

THE WEEKLY WAVE



NEWSLETTER



A3 Midwest Challenge Results

Over the weekend 17 Waves Senior swimmers competed in Iowa City at the A3 Midwestern Challenge meet. This meet requires qualifying times and is a highly competitive meet. Team records were broken by Eli Dejong (200 Free 1:41.46), Will Van Zee (500 Free 4:35.65 and 1650 Free 15:54.29), Lex Plasier (100 Breast 55.71), and Ethan Hales (200 Breast 2:03.51). Congrats Waves! Results can be viewed on Meet Mobile or will be posted on the host site [here](#).

Waukee Waves December Invitational

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

IGHSAU Regional Meets

This week the Waukee Natatorium is hosting the Iowa Girls High School Swimming and Diving Regional meets will take place on Thursday and Saturday. This is the final competition before the State meet next week. Good luck athletes!

NOVEMBER 5, 2025

01. A3 Midwest Challenge Results

02. Waukee Waves December Invitational

03. IGHSAU Regional Meets

04. Swim Practice Schedule Reminders

05. Midwest All-Star Team Information

Swim Practice Schedule Reminders

There is no practice Thursday 11/6 evening for all groups due to the Regional Diving meet. There is no practice for Gold 1 and Silver on Saturday 11/8 due to the Regional Swim Meet

Midwest All-Star Team Information

Information on the 2026 Midwest All-Star team selection is outlined in the attachment below. Please visit Iowa Swimming for more information.

Waves Swim Team Practice Schedules

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	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	None	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
	November 17	November 18	November 19	November 20	November 21	November 22	November 23
Silver	6:00 - 7:30 PM	6:00 - 7:30 PM	5:30 - 7:00 PM	6:00 - 7:30 PM	5:30 - 6:45 PM	None	None
Gold 1	6:00 - 7:30 PM	6:00 - 7:30 PM	5:30 - 7:00 PM	6:00 - 7:30 PM	5:30 - 6:45 PM	None	None
Gold 2	6:00 - 8:00 PM	6:00 - 8:00 PM	5:30 - 7:15 PM	6:00 - 8:00 PM	5:30 - 6:45 PM	None	None
Senior AM	None	None	5:45 - 7:00 AM	TBA	None	None	None
Senior PM	5:30 - 7:30 PM	5:30 - 7:30 PM	5:30 - 7:15 PM	5:30 - 7:30 PM	5:30 - 7:00 PM	None	None

Waves Dive Team Practice Schedules

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	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
	November 17	November 18	November 19	November 20	November 21	November 22	November 23
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



2026 MIDWEST ALL-STAR CHAMPIONSHIP

JANUARY 9 – 11, 2026

Wellmark YMCA Aquatics Center

Des Moines, IA

THIS IS A TEAM IOWA EVENT!

REGISTRATION REQUIRED FOR CONSIDERATION

The 2026 Midwest Championship meet is an “All-Star” meet for swimmers ages 14 & under who will compete as a member of TEAM IOWA against other LSC’s: Team Colorado, Team Midwestern, Team Missouri Valley, Team SouthDakota, Team North Dakota, and Team Ozark. Unlike the Central Zones Championships where an athlete with a qualifying time can enter the meet, participation in the Midwest All-Star meet requires swimmers to REGISTER for Team Iowa and DECLARE their intention for the meet to be CONSIDERED in the SELECTION PROCESS. The number of swimmers per AGE/GENDER category is limited to 12 swimmers and the number of swimmers each team can enter into individual events/relays at Midwest All-Stars is also limited.

Qualifying Period and Qualifying Times

Swimmers will be selected for Team Iowa based on their best times achieved in a Midwest All-Star event during the current short course season, **September 1, 2025 through Sunday, December 21, 2025.**

The minimum time standard for an athlete to be eligible for consideration is a ‘BB’ USA Swimming 2024–2028 Motivational Standard in any Midwest All-Star event. Only official times will be considered. Unofficial intermediate splits and/or converted times are not permitted. Times achieved prior to September 1, 2025 do NOT qualify an athlete for 2026 Team Iowa selection. Times can be obtained from any sanctioned USA Swimming meet in any state or times achieved at a high school meet that meets the USA Swimming requirements to be in SWIMS Data Hub (high school regional or state championship meets).

Eligible Athletes

To be considered for Team Iowa selection, the athlete must be a 2026 registered athlete of USA Swimming (USAS) and Iowa Swimming (IASI), be a 14 & under athlete who has met the minimum time standards during the qualifying period stated above AND

registered online to be a member or Team Iowa by Monday, December 15, 2025. There are no exceptions to this deadline, and there is no other method to apply.

