

2025 YMCA North Central Regional Short Course Swim Meet

MEET ANNOUNCEMENT

Date: Fri-Sun March 14-16, 2025

Location: Wellmark YMCA, Des Moines, IA

Entry Deadline: Midnight, March 6, 2025

Hosted by: Iowa YMCA Swimming

Meet Director: Shelley Lechnir

shelley.lechnir@ymca-ywca.org

Web Site: www.iowaymcaswimming.org

Contents

About The Championship	2
Location and Facility	4
Web Site	4
Contact Information	5
NOTICES	6
Eligibility	6
Entry Information	9
Volunteers/Officials/Timers	11
Check-in Procedure	11
Championship Procedures and Operations	12
Awards and Recognition	15
Spectators	15
Liability, Safety and Emergency Procedures	17
Directions	19
Lodging	19
Parking	19
APPENDIX 1: Order of Events & Qualifying times	20
APPENDIX 2: YMCA Sanctioned Meet Declaration Form	23



2025 YMCA NORTH CENTRAL REGIONAL SWIM MEET

Friday March 14 - Sunday March 16, 2025

ABOUT THE CHAMPIONSHIP

This meet is a sanctioned, closed, inter-association championship YMCA meet. This meet and all participants will adhere to the Rules that Govern YMCA Competitive Sports and the Swimming Addendum to the Rules that Govern YMCA Competitive Sports. USA Swimming technical rules will be followed. The meet is YMCA sanctioned.

YMCA Sanction number: (TBD)

ADJUSTMENTS TO THE MEET ANNOUCEMENTS: The Championship Meet Committee reserves the right to make any adjustments to the provisions of the meet announcement deemed necessary to ensure the fair and efficient running of the meet or due to unforeseen issues of weather or facility problems. Changes will be communicated as far in advance as possible. None of the required elements for a YMCA Sanctioned Championship and USA-S Approved meet can be changed.

COVID CONSIDERATIONS

The Iowa YMCA League have taken enhanced health and safety measures – for you, our other guests, volunteers, and our athletes. You must follow all posted instructions while inside the meet facility. An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious virus that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, individuals with underlying medical conditions are especially vulnerable to COVID-19. You and your athletes are voluntarily assuming all risks related to exposure to COVID-19.

COVID-19 team protocols may be in place for this meet including but not limited to: separate pool entrance and exit, member screening questions, social distancing, face masks, limited locker room access (swimmers are recommended to arrive and leave in swim attire), personal space on the pool deck, and designated lanes for warm-ups.



2025 YMCA NORTH CENTRAL REGIONAL SWIM MEET

Friday March 14 - Sunday March 16, 2025

All swimmers, coaches, and meet volunteers must enter the building using the main entrance. Only swimmers and authorized meet personnel will be allowed downstairs to the pool level.

MEET TIMELINE: Warm-up and start times for all sessions are subject to change depending on the size of the meet.

REGIONAL MEET SESSIONS AND TIMELINES

AGE GROUP/EVENTS	DAY	SESSION	WARM UP	MEET START
11+ 1000 FR + 11/12 400 FR Rela	1	1	5:00PM	5:45PM
12 and Under Boys and Girls	2	2	7:00AM	8:30AM
11 and Over Boys and Girls	2	3	11:00AM	12:30PM
12 and Under Boys and Girls	3	4	7:00AM	8:30AM
13 and Over Boys and Girls	3	5	11:00AM	12:30PM

INCLEMENT WEATHER/CANCELATION: The safety of all participants is our number one priority. In the event of dangerous weather the committee will convene to determine a course of action for the meet. This information will be communicated to coaches via email and posted on the Regional YMCA website.



2025 YMCA NORTH CENTRAL REGIONAL SWIM MEET

Friday March 14 - Sunday March 16, 2025

LOCATION AND FACILITY

Location: MidAmerican Energy Company Aquatic Center, Wellmark YMCA

Emergency Phone Number: 515-282-9622

The Prairie Meadows Pool (competition pool) is a 20 lane 25-yard short course pool with 1 moveable bulkhead allowing for an 8 lane 50-meter long course pool or multiple configurations when running short course competition(s). Water depth of the pool ranges from 10 feet 8 inches to 7 feet (minimum 5 feet required at start end). Lane width is 8 feet 3 inches. Colorado electronic timing systems will be used in all configurations. Pool configurations and the number of courses will be determined once entries have been received. The 4 lane 25-yard program pool will be made available for warm-up and cooldown when running two pools. The competition courses have been certified in accordance with 104.2.2C (4) of USA

Swimming Rules and Regulations. A copy of the certification is on file with USA Swimming.

