

2025 State Swim Meet

Saturday, March 29th

Marshalltown YMCA

108 Washington St, Marshalltown, IA 50158



Information:

- Only swimmers competing in the freestyle, breaststroke, butterfly, individual medley and 15 yard flotation race events dress and warm-up in the morning.
- Backstroke and relay swimmers may dress & warm-up prior to the start of the afternoon session.
- No coaches are allowed on the deck, except to assist athletes requiring physical assistance.
- Awards will be given out immediately after the completion of each division.

8:15am-8:45am	Warm-ups
8:45am	Coaches Meeting
9:00am	Opening Ceremonies
9:15am-12:15pm	200 Yard Freestyle 100 Yard Freestyle 50 Yard Freestyle 25 Yard Freestyle 15 Yard Flotation Race (10 minutes max time limit) 100 Yard Breaststroke 50 Yard Breaststroke 25 Yard Breaststroke 100 Yard Butterfly 50 Yard Butterfly 25 Yard Butterfly 200 Yard Individual Medley 100 Yard Individual Medley
12:15pm-1:00pm	Lunch Break
12:45pm-1:00pm	Warm-Ups
1:00pm	25 Yard Backstroke 50 Yard Backstroke 100 Yard Backstroke 25 Yard Flotation Race (15 minutes max time limit) 4x25 Yard Relay