

THE WEEKLY WAVE



NEWSLETTER



CIA Fall Mixer Results

Over the weekend, Waves swimmers competed at the CIA Fall Mixer. The Waves had a great opportunity to race against many other teams and swimmers. [Click here to view the full results.](#) Great meet Waves!

Waukee Waves December Invitational

Meet entries for the Waukee Waves December Invitational are due Tuesday, November 18. The meet will take place at the Waukee Natatorium on Saturday, December 20.

DMSF Fall Invitational Meet Entry Billing

Meet entries for the DMSF Fall Invitation will be billed on Monday, November 3. If your swimmer is signed up for the meet, your account will be billed.

WAVES Volunteer Credits

During the Waves October Invitational, 21 families volunteered their time to help make the meet successful. Without your help, the Waves could not have hosted this swim meet. Thank you! These families earned a combined \$875 in volunteer credits. These credits were entered in each family's Captyn account earlier today. Contact Bobby if you have questions.

OCTOBER 29, 2025

01. CIA Fall Mixer Results

02. Waukee Waves December Invitational

03. DMSF Fall Invite Meet Entry Billing

04. Natatorium Lost and Found

05. IASI 2026Q Time Standards

Natatorium Lost and Found

The lost and found located in the lobby of the Natatorium will be cleared out on Wednesday, November 5. Please visit the lost and found this week to retrieve any missing items. Left over items will be cleared out.

IASI 2026 Q Time Standards

Iowa Swimming has announced new Q times for the 2026 IASI Championship meets. [Click here for the time standards](#) now needed to qualify for these meets and [click here for the bonus Q times.](#)

Waves Swim Team Practice Schedules

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	October 27	October 28	October 29	October 30	October 31	November 1	November 2
Silver	6:00 - 7:30 PM	6:00 - 7:30 PM	5:30 - 7:00 PM	6:00 - 7:30 PM	None	9:30 - 11:00 AM	None
Gold 1	6:00 - 7:30 PM	6:00 - 7:30 PM	5:30 - 7:00 PM	6:00 - 7:30 PM	None	9:30 - 11:00 AM	None
Gold 2	6:00 - 8:00 PM	6:00 - 8:00 PM	5:30 - 7:15 PM	6:00 - 8:00 PM	5:00 - 6:30 PM	8:00 - 10:00 AM	None
Senior AM	5:45 - 7:00 AM	None	5:45 - 7:00 AM	None	None	8:00 - 10:00 AM	None
Senior PM	5:30 - 7:30 PM	5:30 - 7:30 PM	5:30 - 7:15 PM	5:30 - 7:30 PM	5:00 - 6:30 PM	None	None
	November 3	November 4	November 5	November 6	November 7	November 8	November 9
Silver	6:00 - 7:30 PM	6:00 - 7:30 PM	5:30 - 7:00 PM	None	5:30 - 7:00 PM	None	None
Gold 1	6:00 - 7:30 PM	6:00 - 7:30 PM	5:30 - 7:00 PM	None	5:30 - 7:00 PM	None	None
Gold 2	6:00 - 8:00 PM	6:00 - 8:00 PM	5:30 - 7:15 PM	None	5:30 - 7:15 PM	7:00 - 9:00 AM	None
Senior AM	None	None	6:00 - 7:00 AM	5:45 - 7:00 AM	None	7:00 - 9:00 AM	None
Senior PM	5:30 - 7:30 PM	5:30 - 7:30 PM	5:30 - 7:15 PM	None	5:30 - 7:15 PM	None	None
	November 10	November 11	November 12	November 13	November 14	November 15	November 16
Silver	6:30 - 8:00 PM	6:30 - 8:00 PM	6:30 - 8:00 PM	6:00 - 7:30 PM	5:30 - 7:00 PM	10:00 - 11:30 AM	None
Gold 1	6:30 - 8:00 PM	6:30 - 8:00 PM	6:30 - 8:00 PM	6:00 - 7:30 PM	5:30 - 7:00 PM	10:00 - 11:30 AM	None
Gold 2	6:00 - 8:00 PM	6:00 - 8:00 PM	6:00 - 7:45 PM	5:30 - 7:30 PM	5:30 - 7:15 PM	9:00 - 11:00 AM	None
Senior AM	None	None	TBA	None	None	9:00 - 11:00 AM	None
Senior PM	6:00 - 8:00 PM	6:00 - 8:00 PM	6:00 - 7:45 PM	5:30 - 7:30 PM	5:30 - 7:15 PM	None	None

Waves Dive Team Practice Schedules

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	October 27	October 28	October 29	October 30	October 31	November 1	November 2
Diving Bronze	None	None	5:30 - 6:45 PM	None	None	None	None
Diving Silver	None	None	5:30 - 7:00 PM	None	None	None	None
Diving Gold	None	None	5:30 - 7:00 PM	None	None	None	None
Diving Senior	None	None	5:30 - 7:00 PM	None	None	None	None
	November 3	November 4	November 5	November 6	November 7	November 8	November 9
Diving Bronze	5:30 - 6:45 PM	None	5:30 - 6:45 PM	None	None	None	None
Diving Silver	5:30 - 7:00 PM	None	5:30 - 7:00 PM	None	None	None	None
Diving Gold	5:30 - 7:00 PM	None	5:30 - 7:00 PM	None	None	None	None
Diving Senior	5:30 - 7:00 PM	None	5:30 - 7:00 PM	None	None	None	None
	November 10	November 11	November 12	November 13	November 14	November 15	November 16
Diving Bronze	5:30 - 6:45 PM	None	5:30 - 6:45 PM	None	None	None	None
Diving Silver	5:30 - 7:00 PM	None	5:30 - 7:00 PM	None	None	None	None
Diving Gold	5:30 - 7:00 PM	None	5:30 - 7:00 PM	None	None	None	None
Diving Senior	5:30 - 7:00 PM	None	5:30 - 7:00 PM	None	None	None	None