The MidAmerican Energy Company Aquatic Center provides seating for 1200 spectators.

Free wi-fi is available throughout the natatorium.

Permanent on-deck seating for up to 300 athletes plus additional temporary bleachers as needed.

WEB SITE

Meet Information can be found at: www.teamunify.com/ymcanc

Online Meet Results: Meet Mobile results will be posted throughout the meet.

The meet will be livestreamed at www.dsmytv.com



2025 YMCA NORTH CENTRAL REGIONAL SWIM MEET

Friday March 14 - Sunday March 16, 2025

CONTACT INFORMATION

YUSA Regional Rep.	Donald Pirrie	iowayswimming@gmail.com
Meet Director:	Shelley Lechnir	shelley.lechnir@ymca-ywca.org
Entry Chairperson:	Donald Pirrie	iowayswimming@gmail.com
Meet Referee:	Dee Norton	dee.norton@mchsi.com
Admin Official:	Lydia Ahrnold	iowayswimresults@gmail.com
Officials Coordinator:	Dee Norton	dee.norton@mchsi.com
Safety Director:		
Aquatic Events Director:		



2025 YMCA NORTH CENTRAL REGIONAL SWIM MEET

Friday March 14 - Sunday March 16, 2025

NOTICES

USA Swimming Statements:

- The competition course has been certified in accordance with 104.2.2c(4). A copy of such certification is on file with USA Swimming.
- Water depth of the pool ranges from 10 feet 8 Inches to 7 feet.
- Deck changes are prohibited
- Use of audio or visual recording devices, including cell phones, is not permitted at any time in changing areas, restrooms, or locker rooms.
- Swimmers ages twelve years and younger are prohibited from wearing "Tech" suits, even when swimming in Senior or Open events or time trials. A list of suits that are considered "Tech" suits is posted on the USA Swimming website.
- All applicable adults participating in or associated with this meet, acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy ("MAAPP"), and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition.
- In granting this approval, it is understood and agreed that USA Swimming and IASI shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during conduct of the event.



2025 YMCA NORTH CENTRAL REGIONAL SWIM MEET

Friday March 14 - Sunday March 16, 2025

ELIGIBILITY

ATHLETE

YMCA Membership: An athlete must be a YMCA member in good standing who holds an annual, full privilege membership at the YMCA he/she represents for a period of at least 90 days prior to the first day of the meet. An athlete may have only represented that YMCA team in competition for a period of 90 days prior to the first day of the meet, excluding scholastic competition.

Amateur Status: An athlete may not have represented a college, university or other post-high school institution in any competition and may not have accepted pay or compensation for competing as a swimmer.

Unattached Athletes: There is no unattached status in YMCA Swimming.

Age: Swimmers cannot swim in sessions outside of their age group.

YMCA Meet Participation: In order to be eligible to compete, each athlete must have competed in a minimum of 3 closed YMCA inter-association meets since September 1, 2024.

Times: An athlete must achieve the minimum qualifying time standard for each event in which he/she enters during the period from March 1, 2024 to the entry deadline.

Athletes with a Disability: Swimmers with a disability are welcome to enter this meet. The coach or team entry person must alert the meet director and the meet referee as to the need for any special accommodations or seeding arrangements at the time the entry is submitted. If modifications to USA Swimming rules are necessary, then the coach or athlete must notify the meet referee of any disability prior to competition.

MAAPP - All swimmers age 18 and older have completed Child/Athlete Protection Training within the past 12 months.



2025 YMCA NORTH CENTRAL REGIONAL SWIM MEET

Friday March 14 - Sunday March 16, 2025

COACH

Required Certifications: Coaches must hold current certifications in the following courses in order to receive a deck credential: Professional Rescuer CPR, First Aid, Safety Training for Swim Coaches (a Lifeguard certification may be used if accompanied by completion of the Safety Training for Swim Coaches online content), APT Training and Principles of YMCA Competitive Swimming and Diving. A list of the acceptable certifications can be found in the Swimming Addendum to the Rules That Govern Competitive Sport.

Coach Registration: Each coach must have completed the annual YMCA on-line coach registration process. Coaches who are not registered and approved will not be permitted on deck.

Teams without A Coach at the Meet: All athletes and teams must have at least one certified and credentialed YMCA coach designated as being responsible for their supervision during competition. When a YMCA team will not have a coach present, that YMCA may authorize an eligible coach from another YMCA attending the meet to be responsible for their athletes at the meet. The Meet Director and Meet Referee must be notified of this situation.

