



2026 LMST Pumpkin Plunge Swim Meet

October 3, 2026
Hosted by Linn-Mar Swim Team

Linn-Mar Community School District Aquatic Center
3457 North Tenth Street – Marion, IA 52302

IASI SANCTION	IA-27-017 Held under the sanction of USA Swimming and Iowa Swimming, Inc. (IASI).
RULES	Current USA Swimming and IASI technical and administrative rules will govern this swim meet.
DATES:	Saturday, October 3, 2026
TIME:	Sessions Saturday Morning Session (8 & Under and 10 & Under Swimmers) Warm Up: 8:00-8:50 AM Meet Begins at 9:00 AM Saturday Afternoon Session (11-12 and 13 & Over Swimmers) Warm Up: Not before 11:30 AM Meet Begins: Not before 12:30 PM
SITE:	Linn-Mar Community School District Aquatic Center 3457 North Tenth Street Marion, Iowa 52302
FACILITY:	The competition course has been certified with accordance to Rule 104.2.2C(4) of USA Swimming Rules and Regulations. A copy of such certification is on file with USA Swimming. The Linn-Mar Aquatic Center features the following: • A Myrtha pool which is 33 1/3 meters long by 25 yards wide with a moveable bulkhead • Racing course will be set so that there are eight nine-foot wide 25-yard lanes with an additional five 25-yard seven-foot-wide lanes for warm-up and cool-down • Competitor Gold six-inch diameter lane lines • Twelve-feet deep at the starting end and seven-feet deep at the turn end • Myrtha starting blocks that include wedges and side rails • Finis Backstroke Wedges will be available for backstroke starts for the afternoon session • Daktronics Timing System with eight-foot touch pads, two button back up and individual lane speakers
COACHES:	Only currently registered USA Swimming coach members will be permitted on deck in designated areas. Each coach must sign the Coaches Meet Sign-In (APP-29). Deck Pass or the USA Swimming App are acceptable proof of USA Swimming Membership.
WARM-UPS:	The IASI mandatory warm-up procedure will be followed. All swimmers are to carefully enter the pool feet first. The pool will be cleared 10 minutes prior to competition. All swimmers must be under the supervision of a USA Swimming member coach during warm-up, competition, and warm-down. Any swimmer without a coach



2026 LMST Pumpkin Plunge Swim Meet

October 3, 2026
Hosted by Linn-Mar Swim Team

Linn-Mar Community School District Aquatic Center
3457 North Tenth Street – Marion, IA 52302

	shall report to the Referee prior to his or her warm-up. The Referee may assist the swimmer in making arrangements for such supervision, but it is the swimmer's responsibility to ensure such arrangements are made prior to the start of the meet.
RACING STARTS:	All swimmers entered in the meet must be certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water without the use of the backstroke ledge. When unaccompanied by a member coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.
ENTRY REQUIREMENTS:	1. All swimmers must be members of USA Swimming. The meet host will notify teams if they have entered swimmers whose memberships cannot be verified through pre-meet reconciliation. Those swimmers must prove membership to the meet host by either (i) showing the athlete's member card from the USA Swimming mobile app or website, or (ii) demonstrating that the athlete appears on a current club roster report produced from SWIMS 3.0. Screenshots of the athlete's member card is NOT acceptable proof of membership. Any swimmer who fails to prove membership no later than 10 minutes prior to warm-ups for the first session in which they are entered to compete will not be permitted to compete, forfeits their entry fees, and will be administratively disqualified from the entire meet. 2. Swimmers must enter in the age group events corresponding to age as of October 3, 2026. 3. Swimmers may enter no more than four individual events during the meet. 4. Seed times must be submitted for a 25-yard course (SCY). No Time (NT) entries will be accepted. Converted times are not allowed.
ENTRY FEES:	Entry fees are as follows: For all swimmers other than IASI Swimming Outreach Members, the meet fees are the following: \$ 44.00 flat fee per athlete entered which includes the \$ 6.00 per swimmer IASI swimmer surcharge For IASI Outreach Members: For all swimmers who are IASI Outreach Certified members, the meet participation fee is \$5.00 per swimmer which includes all individual entry fees and the IASI swimmer surcharge. Electronic entries must be submitted in a format compatible with HY-TEK Meet Manager software. Handwritten entries must be submitted on the IASI Meet Entry Form (APP-7). Payment shall be by check or money order made payable to Linn-Mar Community School District.



