



Iowa Swimming Inc.



Open Water Championships

IASI Sanction: **IA-26-081W**

[Easter Lake Park, Des Moines, Iowa](#)
[2830 Easter Lake Dr, Des Moines, IA 50320](#)

Monday, June 29th, 2026

Event Staff

<p>Entry Chair</p> <p>Bobby Kelley</p> <p>bobby.kelley@iaswim.org</p>		<p>Meet Director</p> <p>Scott Weinhimer</p> <p>meetdirector@nsstotters.com</p>	
<p>Meet Referee</p> <p>Andrea Kelley</p> <p>bandkell@aol.com</p>	<p>Admin Referee</p> <p>Andrew Olson</p>		<p>Independent Safety Officer</p> <p>John Shenberger</p> <p>johnshenberger@comcast.net</p>

Events

USA Swimming Athlete events for this meet shall be the following: 5k, 2.5k, and 1.25k. Per USA Swimming rules, athletes shall be permitted to enter up to a maximum of three individual events per day.

Masters athletes will compete in one event: 5k, 2.5k or 1.25k.

Meet/Site Information

Date	Monday, June 29th, 2026
Sanction	IA-26-081W Held under the sanction of USA Swimming and Iowa Swimming, Inc. (IASI) Held under the sanction of US Masters Swimming (USMS)
Rules	Current USA Swimming rules will govern the meet. Please see Part Seven of the USA Swimming Rules & Regulations for a complete list of open water rules. <ul style="list-style-type: none"> The Meet Referee may combine heats, age groups, and events.
Time Limits	Events shall be divided by age groups. At the discretion of the Meet Referee athletes will be given a minimum of 30 minutes after the lead swimmer completes the course to finish the course. <p>For each race the following maximum time limits shall apply:</p> <ul style="list-style-type: none"> 5K: 2 hours 2.5K: 1 hour 1.25k: 45 minutes



Iowa Swimming Inc.



Open Water Championships

<p>MAAPP</p>	<p>All adults participating in or associated with the 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.</p> <p>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.</p> <p>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</p>			
<p>Coaches Meeting</p>	<p>A mandatory coaches meeting will be held at 8:15 AM at the pavilion.</p>			
<p>Times</p>	<p>5k Competitors Senior</p>	<p>2.5k Competitors 13/14, 11/12</p>	<p>1.25k Competitors 10 & U</p>	<p>Masters Competitors</p>
	<p>0730: Check-in Begins</p> <p>0745 – 0845: Estimated Warmup Time (5k)</p> <p>0840: Check In Closes</p> <p>0845: Mandatory Athlete Meeting</p> <p>0900: First wave of the 5k Race begins</p>	<p>0900: Check-in Begins</p> <p>0915-1045: Estimated Warmup Time (2.5k)</p> <p>1040: Check In Closes</p> <p>1045: Mandatory Athlete Meeting (2.5k)</p> <p>1100: First wave of 2.5K race begins</p>	<p>0900: Check-in Begins</p> <p>0900-1145: Estimated Warmup Time (1.25k)</p> <p>1140: Check In Closes</p> <p>1145: Mandatory Athlete Meeting (1.25k)</p> <p>1200: Estimated Start time of 1.25K Race</p>	<p>1150: Check- in Begins</p> <p>1200-1245 Estimated Warmup Time (Masters)</p> <p>1245: Mandatory Athlete Meeting (Masters)</p> <p>1300: Estimated Start Time 5k</p> <p>1310: Estimated Start Time 2.5k</p> <p>1320: Estimated Start Time 1.25k</p>
<p>Meet Site</p>	<p>Easter Lake Park, Des Moines, Iowa 2830 Easter Lake Dr, Des Moines, IA 50320</p>			



Iowa Swimming Inc.