TEAM

Team Registration: Each team must have completed the annual YMCA on-line team registration and paid the annual registration fee.

Insurance: Each team that participates in the meet must have a current and correct Certificate of Liability Insurance, in effect through the last day of the meet.



2025 YMCA NORTH CENTRAL REGIONAL SWIM MEET

Friday March 14 - Sunday March 16, 2025

ENTRY INFORMATION

ENTRY LIMITS: Each swimmer may enter a total maximum of seven individual events. Entries will be accepted into the meet in the order they are received. Entries will begin to be accepted at 10:00am on March 4, 2025 from teams in the North Central region. All other regions may submit entries at 10:00am on March 6. Entries received before the noted dates and times will be rejected. Entries may be limited based on facility space and will be accepted in the order they are received after the official entry opening time.

QUALIFICATION PERIOD: The qualification period is March 1, 2024 through the entry deadline.

USA-S IDs: Only USA-S registered athletes should have an ID number in the Meet Entry File.

TIME STANDARDS: Swimmers must have equaled or bettered the minimum time standard: Appendix 1.

TIMES: No Times (NT) are not allowed. Entered times must be the swimmer's BEST time achieved during the qualifying period.

BONUS SWIMS: A swimmer with one (1) individual qualifying time may enter up to two (2) bonus swims if the bonus Q time has been achieved. A swimmer with two (2) individual qualifying times may enter one (1) additional bonus swim. Bonus swims will be limited to certain events as noted in the bonus times PDF.

ENTRY FEES: There is a flat fee of \$35 per swimmer to enter the meet. There are no per-event fees. Payment should be in the form of a check made out to "Iowa YMCA Swimming"

Note: If your payment has not been received by the deadline, your swimmers will be removed from the meet.

All coaches are expected to model the YMCA Core Values in all aspects of the meet, including team registration, submission of entries, and the meet itself. Anyone found having falsified information about the eligibility of a swimmer, or to have altered any official document (including meet results), may along with their team, be subject to severe disciplinary action. The offending team's Executive Director will be notified promptly and asked to help resolve such issues.



2025 YMCA NORTH CENTRAL REGIONAL SWIM MEET

Friday March 14 - Sunday March 16, 2025

ENTRY DEADLINE: Entries must be submitted by midnight on March 6, 2025

ENTRY PROCEDURE: To submit your entries using HY-TEK Team Manager, go to the Regional YMCA Swimming Website to, download the event file, and import it into Team Manager.

Once you have imported this file, **DO NOT MODIFY THE EVENTS IN ANY WAY!** Doing so may cause your entries to be rejected.

Complete your entries, export them, and send the exported file to **yregionaleentries@gmail.com**

Note: A time standard file is also available on the web site. You can import this file into both Team Manager and Meet Manager so that qualifying times can be automatically flagged when you print reports.

If you do not have Team Manager, you may submit your entries in readable form as a document attached to an email.

For each swimmer, be sure to provide their name, gender, date of birth, event numbers, and qualifying times. Note that a handling fee of \$10 per swimmer will be assessed.

Your entries must be accompanied by your Team Registration Form, found at the end of this handbook. Send your entries and the form to the Entry Coordinator, using the address or email address above

PAYMENT: Once a team's entries have been accepted by the meet host, the team is considered entered into the meet. A team entering the meet is responsible for entry fees for all swimmers entered into the meet. Changes or scratches in a team's entries after the meet entry deadline does not relieve a team of their responsibility to pay for confirmed entries.

Payment must be received by March 12, 2025. Payment should be made out to Iowa YMCA Swimming and mailed to Donald Pirrie, 1614 West Mount Vernon Road, Mount Vernon, IA 52314



2025 YMCA NORTH CENTRAL REGIONAL SWIM MEET

Friday March 14 - Sunday March 16, 2025

VOLUNTEERS/OFFICIALS/TIMERS

OFFICIALS AND TIMERS: We will need many officials, both Level 1 and Level 2 to properly run a meet of this size. If you have a current YMCA or USA Swimming certification, you are strongly encouraged to officiate at this meet.

In order to ensure consistent officiating please work as many sessions as possible – at least two over the course of the weekend will be the expectation.

SIGN-UP PROCEDURE: Please contact Dee Norton at dee.norton@mchsi.com to sign-up to officiate at this meet.

ATTIRE: Please bring your white shirts and navy shorts or pants and your Officials patch. You will not be allowed on the pool deck without your patch.