2026 LMST Pumpkin Plunge Swim Meet

October 3, 2026
Hosted by Linn-Mar Swim Team

Linn-Mar Community School District Aquatic Center
3457 North Tenth Street – Marion, IA 52302

	Entry fees are non-refundable; IASI swimmer surcharge fees will be refunded only if the entire meet is canceled.
ENTRY DATES AND DEADLINES:	1. Entries will be accepted from teams/athletes in the Iowa LSC beginning at 10:00 a.m., Thursday, September 3, 2026. 2. Entries will be accepted from all teams/athletes at 10:00 a.m., Thursday, September 10, 2026. 3. The meet entry deadline is noon on Tuesday, September 29, 2026. 4. Once a team's entries have been accepted by the meet host, that team is considered entered into the meet. A team entering a meet is responsible for entry fees for all swimmers entered into the meet. Changes or scratches in a team's entries prior to the meet deadline do not relieve a team of the responsibility to pay for confirmed entries. 5. Entries will be confirmed via a return email receipt. 6. Entries will NOT be accepted by phone or fax. Entries will be accepted in the order received. Once the meet reaches capacity, the host team will inform IASI meet contacts as well as any non-IASI teams with entries already accepted.
LATE ENTRIES:	Provided space is available, late entries will be accepted by email or on deck until the beginning of the warm-ups of that session. If the meet program has not been printed, swimmers shall be seeded into the meet, but will still be charged the late entry fee. If the meet program has been printed, swimmers shall be assigned to an empty lane, no heats will be added. Late entry fees: \$54.00 flat fee per athlete entered which includes the \$ 6.00 per swimmer IASI swimmer surcharge For questions regarding late entries or to find out if late entries are being accepted, contact the Meet Director
SWIMMERS WITH DISABILITIES:	Swimmers with disabilities are encouraged to compete. The Information Form for Adapted Competitive Swimmers (APP-21) indicating limitations and requested modifications should be completed and attached to the meet entries. Modifications will be determined by the Referee. The swimmer (or swimmer's coach) is responsible for providing any equipment or assistants required. See Article 105 of USA Swimming Rules and Regulations.
ENTRIES CHAIR:	Parker Craw 3457 North Tenth Street Marion, IA 52302 Parker.craw@linnmar.k12.ia.us (319) 892-4800
MEET DIRECTOR:	Parker Craw 3457 North Tenth Street



2026 LMST Pumpkin Plunge Swim Meet

October 3, 2026
Hosted by Linn-Mar Swim Team

Linn-Mar Community School District Aquatic Center
3457 North Tenth Street – Marion, IA 52302

	Marion, IA 52302 Parker.craw@linnmar.k12.ia.us (319) 892-4800
OFFICIALS:	Meet Referee: Randy Ironside Linn-Mar Swim Team welcomes any visiting USA Swimming officials who would like to officiate at this meet. If you are able to officiate, the link will be found here .
MEET COMMITTEE:	A meet committee consisting of the Meet Director, Meet Referee, a Coach Representative, an Athlete Representative, and a certified Official, acting at large, will be established in accordance with IASI Policies and Procedures, Section I, VII, K. The committee shall serve as the meet jury to consider any administrative protests filed at the meet. Protests against judgment decisions can only be considered by the Referee and the Referee's decision is final. The committee shall act as a review section in case of an emergency hearing.
MEET OPERATION:	1. All events will be pre-seeded except for events 43 and 44 which will be deck-seeded. 2. Positive check-in is required for the 13 & Over 500 Freestyle, events 43 and 44. Positive check-in deadline will be 30 minutes prior to the start of the afternoon session. Swimmers who fail to check in by the deadline will be scratched. Swimmers who are scratched will be allowed to reenter only if there are open lanes in the slowest heat. 3. Events may be combined to facilitate meet operation and separated later for results. 4. Swimmers competing in the 500 Freestyle events are requested to provide lap counters, if desired. 5. Swimmers in all events shall report directly to the starting blocks. There will not be a Clerk of Course. 6. The fly over start procedure will be used during all sessions. 7. The host is not responsible for providing rest for swimmers entered in consecutive events. If a swimmer has less than 10 minutes between swims, the swimmer (or swimmer's coach) should inform the Deck Referee. 8. Deck Changes are prohibited. 9. Operation of a drone, or any other flying apparatus is prohibited over the venue (pools, athlete/coach area, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.
SCORING:	This meet will not be scored.
AWARDS:	For the 8 & Under, 10 & Under and 11-12 age groups, ribbons will be awarded to the top 12 swimmers in each individual event. Ribbons will be presented to the top 3 relay teams in each event. There will not be any awards presented for the 13 & Over events.



