

Unattached Athlete FAQ

We have a year-round Y swim team in our town, but they do not ever attend USA Swimming meets, and my daughter would like to try USA meets. How can we do that?

Register as an Unattached USA Swimming member. Swimmers may choose to register as Premium (year-round, unlimited meets), Seasonal (150-day membership – may compete in LSC Championship meets and below), or Flex (low cost, year-round “try it out” membership – may compete in up to 2 non-championship meets with the option to upgrade to Premium for an additional fee). Once registered, you may enter meets.

What meets can an Unattached swimmer participate in?

For regular season meets – the swimmer may enter any Open USA Swimming meets, anywhere, for which the swimmer is qualified. Many meets have no minimum qualifying time, but some do (B time, A time, AAA, Futures, etc). For LSC Championship meets, the athlete must have achieved an LSC qualifying time (Q time), and may only swim in the LSC championship meet in which he/she is registered. Iowa swimmers may only swim in Iowa Swimming (ISI) Champs meets. South Dakota Swimmers may only swim in South Dakota’s Champs meets, etc.

Where do we find the meet schedule?

Iowa Swimming Meet Schedule is posted on the ISI website <https://www.teamunify.com/team/lscis/page/home>. Click on ISI Calendar.

How do we enter our daughter in meets as an Unattached swimmer?

On the ISI website, click on Events and you will see a list of meets for which entry information is currently available. Click on the meet, and you will see two items come up under Forms/Documents. The Meet Invite contains ALL of the entry information for that meet, including entry fees, deadlines, additional documents required for entry, hotel information, warm up and session times, Meet Director contact... Follow the instructions for Entry Submission, being aware of any entry dates and deadlines. Contact the Meet Director with any questions.

The Meet Invite says I must submit entries using the ISI Meet Entry Form. Where do I find that document?

On the ISI website, click on Iowa Swimming Resources, then IASI Meet Resources. Contact the Meet Director if you have questions about filling out the form.

I forgot my son’s USA Swimming ID #. How can I find that information?

The USA Swimming ID is always the athlete DOB - MMDDYY, followed by the first 3 letters of the first name, middle initial, and first 4 letters of the last name. Susan Jane Smith, born January 1, 1994, would have an ID # that looks like this: 010194SUSJSMIT.

My Unattached son is only 7 years old, and won't have a coach at the meet. I used to be a swimmer, though, and I know how the meets work. Can I act as his coach and be on deck during the meet?

You will not be permitted on deck unless you are a certified USA Swimming Coach. This is a USA Swimming rule, and there are no exceptions. The only people permitted to be on deck at USA Swimming meets are registered athletes, certified coaches and officials, scheduled meet volunteers, and facility staff. Parents and spectators are required to remain in the spectator area. You may certainly have your son sit with you in the spectator area and help him "learn the ropes". Timers and Officials are always willing to help an athlete find their place, as well.

Can my daughter be on a relay? What about a relay with all Unattached swimmers?

Unattached athletes may not be entered in relays (including all-unattached relays), and do not score points.

My family just moved to Iowa. My son plays football in the fall, swims with his High School team during the winter months, runs track in the spring, and wants to train and compete with his Rec League swim team in the summer but also attend some USA Swimming meets in the spring and summer. He is fast enough to qualify for Short/Long Course Iowa Swimming Championships and has 1 Sectional qualifying time. How do we make this work for him?

It simply depends on what meets he wants to attend and when. A Premium (year-round, unlimited meets) registration is recommended to have the most flexibility in attending the type of meets he is qualified for. In Iowa, the Boys High School season ends in mid-February. Registering as a Seasonal (150 day) athlete immediately after High School season would allow him to compete at the Short Course Iowa Swimming Championship meet in late February, but not quite last long enough to attend BOTH the Short Course Champs meet in February AND the Long Course Champs meet in late July. Seasonal membership also does not allow him to attend Sectionals level meets or above. If he does not wish to attend Sectionals, and only wants to attend Short Course OR Long Course Champs, and Open summer USA Swimming meets of his choice, then Seasonal membership would be a practical option. If he wants to attend Short Course Champs, Long Course Champs, and Sectionals, he should register as Premium.

My daughter was registered as an Unattached Seasonal swimmer. She just qualified for Zones at the Long Course Champs meet! Can we just pay the difference and change her membership to Premium so she can go to the meet?

Yes! Seasonal athletes may now upgrade to Premium by paying the difference between the two registration types. Because Seasonal membership is not valid for Zones level Championships or above, in order to participate in Zones, she must upgrade to Premium.

Inability to pay should not be a barrier to participating in swimming, however, and USA Swimming does offer \$5 Outreach membership (year-round, full membership) for eligible athletes. For more information on Outreach membership and submitting proof of eligibility, please contact jen@iaswim.org.