CHECK-IN PROCEDURE

MEET CHECK-IN PROCEDURE: All coaches and deck officials must check in. Check in will be at the pool entrance. After checking in the Head Coach will receive their team packet, Championship Deck Pass and scratch sheet at the check-in table. Deck passes must be worn and visible at all times when on deck.

EVENT CHECK-IN: Positive check in for the 500Y and 1000Y events will be required at the start of the session.

COACHES MEETING/SCRATCH MEETING: The coaches meeting will be held in the wet classroom on the pool deck at 7:00am on SAT AM. If needed, a Sunday AM coaches meeting will also be held.

OFFICIALS AND TIMERS MEETING: The timers meeting will be held on the south side of the natatorium (behind admin desk) 20 minutes prior to the start of each session.



2025 YMCA NORTH CENTRAL REGIONAL SWIM MEET

Friday March 14 - Sunday March 16, 2025

CHAMPIONSHIP PROCEDURES AND OPERATIONS

CHAMPIONSHIP COMMITTEE: The Committee will consist of the Meet Director, Meet Referee, Regional Rep and a coach from two separate teams.

RULES: The meet will run under YMCA Rules that Govern Competitive Sports, Swimming Addendum to the YMCA Rules that Govern Competitive Sports, USA-S Technical Rules.

MEET FORMAT: The meet will be swum using a timed finals format. Swimmer's age will be determined as of December 1, 2024

FLYOVER STARTS: Flyover starts will be used. Swimmers are to report to the starting blocks.

EVENT SEEDING: Events will be seeded Slowest to Fastest. The Meet Referee/Administrative Official reserve the right to combine heats.

SCRATCH PROCEDURES: An athlete is considered entered into an event unless he/she scratches from that event. If an athlete does not scratch from an event and does not swim the event, that event still counts toward the athlete's total number of events for the meet.

DECLARED FALSE START: An athlete may also withdraw from a heat or swim-off by electing to take a declared false start. Such declaration must be made known to the Deck Referee before the heat or swim off is announced. A declared false start counts as an event swum for the athlete and will be counted in the maximum number of events allowed for each athlete.

NO SHOW: An athlete who is seeded in an event and fails to compete (i.e., a "no show") shall not compete in any further individual or relay events unless the athlete and/or coach declares an intent to swim to the Administrative Referee prior to the next scheduled event for the athlete.



2025 YMCA NORTH CENTRAL REGIONAL SWIM MEET

Friday March 14 - Sunday March 16, 2025

WARM-UP SAFETY PROCEDURES: Prior to warm-ups, teams will be advised of the current warm up procedure in place for the meet. Teams will be assigned a pool and lane. Starts may be conducted during the last 10 minutes of each warm up period. Start lanes will be announced by the referee.

Once the pool is cleared or we have reached the maximum warm-up time for the session, the pool will be cleared for 10 minutes.

All swimmers must be under the supervision of a certified coach from their respective team during warm-up, competition, and warm-down. Facility rules require a 3 point, feet first, sit and slide entry for lanes designated for circle swim during warm-up and warm-down. Entry and exit instructions will be given by supervising coach.

SWIM-OFFS: In the event a swim-off is necessary, the meet referee will set a time for the swim-off which will not be any later than 45 minutes after the last heat of any event in which any of the swimmers in the swim-off is competing. (USA Swimming Rule 102.5.2)

RESULTS: Any results displayed on the scoreboard are unofficial until final results are published. Results will be posted on Meet Mobile.

PROTEST PROCEDURE: Protests may only be initiated by a person with standing, that is, a coach or YMCA supervisor whose team is competing in the meet. The Championship committee will arbitrate protests, eligibility issues, safety rules and other issues

Protests against the judgment decisions of starters, stroke, turn, place and relay take-off judges can only be considered by the Referee and the Referee's decisions will be final (USA-S Rule 102.23).



2025 YMCA NORTH CENTRAL REGIONAL SWIM MEET

Friday March 14 - Sunday March 16, 2025

CONDUCT AND RESTRICTIONS: The Meet Referee reserves the right to dismiss any swimmer, coach and/or spectator from the competition due to inappropriate conduct

- Deck Changes are prohibited. The USA Swimming Rulebook defines Deck Change as: Changing, in whole or in part, into or out of a swimsuit (excluding a drag suit) in an area other than a permanent or temporary locker room, bathroom, changing room or other space designated for changing purposes while at a practice, competition, or other pool-related activity.” This includes slipping off the top of a one-piece performance suit to place on an alternate bikini top immediately following a race.
- Swimmers ages 12 years and younger shall not compete while wearing a ‘tech suit’, even when swimming in an open/senior event.
- Glass, Food, and Chairs are not permitted on deck.
- Deck access is limited to swimmers, certified coaches, officials, meet personnel and volunteers only.
- The use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.
- Photographs are not allowed to be taken behind the block during competition. No flash photography allowed at the start of each event.
- Massage tables are not permitted.
- Individuals are responsible for the security of their personal belongings and are encouraged not to bring valuables to the meet venue and not to leave items unattended.
- Operation of a drone or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.