2026 LMST Pumpkin Plunge Swim Meet

October 3, 2026
Hosted by Linn-Mar Swim Team

Linn-Mar Community School District Aquatic Center
3457 North Tenth Street – Marion, IA 52302

SCRATCHES:	The IASI scratch rule is in effect. There is no penalty for no-shows, but swimmers are encouraged to declare a false start to the referee if they do not intend to swim an entered event.
USA SWIMMING REGISTRATIONS:	No USA Swimming registrations will be accepted at the meet. Any swimmer who is not a currently registered athlete member at the time of pre-meet recon must ensure that IASI has received the appropriate application and fees at least 24 hours prior to the start of competition. Failure to do so will result in the swimmer's entries being scratched and the swimmer barred from entering the pool.
CAMERAS:	USE OF AUDIO OR VISUAL RECORDING DEVICES, INCLUDING CELL PHONES, IS NOT PERMITTED AT ANY TIME IN CHANGING AREAS, RESTROOMS, OR LOCKER ROOMS.
NO SMOKING OR ALCOHOL:	The use of tobacco products or the consumption of alcohol is strictly prohibited on school district property.
SEATING:	Individuals arriving at the Aquatic Center will enter the building through the front doors and the lobby of the facility. The stadia will be available for spectator seating. Only the swimmers, meet volunteers, coaches and Aquatic Center staff will be permitted to go downstairs to the pool level. Spectators will not be allowed downstairs. Please note that adults are not allowed in the locker rooms. Coaches and meet personnel must use either the family changing rooms located on the pool level or use the public restrooms located on the first-floor lobby entrance.
MEET CONDUCT:	Attending clubs, swimmers, and spectators are the guests of Linn-Mar Community School District. Any report of inappropriate behavior will be dealt with immediately. Linn-Mar School District reserves the right to remove any offending individuals or groups. Additionally, any swimmer found swimming under the bulkhead will be ejected from the facility and will be barred for the remainder of the meet. Clubs will be financially responsible for any damage to the premises caused by their club, swimmers and/or parents & spectators.
ADDITIONAL INFORMATION:	1. Program: Heat sheets will be made available on Meet Mobile and the meet landing page on the LMST website. Each volunteer official will receive a complimentary program. 2. Results: Electronic results will be provided to all teams participating in the meet. Final Results will be posted on the LMST and IASI websites. A hardcopy of the final results may be requested on the IASI Financial Sheet for an additional \$5.00. 3. Concessions: There will be a concession stand offering hot and cold food selections, along with drinks and healthy snacks. A hospitality room will be available for coaches, volunteers, and officials.