Open Water Championships

Site Details	<p>There are no fees for Admission or Parking</p> <p>Some picnic tables are available; it's strongly recommended that spectators bring their own chairs and shade for setting up in the grassy areas.</p> <p>No setup is permitted on the beach.</p> <p>Limited refreshments may be available through park concessions and there may be a food truck vendor, depending on scheduling and availability.</p> <p>The site will have EMT support from the City of Des Moines.</p>
Eligibility	<p>All athletes must be members of USA Swimming or USMS. 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.</p> <p>The swimmer's age as of the day of competition shall determine their age group.</p> <p>We welcome registered athletes with cognitive or physical disabilities and the meet referee will make reasonable accommodations to facilitate participation. Please notify the meet director or the referee in advance.</p> <p>Any athlete can enter the event upon completing an IA LSC single-meet open water membership.</p>
Timing	<p>NK Stopwatches with Hy-Tek Meet Manager will be used. At the discretion of the meet administration timing chips may be used, where the athlete must finish with at least one chip.</p>
Course	<p>The event will be swum in Easter Lake on a 1.25-kilometer course with an in-water start and on the beach finish. See Course Maps.</p>
Scoring / Awards	<p>For USA Swimming athletes:</p> <ul style="list-style-type: none">● 5K:<ul style="list-style-type: none">○ Senior (15 & Over)<ul style="list-style-type: none">■ Male<ul style="list-style-type: none">● Top 3 Iowa State Championship Medals● 4-16 place Ribbons



Iowa Swimming Inc.

Open Water Championships



- Female
 - Top 3 Iowa State Championship Medals
 - 4-16 place Ribbons
- Open
 - Male Top 10 Ribbons
 - Female Top 10 Ribbons
- 2.5K:
 - 13-14
 - Male
 - Top 3 Iowa State Championship Medals
 - 4-16 place Ribbons
 - Female
 - Top 3 Iowa State Championship Medals
 - 4-16 place Ribbons
 - 11-12
 - Male
 - Top 3 Iowa State Championship Medals
 - 4-16 place Ribbons
 - Female
 - Top 3 Iowa State Championship Medals
 - 4-16 place Ribbons
 - Open
 - Male Top 10 Ribbons
 - Female Top 10 Ribbons
- 1.25K
 - 10 & U
 - Male
 - Top 3 Iowa State Championship Medals
 - 4-16 place Ribbons
 - Female
 - Top 3 Iowa State Championship Medals
 - 4-16 place Ribbons
 - Open
 - Male Top 10 Ribbons
 - Female Top 10 Ribbons

Awards presentation will be after results are finalized for each race.

Iowa LSC athletes will be scored separately for the Iowa State Championship.

A trophy will be awarded to the top points scoring Iowa LSC team at the Iowa LSC Long Course Championship Meet.

Top 5 USMS Male and Female Athletes will be awarded ribbons separately for each event.



Iowa Swimming Inc.

Open Water Championships



Points	SCORING BY PLACE															
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
	INDIVIDUAL EVENT SCORING															
	20	17	16	15	14	13	12	11	9	7	6	5	4	3	2	1

Race Day Information

Warmup	Warmup may be accomplished in the designated warmup area. The warmup area will remain open and monitored throughout the event.
Safety Procedures	<ul style="list-style-type: none"> • Please make sure that fingernails and toenails are trimmed and all jewelry/ watches are removed prior to registration. • All swimmers must report to the registration area to check in before they swim to pick up their ID card, get their race number, and have their nails checked. • The Clerk of Course must be notified of any athlete scratching the race after completing registration. • Swimmers should wear their team caps during all portions of the race. Bright colored swim caps are preferred. • The course will be patrolled by lifeguards and volunteers trained in water safety. Additional water rescue support details will be communicated in the pre-race safety briefing. A full listing is available on the meet page. • The race will not be escorted. • In the event of adverse conditions, meet management will host a coach's meeting to discuss potential options. • IA LSC Champs swimmers must finish within 30 minutes of the first swimmer in their wave. At the discretion of the Meet Referee, swimmers still in the water after that time may be removed from the course. • Athletes in the Open category will be allowed the opportunity to complete the course within the allotted time for each race.



Iowa Swimming Inc.