2025 YMCA NORTH CENTRAL REGIONAL SWIM MEET

Friday March 14 - Sunday March 16, 2025

AWARDS AND RECOGNITION

SCORING: All events will be scored to 16 places as follows:

Individual events: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1

Relay events: 40-34-32-30-28-26-24-22-18-14-10-8-6-4-2

AWARDS: Medals will be awarded for places 1-3, rosettes for places 4-8 and ribbons for places 9-16 including relays.

RECOGNITIONS:

A High Point Trophy will be awarded to the Highest scoring swimmer and runner up in each of the following age groups: 8&U, 9-10, 11-12, 13-14, 15&O. High Point trophies will be awarded at the conclusion of the Sunday Sessions for each age group. Relays do not count toward individual high point scores.

At the conclusion of the meet, team banners will be awarded for teams placing 1st through 3rd in total team points.

SPECTATORS

ADMISSION FEE: There is no fee for admission.

HEAT SHEETS/PROGRAMS: Will be for sale at the upper entrance of the spectator seating area.

CONCESSION STAND: A concession stand will be provided by meet volunteers and will be available during the meet in the upper spectator balcony.

ATHLETE APPAREL: Elsmore Swim Shop will be on-site and will have a variety of swimwear and accessories for sale. Fine Designs will be onsite with a selection of Meet Apparel for sale.

SEAT SAVING POLICY: The saving of seats is not permitted in the natatorium. Please be courteous of all spectators keeping in mind the core values of the YMCA.



2025 YMCA NORTH CENTRAL REGIONAL SWIM MEET

Friday March 14 - Sunday March 16, 2025

CONDUCT AND RESTRICTIONS:

- No personal chairs are allowed in the spectator area or on deck.
- Parents are responsible for the conduct of their children. Children are not allowed to roam the facility unattended.
- The use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.
- Spectators are not permitted on deck.
- No smoking, drugs, or alcohol are permitted in the swimming complex.
- Glass containers of any kind are not permitted on the pool deck or in the spectator seating area at any time.



2025 YMCA NORTH CENTRAL REGIONAL SWIM MEET

Friday March 14 - Sunday March 16, 2025

LIABILITY, SAFETY AND EMERGENCY PROCEDURES

INSURANCE: Each Association participating in this meet must have insurance coverage for representative(s) including leadership and participants who will be in attendance for the period of the meet. Appendix 3 must be signed by each association participating in the meet.

LIABILITY LIMITS:

- In granting of the USA-S/IA approval, it is understood and agreed that USA Swimming and IA-LSC shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the meet.
- In granting the YMCA Sanctioning, it is understood and agreed that YMCA of the USA shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the meet.
- It is understood and agreed that USA Swimming and IASI shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.
- USA Swimming, Inc., IASI and the Greater Des Moines YMCA cannot prevent you and your athlete from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming and IASI sanctioned events. It is not possible to prevent against the presence of the virus. Therefore, if you choose to participate in a USA Swimming or IASI sanctioned event, you may be exposing yourself and your athlete to and increasing you and your athlete's risk of contracting or spreading COVID-19.

BY ATTENDING OR PARTICIPATING IN THE COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING, IOWA SWIMMING, INC., AND DSMY AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORSEEN, IN CONNECTION WITH EXPOSURE, INFECTION, AND SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION.



2025 YMCA NORTH CENTRAL REGIONAL SWIM MEET

Friday March 14 - Sunday March 16, 2025

EMERGENCIES: the facility personnel will handle all emergencies at the meet. These individuals will provide CPR and first aid as needed and will ensure that individuals with serious injuries are transported immediately to the nearest hospital for further treatment. Defibrillators will be on site.

Any coach, athlete or official who recognizes an emergency situation should immediately inform the facility's personnel and then make sure the vicinity of the emergency is clear for the emergency personnel to do their job.

UNACCOMPANIED ATHLETE: Each athlete must have a certified coach responsible for him/her while on the pool deck. The coach of the athlete must authorize in writing a coach from another team to represent their team and be responsible for the swimmer(s).

