

THE WEEKLY WAVE



NEWSLETTER



2026 Summer Speedo Sectional Results

Over the weekend Waves Senior swimmers competed at the Speedo Sectional Championships in Westmount, IL. The Waves Senior Women broke the state record in the 17-18 200 Free Relay with a time of 1:48.11 (Bailey, Qualley, Gojkovich, Trospen). Riley Gojkovich also achieved a Summer Junior National qualifying time in the 100 back (1:04.20). CONGRATS WAVES!!!

2026 Summer Regional Championships

This weekend Regional Championships begin on Saturday July 17 - Sunday July 18. This is the last meet to qualify for IASI Champs. Swimmers either have to make a qualifying time standard or win an event (500 yds and under) at the Regional meet to compete at the Championships. [More information will be posted to the meet landing page here.](#) Two timers are still needed for this weekend! [Click here to sign up to volunteer.](#)

Waukee Natatorium Locker Room and Equipment Room Clean Out

The Natatorium will be deep cleaned during the off season to prepare for the fall. Please remove any personal items from the locker rooms and take equipment bags home by July 22 so these areas can be cleaned. Anything left will be placed in the lost and found until late August.

JULY 15, 2026

**01. 2026 Summer Speedo
Sectional Results**

**02. 2026 Summer
Regional
Championships**

**03. Waukee Natatorium
Clean Out**

04. Swim Taper Schedule

**05. Waves Diving End
Date**

Swim Taper Schedule

Regional swimmers in Silver, Gold 1, and Gold 2 will only practice for 1 hour on Thursday and Friday this week. IASI Championship swimmers practice normal hours this week.

Waves Diving season end date

Waves summer diving will conclude practices on Thursday, July 23.