Open Water Championships

Abandonment Plan	<p>Where emergency conditions require a race to be halted before it is completed, the race shall be restarted at the earliest possible time and the full distance completed. A Meet Committee will be convened if needed.</p> <p>The following priority will occur in this order, if the Independent Safety Officer, Meet Referee, or Meet Director becomes aware of any situation requiring abandonment (including inclement weather).</p> <ol style="list-style-type: none">1. Radio Communication to Officials and Safety Personnel on Course.2. All Lifeguards issue a 5 loud short blast whistle command and instruct all swimmers to evacuate the course.3. Announcer instructs all swimmers, safety personnel, and Officials, to exit the course. If the reason for abandonment is inclement weather, the announcer will instruct all athletes, coaches, parents, and meet personnel to go to the shelter, team bus, or vehicles, until inclement weather passes.4. All athletes should first exit the water at the nearest safe point, then report to the start / finish for accountability. All athletes in the race are required to obtain their bag tag, signifying they have left the water and can be accounted for on land.5. Everyone will be instructed to go to vehicles, until the Meet Administration has determined that conditions are safe to resume competition.
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Open Water Championships

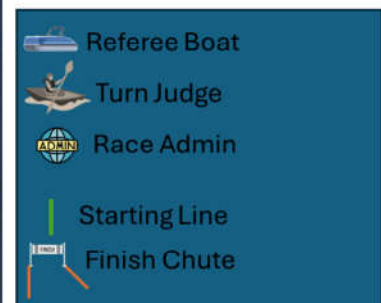
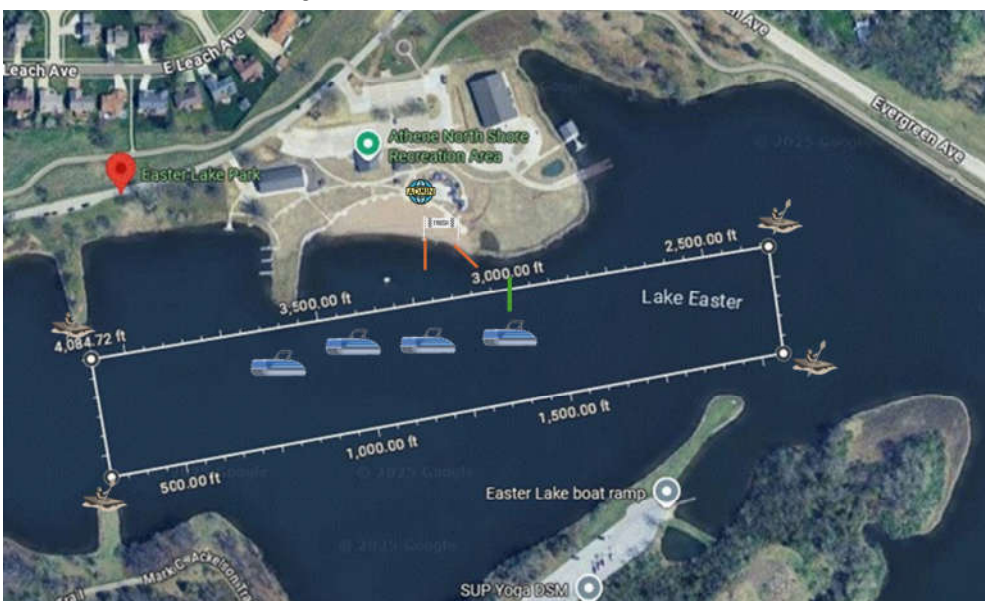


Venue & Course Maps

Safety and Lifeguard stationing:



Race Officials stationing:





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Open Water Championships

Qualifying Time Standards For IA LSC Open Water Championships					
IA LSC Champs					
SCY		10&U	11-12	13-14	Senior
Girls	500 Freestyle	8:00.19	6:53.49	6:33.29	6:25.29
	1000 Freestyle	N/A	14:16.39	13:31.89	13:19.59
	1650 Freestyle	N/A	24:00.69	22:33.39	22:15.69
IA LSC Champs					
SCY		10&U	11-12	13-14	Senior
Boys	500 Freestyle	7:54.89	6:42.39	6:12.79	5:57.39
	1000 Freestyle	N/A	14:01.39	12:52.59	12:15.89
	1650 Freestyle	N/A	23:29.69	21:31.09	20:49.19
IA LSC Champs					
LCM		10&U	11-12	13-14	Senior
Girls	400 Freestyle	7:13.99	6:10.19	5:53.69	5:45.69
	800 Freestyle	N/A	12:55.39	12:08.99	11:54.89
	1500 Freestyle	N/A	24:50.49	23:14.79	22:52.59
IA LSC Champs					
LCM		10&U	11-12	13-14	Senior
Boys	400 Freestyle	7:06.99	6:02.09	5:36.59	5:21.79
	800 Freestyle	N/A	12:43.49	11:39.99	11:15.09
	1500 Freestyle	N/A	24:19.59	22:16.99	21:21.49



Iowa Swimming Inc.