CONCUSSION AWARENESS: This meet will follow the YMCA of USA Concussion procedure. Anyone who observes or has knowledge of a potential head injury should immediately notify lifeguards and/or hired medical personnel. Once the injury report is completed, the lifeguard and/or hired medical personnel will notify the Event Staff, the athlete's coaching staff, and the Meet Director.

If a head injury occurs, the action plan below will be followed:

1. Athlete is removed immediately from participation by the Meet Director
2. Athlete must be evaluated by a licensed health care professional experienced in identifying and treating concussions. In addition, the athlete must be in compliance with the laws that are in effect within the jurisdiction where the meet is held.
3. The coaching staff will inform the athlete's parents or guardians about the possible concussion and give or send them the fact sheet on concussion.
4. The athlete will not be allowed back to warm-up or compete until a health care professional, experienced in evaluating concussions determines that the athlete is symptom-free and is OK to return to participation.

LIGHTNING POLICY: The National Lightning Safety Institute, National Athletic Trainers Association, American College of Emergency Physicians, USA Swimming, and YMCA of the USA all recommend or require closing an indoor pool during an electrical storm. This policy will be followed at the meet.

EVACUATION PROCEDURE: Facility personnel will direct swimmers, coaches, and spectators to the appropriate locations in the event of a facility evacuation.



2025 YMCA NORTH CENTRAL REGIONAL SWIM MEET

Friday March 14 - Sunday March 16, 2025

DIRECTIONS

The Wellmark YMCA is located at 501 Grand Avenue, Des Moines, IA 50309

Link to Google Maps: <https://tinyurl.com/y8wylhqv>

LODGING

There are many hotel options available in the city including several downtown locations near the Wellmark YMCA. Hotel options with block rooms saved for the meet include the Downtown Hilton. This hotel is directly connected to the Wellmark YMCA via the City Skywalk System.

Booking and updated hotel information can be found on the Regional Meet Page on our website: <https://www.teamunify.com/Home.jsp?team=ymcanc>

PARKING

There are more than 30,000 parking spots throughout the city.

Find resources at: catchdesmoines.com/about/transportation/parking

Metered Parking is available Mon-Sat 9am-9am

Parking is free on Sunday



2025 YMCA NORTH CENTRAL REGIONAL SWIM MEET

Friday March 14 - Sunday March 16, 2025

APPENDIX 1: ORDER OF EVENTS & QUALIFYING TIMES



2025 YMCA NORTH CENTRAL REGIONAL SWIM MEET

Friday March 14 - Sunday March 16, 2025

Day 1 - Session 1 - Friday PM - 1000 FR + 11/12 MEDLEY RELAYS

Girls Time Standard	#	Age Group	Event	#	Boys Time Standard
13:44.69	1	11 -12	1000Y Freestyle	2	13:30.19
13:01.79	3	13-14	1000Y Freestyle	4	12:23.89
12:49.99	5	15 & Over	1000Y Freestyle	6	11:57.79
	7	11-12	400Y Medley Relay	8	

Day 2 - Session 2 - Saturday AM - 12 & UNDER

Girls Time Standard	#	Age Group	Event	#	Boys Time Standard
40.25	9	11-12	50Y Breaststroke	10	40.99
1:40.00	11	8 & U	100Y Freestyle	12	1:40.00
1:21.59	13	10 & U	100Y Freestyle	14	1:17.91
1:07.54	15	11-12	100Y Freestyle	16	1:07.89
	17	8 & U	200Y Medley Relay	18	
	19	10 & U	200Y Medley Relay	20	
	21	11-12	200Y Medley Relay	22	
50.00	23	8 & U	50Y Backstroke	24	50.00
40.99	25	10 & U	50Y Backstroke	26	42.59
35.99	27	11-12	50Y Backstroke	28	36.99
1:45.00	29	8 & U	100Y Individual Medley	30	1:45.00
1:28.79	31	10 & U	100Y Individual Medley	32	1:29.53
2:50.69	33	11-12	200Y Individual Medley	34	2:49.39
40.00	35	8 & U	50Y Freestyle	36	40.00
34.04	37	10 & U	50Y Freestyle	38	34.16
30.38	39	11-12	50Y Freestyle	40	30.41
21.00	41	8 & U	25Y Butterfly	42	21.00
1:42.09	43	10 & U	100Y Butterfly	44	1:40.39
1:20.19	45	11-12	100Y Butterfly	46	1:18.69
24.00	47	8 & U	25Y Breaststroke	48	24.00
1:43.51	49	10 & U	100Y Breaststroke	50	1:43.69
1:27.85	51	11-12	100Y Breaststroke	52	1:27.79