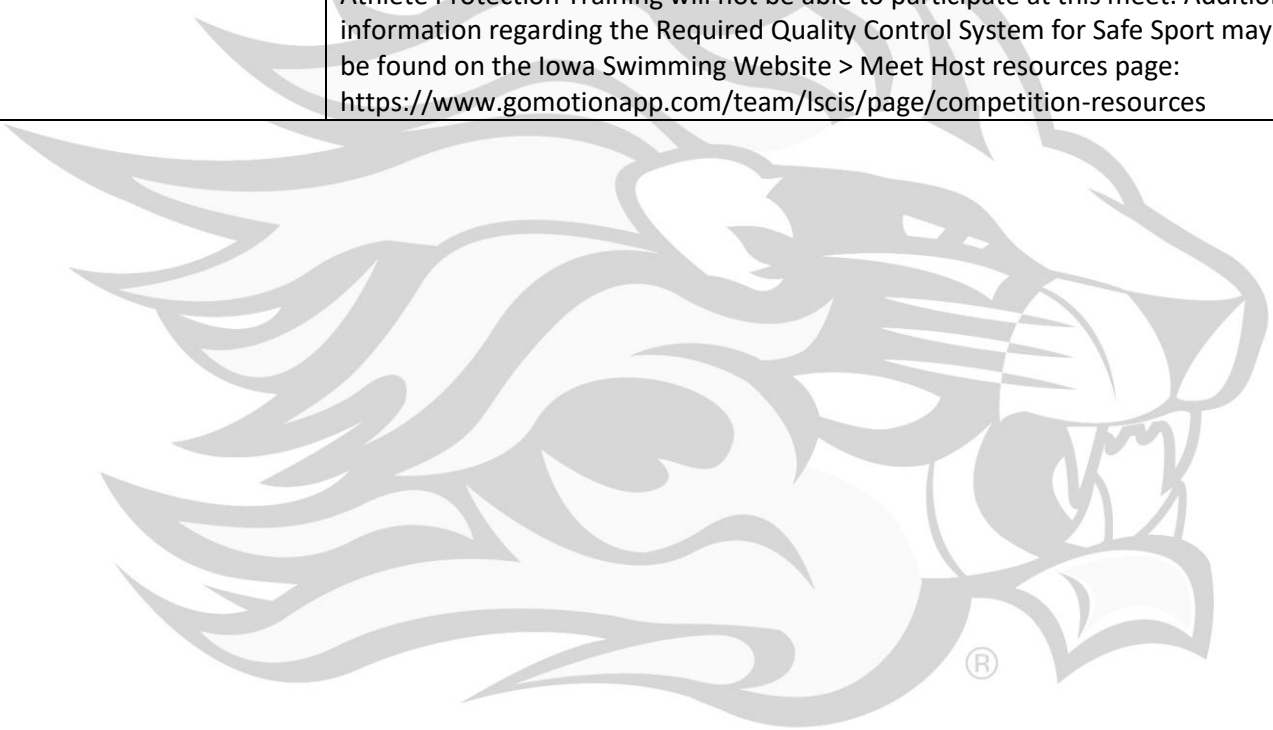


2026 LMST Pumpkin Plunge Swim Meet

October 3, 2026
Hosted by Linn-Mar Swim Team

Linn-Mar Community School District Aquatic Center
3457 North Tenth Street – Marion, IA 52302

	4. Spectator information: No admission charge for spectators. Free parking is available.
INDEMNITY:	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.
MAAP:	All 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 MAAPP is a condition of participation in the conduct of this competition. A quality control system has been implemented to ensure that individuals who are ineligible for participation are unable to participate in this competition. Additionally, all adult members of USA Swimming who have not completed their Athlete Protection Training will not be able to participate at this meet. Additional information regarding the Required Quality Control System for Safe Sport may be found on the Iowa Swimming Website > Meet Host resources page: https://www.gomotionapp.com/team/lscis/page/competition-resources





