

THE WEEKLY WAVE



NEWSLETTER



Waukee Waves Summer Invite Meet Results

Over the weekend the Waves hosted the second ever Waukee Waves Summer Invite. Thank you to all officials, volunteers, coaches, and other staff who made the meet possible! Many pool records were broken and new personal best times were achieved! Great weekend of racing WAVES! [Attached here are the meet results.](#)

IASI LCM Championship Meet Entries

Meet entries for the IASI LCM Championships are now open! Entries are due Monday July 13. This competition requires an IASI Q time in LCM or SCY to compete. The competition will take place at the CRWC pool in Iowa City from July 23 - 26.

IASI Summer Regional Championships

Regional meet entries are due Tuesday June 30. This meet does not require qualifying times to enter and is a SCY competition. This meet serves as another opportunity to qualify for the IASI Champs meet. This meet will follow a 'Win and Swim' format, meaning if a swimmer wins an event (500 yds and under) they can swim that event at the IASI Champs even if they do not meet the qualifying standard per coaches approval.

JUNE 24, 2026

01. WW Summer Invite Meet Results
02. IASI LCM Championship Meet Entries
03. IASI Summer Regional Championships
04. 4th of July Schedule
05. End of season practice dates

4th of July Schedule

Review the practice schedule below for the holiday weekend!

End of season swim practice dates

The final day of practice for Gold 1 and Silver swimmers not attending the IASI Champ meet is Saturday July 18. The last day of practice for Gold 2 is July 22. Swimmers attending the Central Zone Championships will continue to train following the IASI Champ meet.

Waves Swim Team Practice Schedules

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	June 22	June 23	June 24	June 25	June 26	June 27	June 28
Silver	5:00 - 6:15 PM	5:00 - 6:30 PM	8:00 - 9:30 AM	5:00 - 6:30 PM	8:00 - 9:30 AM	9:00 - 10:30 AM	None
Gold 1	5:00 - 6:15 PM	5:00 - 6:30 PM	8:00 - 9:30 AM	5:00 - 6:30 PM	8:00 - 9:30 AM	9:00 - 10:30 AM	None
Gold 2	4:30 - 6:00 PM	4:30 - 6:30 PM	8:00 - 9:45 AM	4:30 - 6:30 PM	8:00 - 9:45 AM	9:00 - 10:30 AM	None
Senior AM	None	6:30 - 8:30 AM	6:15 - 8:00 AM	None	6:15 - 8:00 AM	7:00 - 9:00 AM	None
Senior PM	3:30 - 5:00 PM	None	3:30 - 5:00 PM	3:00 - 5:00 PM	None	None	None
	June 29	June 30	July 1	July 2	July 3	July 4	July 5
Silver	8:00 - 9:30 AM	5:00 - 6:30 PM	8:00 - 9:30 AM	5:00 - 6:30 PM	8:00 - 9:30 AM	None	None
Gold 1	8:00 - 9:30 AM	5:00 - 6:30 PM	8:00 - 9:30 AM	5:00 - 6:30 PM	8:00 - 9:30 AM	None	None
Gold 2	8:00 - 9:45 AM	4:30 - 6:30 PM	8:00 - 9:45 AM	4:30 - 6:30 PM	8:00 - 9:45 AM	7:30 - 9:00 AM	None
Senior AM	6:15 - 8:00 AM	6:30 - 8:30 AM	6:15 - 8:00 AM	None	6:15 - 8:00 AM	7:00 - 9:00 AM	None
Senior PM	3:30 - 5:00 PM	None	3:30 - 5:00 PM	3:00 - 5:00 PM	None	None	None
	July 6	July 7	July 8	July 9	July 10	July 11	July 12
Silver	8:00 - 9:30 AM	5:00 - 6:30 PM	8:00 - 9:30 AM	5:00 - 6:30 PM	8:00 - 9:30 AM	9:00 - 10:30 AM	None
Gold 1	8:00 - 9:30 AM	5:00 - 6:30 PM	8:00 - 9:30 AM	5:00 - 6:30 PM	8:00 - 9:30 AM	9:00 - 10:30 AM	None
Gold 2	8:00 - 9:45 AM	4:30 - 6:30 PM	8:00 - 9:45 AM	4:30 - 6:30 PM	8:00 - 9:45 AM	9:00 - 10:45 AM	None
Senior AM	6:15 - 8:00 AM	6:30 - 8:30 AM	6:15 - 8:00 AM	None	6:15 - 8:00 AM	7:00 - 9:00 AM	None
Senior PM	3:30 - 5:00 PM	None	3:30 - 5:00 PM	3:00 - 5:00 PM	None	None	None
	July 13	July 14	July 15	July 16	July 17	July 18	July 19
Silver	8:00 - 9:30 AM	5:00 - 6:30 PM	8:00 - 9:30 AM	5:00 - 6:30 PM	8:00 - 9:30 AM	9:00 - 10:30 AM	None
Gold 1	8:00 - 9:30 AM	5:00 - 6:30 PM	8:00 - 9:30 AM	5:00 - 6:30 PM	8:00 - 9:30 AM	9:00 - 10:30 AM	None
Gold 2	8:00 - 9:45 AM	4:30 - 6:30 PM	8:00 - 9:45 AM	4:30 - 6:30 PM	8:00 - 9:45 AM	9:00 - 10:30 AM	None
Senior AM	6:15 - 8:00 AM	6:30 - 8:30 AM	6:15 - 8:00 AM	None	6:15 - 8:00 AM	7:00 - 9:00 AM	None
Senior PM	3:30 - 5:00 PM	None	3:30 - 5:00 PM	3:00 - 5:00 PM	3:30 - 5:00 PM	None	None

Waves Dive Team Practice Schedules

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	June 22	June 23	June 24	June 25	June 26	June 27	June 28
Diving Bronze	4:00 - 5:30 PM	None	4:00 - 5:30 PM	None	None	None	None
Diving Silver	4:00 - 5:30 PM	None	4:00 - 5:30 PM	None	None	None	None
Diving Gold	4:00 - 7:00 PM	4:00 - 7:00 PM	4:00 - 7:00 PM	9:00 - 11:00 AM	None	None	None
Diving Senior	4:00 - 7:00 PM	4:00 - 7:00 PM	4:00 - 7:00 PM	9:00 - 11:00 AM	None	None	None
	June 29	June 30	July 1	July 2	July 3	July 4	July 5
Diving Bronze	None	None	None	None	None	None	None
Diving Silver	None	None	None	None	None	None	None
Diving Gold	None	None	None	None	None	None	None
Diving Senior	None	None	None	None	None	None	None
	July 6	July 7	July 8	July 9	July 10	July 11	July 12
Diving Bronze	4:00 - 5:30 PM	None	4:00 - 5:30 PM	None	None	None	None
Diving Silver	4:00 - 5:30 PM	None	4:00 - 5:30 PM	None	None	None	None
Diving Gold	4:00 - 7:00 PM	4:00 - 7:00 PM	4:00 - 7:00 PM	9:00 - 11:00 AM	None	None	None
Diving Senior	4:00 - 7:00 PM	4:00 - 7:00 PM	4:00 - 7:00 PM	9:00 - 11:00 AM	None	None	None