Open Water Championships



Open & Masters Swim Qualification & Time Limits

You must be able to swim the given race within the time limit. USA Swimming athletes in the open division must have evidence in SWIMS that they have completed a minimum of 400 LCM or 500 SCY.

At the discretion of the Meet Referee, swimmers who do not finish within the time allotted will be pulled from the course.

- 1.25k time limit is 45 minutes
- 2.5k time limit is 1 hour.
- 5k time limit is 2 hours.

Entering the Meet

Entry Procedure	<p>IA LSC Teams shall create an electronic entry file through their usual entry software and submit it as a Hytek file.</p> <p>Meet Landing Page</p> <p>If you have unattached swimmers, include them in your file as you would any other swimmer and notify the meet Admin of anyone who is unattached.</p> <p>USMS Athletes participating in the event shall use the entry form on the Meet Landing Page.</p>
Entry Fees	<p>\$35.00 per athlete for one event, which includes the IASI \$4.50 splash fee. Each additional event fee is an additional \$15.</p> <p>Outreach members who qualify for LSC benefits may enter the maximum number of individual events for a total fee of \$5.00, including the IASI splash fee.</p> <p>Athletes who are required to purchase an IA LSC single-meet open water membership must do so for \$18.</p> <p>Make a check payable to Iowa Swimming and bring it to the meet.</p>
Entry Deadline	<p>Monday, June 22nd at 12:00PM (noon) Central. Deck entries and deck registration are not permitted.</p>



Iowa Swimming Inc.



Open Water Championships

Late Entry Fees	<p>\$50.00 per athlete for one event, which includes the IASI \$4.50 splash fee. Each additional event fee is an additional \$20.</p> <p>Outreach members who qualify for LSC benefits may enter the maximum number of individual events for a total fee of \$5.00, including the IASI splash fee.</p> <p>Athletes who are required to purchase an IA LSC single-meet open water membership must do so for \$18.</p> <p>Make a check payable to Iowa Swimming and bring it to the meet.</p>
Late Entry Deadline	<p>Saturday, June 27th at 12:00PM (noon) Central. Deck entries and deck registration are not permitted.</p>

Meet Conduct

Meet Conduct	<p>Each club is responsible for the conduct of its swimmers. Any person who, in the opinion of the Meet Director or Meet Marshal, is harmful to others or to other's property may be required to leave the competition.</p> <p>Deck/beach changes are prohibited.</p> <p>Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, restrooms or locker rooms.</p> <p>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.</p> <p>Exceptions may be granted with prior written approval by the Vice President of Program Operations.</p>
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Officiating the Meet

Officials	<p>We welcome all certified USA officials, with or without previous open water experience, to work this championship. We feel it provides an excellent opportunity to achieve sessions as an Open Water Judge (OJ), Open Water Referee (OR), for recertification, or sessions for apprentices.</p>
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Open Water Championships



Application	An online application for officiating can be found on the meet landing page or linked here .
Briefing	Monday, June 29th, 6:30 AM at the Beach Pavilion
Uniform	White polo shirt & navy/khaki shorts or slacks. Navy/Khaki swim trunks may be worn as well. Footwear appropriate for water submersion is recommended.

Waiver

In participating in this competition, I/we hereby, for myself/ourselves, my/our/theirs, administrators and assignees, waive and release any and all claims against Iowa Swimming, Inc and USA Swimming, and their staffs for injuries and/or expenses incurred by me/us at this meet, or while on the road, to and from this meet. I/We are bona fide amateur athletes and eligible to compete in all events I/we have entered.

LSC _____

Club Code _____

Name of Coach _____

Signature of Coach: _____