belongings and are encouraged not to bring valuables to the meet venue and not to leave items unattended. 10. 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.
SCORING:	This meet will not be scored.
AWARDS:	Ribbons will be awarded for **1st through 10th place** in all 8 & Under, 10 & Under, and 11–12 age group events.
SCRATCHES:	The IASI Scratch Rule is in effect.
USA SWIMMING REGISTRATION:	All swimmers must be members of USA Swimming. The meet host will notify teams if they have entered swimmers whose membership 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 from 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.

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CAMERAS:	**USE OF AUDIO OR VISUAL RECORDING DEVICES, INCLUDING CELL PHONES, IS NOT PERMITTED AT ANY TIME IN CHANGING AREAS, RESTROOMS, OR LOCKER ROOMS.**
NO ALCOHOL OR TOBACCO:	The use of any tobacco or alcohol products is prohibited in the swimming venue and while on school district property.
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. No awards received in this competition may be used for trade or financial gain.
MEET CONDUCT:	Attending clubs, swimmers and spectators are the guests of the Waukee Natatorium and the Waukee Community School District. Any report of inappropriate behavior will be dealt with immediately. Natatorium Staff reserve the right to remove any offending individuals or groups. **Swimmers who swim beneath a bulkhead may be removed from the pool and may be barred from further participation in the meet.** Clubs will be financially responsible for any damage to the premises caused by their club/team, swimmers and/or parents & spectators.
ADDITIONAL INFORMATION:	1. Programs: Heat sheets will be uploaded to the Waukee Natatorium website by noon on Thursday, October 15 and uploaded to Meet Mobile prior to the start of the meet. https://www.waukeeaquatics.captynsites.com/ 2. Results: Electronic results will be provided to all teams participating in the meet. 3. Concessions: The concession stand will be available. 4. Seating/Spectator Information: There is no charge for admission. Free Wi-Fi is available. 5. Deck: Only registered swimmers, coaches and meet personnel will be allowed on deck.

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MAAPP:	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/competition-resources
MEDICAL SUPERVISION:	Lifeguards on duty will supervise all warm-up, competition, and cool down swimming and must be present whenever the pool deck is open. AED devices are available on premises. Lifeguards are Red Cross certified in CPR for Professional Rescuers.
INDEMNITY:	It is understood and agreed that USA Swimming and IASI shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

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Girls Events Numbers	North Pool (Diving Well side of the Natatorium) Order of Events	Boys Events Numbers
1	10 & Under 50 Freestyle	2
3	8 & Under 25 Freestyle	4
5	10 & Under 50 Breaststroke	6
7	8 & Under 25 Breaststroke	8
9	10 & Under 50 Butterfly	10
11	8 & Under 25 Butterfly	12
13	10 & Under 100 Freestyle	14
15	8 & Under 50 Freestyle	16
17	10 & Under 50 Backstroke	18
19	8 & Under 25 Backstroke	20
21	10 & Under 100 IM	22
	Event 23 8 & Under Mixed 100 Free Relay	
	Event 24 10 & U Mixed 200 Free Relay	

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Girls Events Numbers	South Pool (Classroom side of the Natatorium) Order of Events	Boys Events Numbers
25	11-12 200 Freestyle	26
27	13 & Older 200 Freestyle	28
29	11-12 50 Butterfly	30
31	13 & Older 100 Butterfly	32
33	11-12 50 Freestyle	34
35	13 & Older 50 Freestyle	36
37	11-12 100 IM	38
39	13 & Older 200 IM	40
41	11-12 50 Backstroke	42
43	13 & Older 100 Backstroke	44
45	11-12 100 Freestyle	46
47	13 & Older 100 Freestyle	48
49	11-12 50 Breaststroke	50
51	13 & Older 100 Breaststroke	52
	Event 53 11-12 Mixed 200 Free Relay	
55	Senior 500 Freestyle	56