Warm Ups for the 11& Over Meet begins at the conclusion of the 12 and Under Meet

Day 2 - Session 3 - Saturday PM - 11 & OVER

Girls Time Standard	#	Age Group	Event	#	Boys Time Standard
2:26.84	53	13-14	200Y Freestyle	54	2:15.69
2:20.29	55	15 & Over	200Y Freestyle	56	2:07.89
2:54.99	57	11-12	200Y Butterfly	58	2:41.99
2:40.99	59	13-14	200Y Butterfly	60	2:31.99
2:34.59	61	15 & Over	200Y Butterfly	62	2:20.39
	63	13-14	200Y Medley Relay	64	
	65	15 & Over	200Y Medley Relay	66	
2:49.39	67	11-12	200Y Backstroke	68	2:39.79
1:14.19	69	13-14	100Y Backstroke	70	1:09.59
1:11.69	71	15 & Over	100Y Backstroke	72	1:04.19
3:00.69	73	13-14	200Y Breaststroke	74	2:49.39
2:55.79	75	15 & Over	200Y Breaststroke	76	2:39.29
	77	13-14	400Y Freestyle Relay	78	
	79	15 & Over	400Y Freestyle Relay	80	
5:44.29	81	11-12	400Y Individual Medley	82	5:25.49
29.46	83	13-14	50Y Freestyle	84	28.05
28.25	85	15 & Over	50Y Freestyle	86	26.25
2:42.99	87	13-14	200Y Individual Medley	88	2:31.99
2:36.00	89	15 & Over	200Y Individual Medley	90	2:22.59
6:40.09	91	11-12	500Y Freestyle	92	6:35.09
6:22.39	93	13-14	500Y Freestyle	94	6:03.19
6:13.69	95	15 & Over	500Y Freestyle	96	5:44.19



2025 YMCA NORTH CENTRAL REGIONAL SWIM MEET

Friday March 14 - Sunday March 16, 2025

Day 3 - Session 4 - Sunday AM - 12 & UNDER

Girls Time Standard	#	Age Group	Event	#	Boys Time Standard
1:15.99	97	11-12	100Y Individual Medley	98	1:17.99
18.00	99	8 & U	25Y Freestyle	100	18.00
2:50.67	101	10 & U	200Y Freestyle	102	2:50.89
2:30.79	103	11-12	200Y Freestyle	104	2:27.49
	105	8 & U	100Y Freestyle Relay	106	
	107	10 & U	200Y Freestyle Relay	108	
	109	11-12	200Y Freestyle Relay	110	
58.00	111	8 & U	50Y Breaststroke	112	58.00
46.54	113	10 & U	50Y Breaststroke	114	47.85
3:10.69	115	11-12	200Y Breaststroke	116	2:59.39
22.00	117	8 & U	25Y Backstroke	118	22.00
1:31.54	119	10 & U	100Y Backstroke	120	1:32.09
1:19.55	121	11-12	100Y Backstroke	122	1:19.09
55.00	123	8 & U	50Y Butterfly	124	55.00
39.99	125	10 & U	50Y Butterfly	126	41.99
34.59	127	11-12	50Y Butterfly	128	35.99
	129	8 & U	200Y Freestyle Relay	130	
	131	10 & U	400Y Freestyle Relay	132	
	133	11-12	400Y Freestyle Relay	134	

Warm Ups for the 11& Over Meet begins at the conclusion of the 12 and Under Meet

Day 3 - Session 5 - Sunday PM - 13 & OVER

Girls Time Standard	#	Age Group	Event	#	Boys Time Standard
	135	13 - 14	200Y Freestyle Relay	136	
	137	15 & Over	200Y Freestyle Relay	138	
2:39.59	139	13 - 14	200Y Backstroke	140	2:29.79
2:35.39	141	15 & Over	200Y Backstroke	142	2:19.89
1:24.09	143	13 - 14	100Y Breaststroke	144	1:18.09
1:21.49	145	15 & Over	100Y Breaststroke	146	1:13.19
5:44.29	147	13 - 14	400Y Individual Medley	148	5:25.49
5:35.49	149	15 & Over	400Y Individual Medley	150	5:05.99
1:13.49	151	13 - 14	100Y Butterfly	152	1:08.09
1:10.99	153	15 & Over	100Y Butterfly	154	1:03.59
1:05.16	155	13 - 14	100Y Freestyle	156	1:02.19
1:04.89	157	15 & Over	100Y Freestyle	158	58.09
	159	13 - 14	400Y Medley Relay	160	
	161	15 & Over	400Y Medley Relay	162	

