



2026 LMST Fall Tri-Meet

October 17, 2026
Hosted by Linn-Mar Swim Team

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

IASI SANCTION	IA-27-027 Held under the sanction of USA Swimming and Iowa Swimming, Inc. (IASI)
RULES	Current USA Swimming technical and administrative rules and IASI policies and procedures, including the Minor Athlete Abuse Prevention Policy ("MAAPP"), will govern this swim meet.
DATES:	Saturday, October 17, 2026
TIME:	Sessions Saturday Morning Session (All Swimmers) Warm Up: 9:00-9:50 AM Meet Begins at 10:00 AM
SITE:	Linn-Mar Community School District Aquatic Center 3457 North Tenth Street Marion, Iowa 52302
FACILITY:	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 • Daktronics Timing System with eight-foot touch pads, two button back up and individual lane speakers The host will ensure the required course dimensions
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). The official mobile application of USA Swimming is 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 shall report to the Referee prior to his or her warm-up. The Meet Director or Meet Referee may assist the swimmer in making arrangements for such supervision, but it is the swimmer's responsibility to make such arrangements prior to the start of the meet.
RACING STARTS:	Any swimmer 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 a 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.



2026 LMST Fall Tri-Meet

October 17, 2026
Hosted by Linn-Mar Swim Team

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

ENTRY REQUIREMENTS:	1. Swimmers must be currently registered as athlete members of USA Swimming in order to compete. 2. Swimmers must enter in the age group events corresponding to age as of October 17, 2026. 3. Swimmers may enter a maximum of four (4) individual events per day and one (1) relay event per day. 4. Seed times must be submitted for a 25-yard course (SCY) or as a No Time (NT). Times from other courses (SCM & LCM) will not be accepted. Converted times are not allowed.
ENTRY FEES:	<u>Entry fees are as follows:</u> For all swimmers other than USA Swimming Outreach Members who qualify for IASI benefits, the meet fees are the following: \$ 30.00 flat fee per athlete entered which includes the \$ 6.00 per swimmer IASI swimmer surcharge <u>For IASI Outreach Members:</u> 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 <u>Linn-Mar Community School District</u>. 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 the following teams beginning at 10:00 a.m., Tuesday, September 29, 2026: BLST, PSC and LMST. 2. The meet entry deadline is 10:00 a.m., Monday, October 12th, 2026. 3. 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. 4. Entries will be confirmed via a return email receipt. Entries will NOT be accepted by phone or fax.
LATE ENTRIES:	Provided space is available, late entries will be accepted by email or at the computer table until one hour before the start of each 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: \$40.00 flat fee per athlete entered which includes the \$ 6.00 per swimmer IASI swimmer surcharge



2026 LMST Fall Tri-Meet

October 17, 2026
Hosted by Linn-Mar Swim Team

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

	No charge for late entries into relay events For questions regarding late entries or to find out if late entries are being accepted, contact the Meet Entries Chairperson.
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 Meet 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.
SEND ENTRIES TO:	Send electronic entries by email to the Meet Entries Chairperson: Parker Crow Parker.craw@linnmar.k12.ia.us 319-892-4800 Receipt will be confirmed by email. Send all print materials to Parker Crow, 3457 North Tenth Street, Marion, IA 52302. If sent by rush delivery, indicate no signature required.
MEET DIRECTOR:	Parker Crow & Jackson Allmon 3457 North Tenth Street Marion, IA 52302 Parker.craw@linnmar.k12.ia.us (319) 892-4800
MEET REFEREE:	Randy Ironside Randy.ironside@gmail.com 319-899-8554
OFFICIALS:	Linn-Mar Swim Team welcomes any visiting USA Swimming officials who would like to officiate at this meet. If you can officiate, please contact Parker Crow at parker.craw@linnmar.k12.ia.us.
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. This is a closed meet limited to BLST, PSC and LMST. 2. All events will be competed as timed-finals. 3. All events will be pre-seeded. 4. Events may be combined to facilitate meet operation and separated later for results and scoring.



2026 LMST Fall Tri-Meet

October 17, 2026
Hosted by Linn-Mar Swim Team

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

	5. Swimmers shall report directly to the starting blocks for all events. Swimmers will NOT be checked in by 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 areas, spectators' areas and open-ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.
SCORING:	The meet will not be scored.
AWARDS:	For all events, ribbons will not be awarded.
SCRATCHES:	The IASI scratch rule is in effect. See IASI Policies and Procedures, Section I, VII, L.
USA SWIMMING REGISTRATIONS:	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 are 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.
CAMERAS:	USE OF AUDIO OR VISUAL RECORDING DEVICES, INCLUDING CELL PHONES, IS NOT PERMITTED AT ANY TIME IN CHANGING AREAS, RESTROOMS, OR LOCKER ROOMS. The use of flash photography at the start of each swimming heat is prohibited. Participants consent to be photographed and filmed by an authorized photographer or network of IASI or the host club under conditions determined by the host club. Participants authorize the use of names, pictures, likeness, and biographical information before, during or after the meet to promote swimming. No awards received in this competition may be used for trade or financial gain.
TOBACCO AND ALCOHOL:	The use of tobacco and alcohol products is strictly prohibited on Linn-Mar 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 swimmers, meet volunteers and coaches will be permitted to go downstairs to the pool level. Spectators will not be allowed downstairs.



2026 LMST Fall Tri-Meet

October 17, 2026
Hosted by Linn-Mar Swim Team

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

	Coaches, officials, volunteers, and other 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: Programs will be available digitally through Meet Mobile and posted on the Linn-Mar Aquatic Center website. Each team will receive a hard copy of the heat sheet prior to the start each session. 2. Results: Electronic results will be provided to all teams participating in the meet. Spectator information: No admission charge for spectators. Free parking is available.
MAAPP:	All adults participating in or associated with this meet acknowledge that they are subject to the provisions of 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
INDEMNITY:	It is understood and agreed that USA Swimming and IASI shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.
MEDICAL SUPERVISION	The facility will be staffed with lifeguards who are responsible for monitoring the pool. First aid supplies and an AED are available if needed.



2026 LMST Fall Tri-Meet

October 17, 2026
Hosted by Linn-Mar Swim Team

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

Saturday Morning Session – October 17, 2026

Warm Up Time: 9:00-9:50 AM		Meet Start Time: 10:00 AM	
Event Number		Event	
1		13 & Over Mixed 400 IM	
2		13 & Over Mixed 50 Butterfly	
3		13 & Over Mixed 200 Freestyle	
4		13 & Over Mixed 100 Backstroke	
5		13 & Over Mixed 100 Breaststroke	
6		13 & Over Mixed 200 Butterfly	
7		13 & Over Mixed 50 Freestyle	
		15 Minute Break	
8		13 & Over Mixed 50 Breaststroke	
9		13 & Over Mixed 100 Freestyle	
10		13 & Over Mixed 200 Backstroke	
11		13 & Over Mixed 200 Breaststroke	
12		13 & Over Mixed 500 Freestyle	
13		13 & Over Mixed 100 Butterfly	
14		13 & Over Mixed 50 Backstroke	
15		13 & Over Mixed 200 IM	
		10 Minute Break	
16		13 & Over Mixed 200 Freestyle Relay	