2026 LMST Pumpkin Plunge Swim Meet

October 3, 2026
Hosted by Linn-Mar Swim Team

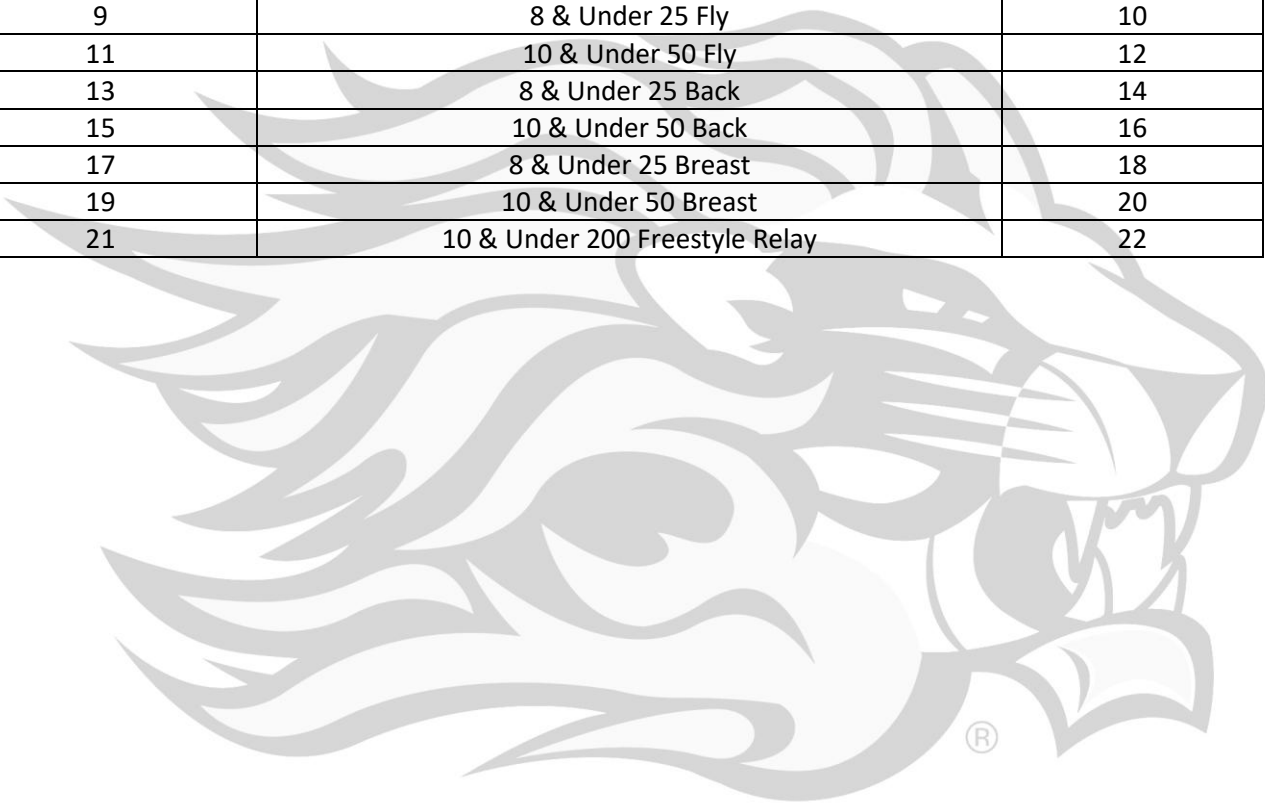
Linn-Mar Community School District Aquatic Center
3457 North Tenth Street – Marion, IA 52302

Saturday Morning Session

8 & Under and 10 & Under Age Groups

Warm Up Time: 8:00-8:50 AM	Meet Start Time: 9:00 AM
----------------------------	--------------------------

Girls Event Number	Event	Boys Event Number
1	10 & Under 100 Freestyle	2
3	10 & Under 100 IM	4
5	8 & Under 25 Freestyle	6
7	10 & Under 50 Freestyle	8
9	8 & Under 25 Fly	10
11	10 & Under 50 Fly	12
13	8 & Under 25 Back	14
15	10 & Under 50 Back	16
17	8 & Under 25 Breast	18
19	10 & Under 50 Breast	20
21	10 & Under 200 Freestyle Relay	22





2026 LMST Pumpkin Plunge Swim Meet

October 3, 2026
Hosted by Linn-Mar Swim Team

Linn-Mar Community School District Aquatic Center
3457 North Tenth Street – Marion, IA 52302

Saturday Afternoon Session 11-2 and 13 & Older Age Groups

Warm Up Time: Not before 11:30 AM

Meet Start Time: Not before 12:30 PM

Girls Event Number	Event	Boys Event Number
23	11-12 100 Freestyle	24
25	13 & Over 200 Freestyle	26
27	11-12 100 IM	28
29	13 & Over 200 IM	30
31	11-12 50 Freestyle	32
33	13 & Over 50 Freestyle	34
35	11-12 50 Butterfly	36
37	13 & Over 100 Butterfly	38
39	13 & Over 100 Freestyle	40
41	11-12 200 Freestyle	42
43	13 & Over 500 Freestyle	44
45	11-12 50 Backstroke	46
47	13 & Over 100 Backstroke	48
49	11-12 50 Breaststroke	50
51	13 & Over 100 Breaststroke	52

Event 43 and 44, the Senior 500 Freestyle has a positive check-in deadline that will be 30 minutes prior to the start of competition for the afternoon session. Swimmers who fail to check in by the deadline will be scratched. Swimmers who are scratched will be allowed to reenter only if there are open lanes in the slowest heat.