ONLINE REGISTRATION for CONSIDERATION

The online registration for Team Iowa consideration will open on Saturday, November 1, 2025 and close on Monday, December 15, 2025 at 5:00 PM CST. Team Iowa registration is a **two-step** process through the Team Iowa GoMotion (TeamUnify) website. Both steps must be completed in order for an athlete to be considered for the Midwest All-Star Championship meet. Complete the registration for Team Iowa. After you receive notification your registration for Team Iowa is approved, declare your intention for the 2026 Midwest All-Star Meet just like you register for a swim meet to be considered. This is the most important step in the registration process!

SUBMITTED ENTRY TIMES

Applicants do not indicate event preferences or submit entry times. The Iowa Swimming Age-Group Committee will pull all best times for all the All-Star events achieved during the qualification period from the SWIMS national database.

If a qualifying time was achieved at a high school swim meet, PLEASE confirm those results were entered into SWIMS or emailed to greg.morse@iaswim.org by Monday, December 15, 2025 at 5:00 PM EDT to be considered. The results MUST be in the SWIMS Data Hub to be considered for Team Iowa selection.

Parents are encouraged to register their athlete for consideration if their athlete wants to represent Team Iowa. Qualifying times are NOT required at the time of registration.

SELECTION PROCESS

Team Iowa's selection process for the 2026 Midwest All-Star meet is designed to prioritize performance in All-Star events and allow for a mix of automatic and point-based qualifications. This process ensures that a combination of top performers in key All-Star events and swimmers with consistent results across multiple disciplines are considered to represent Team Iowa at the 2026 Midwest All-Star meet. Here's a summary of the Team Iowa selection process for the 2026 Midwest All-Stars:

1. Age and gender
2. Three age groups: 10 & under, 11-12, and 13-14 (*age as of January 9, 2026*)
3. Athletes must be registered with Team Iowa to be considered, regardless of whether they are automatically considered or selected based on IMX/IMR ranking.
4. Top 2 times per age, per gender, in each All-Star event will automatically be CONSIDERED
 - a. If a swimmer has a Top 2 time in more than one event, the athlete will be listed for consideration only once.
 - b. After the automatic Team Iowa spots are filled, the remaining spots, up to 12 swimmers, will be filled based on the highest IMX/IMR ranking for the All-Star events, for each age group and gender.
 - c. If more than 12 swimmers make up the automatic consideration roster, the 12-swimmer roster will be filled based on the highest IMX/IMR ranking for the All-Star events, for each age group and gender.

- d. IMR ranking will be used for the 10 & under age-group. IMX ranking will be used for the 11-12 and 13-14 age-groups.
- 5. Replacement process if a Swimmer Cannot Compete.
 - a. If a swimmer selected to Team Iowa cannot compete (due to injury, withdrawal, etc.), the next swimmer with the highest IMX/IMR ranking will be selected in their place.
- 6. Team Iowa coaching staff will select the events and relays swimmers will compete in for the 2026 Midwest All-Star Championship meet
 - a. A swimmer is allowed to swim a maximum of two (2) individual events per session, and up to a maximum of six (6) individual events for the entire meet.

ACCEPTANCE PROCESS

Athletes selected to represent Team Iowa at the 2026 Midwest All-Star Championship meet will be asked to confirm their acceptance upon receipt of the Team Iowa Invitation email that will be sent by December 23, 2026. If your swimmer is selected to represent Team Iowa, please make sure you respond to the acceptance email as soon as possible! Invitation acceptance response must be received by Iowa Swimming by Friday, December 26, 2025 at 5PM CST.

If a response is not received indicating you can or cannot be a part of Team Iowa, the coaching staff will implement the replacement process as defined above.

Team Iowa roster will be finalized December 28, 2025

IMPORTANT NOTE

If a Swimmer turns down their invitation after acceptance, the Swimmer may be financially responsible for some or all of the fees collected; deposit, registration, swim suit, apparel, etc.

If a swimmer does NOT accept their invitation to be a part of Team Iowa, they will NOT be eligible for any team outfitting.

ADDITIONAL TEAM IOWA INFORMATION

Additional information will be emailed to the chosen Team Iowa athletes, including payment information and the Team Iowa weekend schedule (time to report, outfitting, team picture, team warm up, team meals, etc.). Swimmers are required to attend all Team Iowa team events, including all four sessions of the All-Star meet.

BB National Age-Group Motivational Times

For questions about 2026 Midwest All-Stars, contact Greg Morse at
greg.morse@iaswim.org

See y'all on deck!