*Updated 10/30/2023



2025 YMCA NORTH CENTRAL REGIONAL SWIM MEET

Friday March 14 - Sunday March 16, 2025

BONUS EVENTS & QUALIFYING TIMES

Midwest Regional YMCA Swim Meet - Bonus Time Standards

GIRLS	8 & Under	BOYS
19.50	25 FREE	19.50
45.00	50 FREE	45.00
1:50.00	100 FREE	1:50.00
23.50	25 BACK	23.50
55.00	50 BACK	55.00
26.00	25 BREAST	26.00
1:02.00	50 BREAST	1:02.00
23.00	25 FLY	23.00
57.00	50 FLY	57.00
1:55.00	100 I.M.	1:55.00
GIRLS	10 & Under	BOYS
36.04	50 FREE	36.16
1:26.59	100 FREE	1:22.91
44.99	50 BACK	46.59
1:38.54	100 BACK	1:37.09
50.54	50 BREAST	51.85
1:50.51	100 BREAST	1:50.69
43.99	50 FLY	45.99
1:50.09	100 FLY	1:48.39
1:37.79	100 I.M.	1:36.53
GIRLS	11-12 Years	BOYS
31.38	50 FREE	31.41
1:10.54	100 FREE	1:10.89
2:34.79	200 FREE	2:31.49
37.99	50 BACK	38.99
1:22.55	100 BACK	1:22.09
42.25	50 BREAST	42.99
1:30.85	100 BREAST	1:30.79
35.59	50 FLY	36.99
1:23.19	100 FLY	1:21.69
1:19.99	100 I.M.	1:21.99
GIRLS	13-14 Years	BOYS
31.46	50 FREE	30.05
1:07.16	100 FREE	1:04.19
2:29.84	200 FREE	2:18.69
1:17.19	100 BACK	1:12.59
1:27.09	100 BREAST	1:21.09
1:16.49	100 FLY	1:11.09
GIRLS	15 & Over	BOYS
30.25	50 FREE	28.25
1:06.89	100 FREE	1:00.09
2:23.29	200 FREE	2:10.89
1:14.69	100 BACK	1:07.19
1:24.49	100 BREAST	1:16.19
1:13.99	100 FLY	1:06.59



2025 YMCA NORTH CENTRAL REGIONAL SWIM MEET

Friday March 14 - Sunday March 16, 2025

YMCA Sanctioned Meet Declaration Form

(Return signed form to the meet director)

Participating YMCA: _____

YMCA Address: _____

Meet Name: 2025 North Central Regional Championship Swim Meet

Meet Date(s): 03/14/25 – 03/16/25

Meet Host: Iowa YMCA Swimming League

Meet Location: Wellmark YMCA, 501 Grand Avenue, Des Moines, IA. 50309

We the undersigned attest to the following:

SWIMMERS - All swimmers representing the YMCA above are full privilege members of the YMCA and meet all eligibility requirements. All swimmers age 18 and older have completed Child/Athlete Protection Training within the past 12 months.

COACHES - All coaches representing the YMCA above hold current certifications in BLS (Professional Rescuer CPR), First Aid, Safety Training for Swim Coaches, Child/Athlete Protection Training and Principles of YMCA Competitive Swimming and Diving and have completed the annual YMCA coach registration online.

INSURANCE - Our Association now has insurance coverage for representative(s) including participants, coaches, volunteers and leadership who will be in attendance at the 2024 North Central Regional Championship Swim Meet for the entire period of the meet. I hereby certify that YMCA has a minimum of \$1,000,000/\$2,000,000 in liability insurance that covers our participants, coaches, volunteers and leadership during their participation in the 2025 North Central Regional Championship Swim Meet.

RELEASE - In consideration of your accepting this entry, I hereby, for myself, heirs, executor and administrators, waive and release any and all right and claim for damages I may have against the YMCA of the USA, the Iowa YMCA Swimming League, their agents, representatives or assigns, and the Greater Des Moines YMCA for any and all injuries which may be suffered by participants at the 2025 North Central Regional Championship Swim Meet. Furthermore we understand that the YMCA of the USA and the Iowa YMCA Swimming League are not responsible for any intended or unintended consequences related to removing an athlete from competition for a head injury. This includes, but is not limited to, any financial reimbursement associated with such removal.

Name and Signature of Head Coach

Name and Signature of YMCA Executive Director or Designee



2025 YMCA NORTH CENTRAL REGIONAL SWIM MEET

Friday March 14 - Sunday March 16, 2025

This is the last page of the Meet Announcement