

THE WEEKLY WAVE



NEWSLETTER



CIA/Johnston Blaze Fall Mixer

Meet Information

This weekend Waves swimmers will compete at the CIA/Johnston Blaze Fall Mixer. The meet will take place on Saturday and Sunday at Summit Middle School. [Click here for psych sheets, timelines, and heat sheets.](#) Warm up for 12&Under sessions begin at 7:55 AM on Saturday and 7:30 AM on Sunday. Warm up for 13&Over sessions begin at 12:45 PM on Saturday and 1:00 PM on Sunday.

Waukee Waves First Wave Invitational

Meet Results

[Attached are the meet results for the Waukee Waves First Wave Invitational last weekend.](#) Thank you to all the coaches, officials, timers, and other volunteers who made this meet possible!

Swim Practice Time Changes

Please continue to monitor the weekly schedule attached below. The schedule can also be found on the Waves website google calendars. There will be many time changes in the upcoming weeks due to high school swim schedules.

OCTOBER 21, 2026

01. CIA/Johnston Blaze
Fall Mixer Meet
Information

02. First Wave Meet
Results

03. Swim Practice
Time Changes

04. IASI Website

05. Waves Swim Meet
Entries

IASI Website

Iowa Swimming (IASI) is the Local Swimming Committee (LSC) that governs USA Swimming operations across the state of Iowa. [Visit the IASI website for information about the LSC, qualifying time standards, and Team Iowa meets.](#)

Waves Swim Meet Entries

Any meet entry requests must be made to Coach Kelly and Coach Lucia. All scratches for meets must also go through the coaching staff. Do not make scratch requests to the host club for a competition.

Waves Swim Team Practice Schedules

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	October 19	October 20	October 21	October 22	October 23	October 24	October 25
Bronze	5:30 - 6:15 PM	None	5:30 - 6:15 PM	None	None	None	None
Silver	6:15 - 7:45 PM	None	6:15 - 7:30 PM	None	5:30 - 7:00 PM	None	None
Gold 1	6:15 - 7:45 PM	7:00 - 8:30 PM	6:15 - 7:30 PM	7:15 - 8:30 PM	5:30 - 7:00 PM	None	None
Gold 2	6:00 - 8:00 PM	7:00 - 8:30 PM	5:45 - 7:30 PM	7:15 - 8:45 PM	5:30 - 7:00 PM	None	None
Senior AM	5:45 - 7:00 AM	None	5:45 - 7:00 AM	None	None	None	None
Senior PM	5:30 - 7:30 PM	7:00 - 8:30 PM	4:00 - 5:45 PM	7:15 - 8:45 PM	4:30 - 6:00 PM	None	None
	October 26	October 27	October 28	October 29	October 30	October 31	November 1
Bronze	5:30 - 6:15 PM	5:30 - 6:15 PM	5:30 - 6:15 PM	5:30 - 6:15 PM	None	None	None
Silver	6:15 - 7:45 PM	6:15 - 7:45 PM	6:15 - 7:30 PM	6:15 - 7:30 PM	5:30 - 7:00 PM	9:30 - 11:00 AM	None
Gold 1	6:15 - 7:45 PM	6:15 - 7:45 PM	6:15 - 7:30 PM	6:15 - 7:30 PM	5:30 - 7:00 PM	9:30 - 11:00 AM	None
Gold 2	6:00 - 8:00 PM	6:00 - 8:00 PM	5:45 - 7:30 PM	5:45 - 7:45 PM	5:30 - 7:00 PM	9:00 - 11:00 AM	None
Senior AM	None	None	5:45 - 7:00 AM	None	5:45 - 7:00 AM	7:00 - 9:00 AM	None
Senior PM	4:00 - 6:00 PM	5:30 - 7:30 PM	5:30 - 7:30 PM	5:30 - 7:30 PM	5:15 - 7:00 PM	None	None
	November 2	November 3	November 4	November 5	November 6	November 7	November 8
Bronze	5:30 - 6:15 PM	5:30 - 6:15 PM	5:30 - 6:15 PM	None	None	None	None
Silver	6:15 - 7:45 PM	6:15 - 7:45 PM	6:15 - 7:30 PM	None	5:30 - 7:00 PM	None	None
Gold 1	6:15 - 7:45 PM	6:15 - 7:45 PM	6:15 - 7:30 PM	7:00 - 8:30 PM	5:30 - 7:00 PM	None	None
Gold 2	6:00 - 8:00 PM	6:00 - 8:00 PM	5:45 - 7:30 PM	7:00 - 8:30 PM	5:30 - 7:00 PM	7:00 - 8:30 AM	None
Senior AM	5:45 - 7:00 AM	None	5:45 - 7:00 AM	None	None	7:00 - 8:30 AM	None
Senior PM	5:30 - 7:30 PM	5:30 - 7:30 PM	4:00 - 5:45 PM	7:00 - 8:30 PM	5:15 - 7:00 PM	None	None

Waves Advanced Dive Clinic Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	October 19	October 20	October 21	October 22	October 23	October 24	October 25
Diving Advanced Clinic	5:00 - 7:00 PM	None	5:00 - 7:00 PM	None	None	None	None
	October 26	October 27	October 28	October 29	October 30	October 31	November 1
Diving Advanced Clinic	5:00 - 7:00 PM	None	5:00 - 7:00 PM	None	None	None	None
	November 2	November 3	November 4	November 5	November 6	November 7	November 8
Diving Advanced Clinic	5:00 - 7:00 PM	None	5:00 - 7:00 PM	None	None	None	None