

# THE WEEKLY WAVE



## NEWSLETTER



## 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. [More information on the competition can be found here on the meet landing page.](#)

## 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.

## End of Season 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.

**JULY 1, 2026**

01. IASI LCM Championship Meet Entries
02. IASI Summer Regional Championships
03. End of Season Practice Dates
04. 4<sup>th</sup> of July Schedule

### 4th of July Schedule

**Review the practice schedule below for the holiday weekend!**

## Waves Swim Team Practice Schedules

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	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 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
	July 13	July 14	July 15	July 16	July 17	July 18	July 19
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