

WATERLINES

Send us your e-mail address so you can receive a notice to check the latest WATERLINES on the web at

www.iowamasters.org,

Send your e-mail to Marion Johnson,
marjoh@mchsi.com

Upcoming Swim Meets in Iowa

Iowa City

U of Iowa Fieldhouse
Sunday, March 16, 2008

Warm-Ups 8 a.m.

Meet at 9 a.m.

Contact: Wayne Huebener
(319) 337-4268

State Meet

Coe College, Cedar Rapids
Sunday, April 6, 2008

Warm-Ups 8 a.m.

Meet at 9 a.m.

Contact: Judy Ney
319-393-0188

Ankeny (Kevin Kelley Memorial Meet)

Ankeny YMCA
Saturday, April 19, 2008

Warm-Ups noon

Meet at 1:30 p.m.?)

Contact: Jamie Peterson
515-965-8800

Chairman's Comments:

Having grown up in Indiana, I love this time of year with all the hoops action—especially at the high school and collegiate levels. March Madness rules at our house. I am happy to report that this season also involves some excitement about swimming since our own Iowa Short Course State Meet is going to happen in just a few weeks – on April 6.

I doubt if many people form office pools to pick the winners of the 200 mixed medley relay at Coe on that Sunday morning, but that race (and many others) will still feature a lot of talent, discipline, competitiveness and plain old hard work! I commend you for putting together the teams, conducting the workouts and making it all come together. I want to thank the host group once again, the Cedar Rapids Aquatics Association, for putting together the paid staff and volunteers necessary to put on a first-rate meet. Take a minute that day to say “hi” to Judy Hackney and her team, and let them know that you appreciate their work as well.

Please note a couple of new USMS rules:

1. At least one foot must be at the front of the starting block prior to “Take your mark.”
2. In butterfly, a breaststroke kick may be used interchangeably with butterfly kick during a race.
3. Again in butterfly, any number of butterfly kicks per stroke cycle is allowed, but only one breaststroke kick.
4. Relay swimmers may remain in their lane during subsequent swimmers' participation.

Have a great season!

Norm Bower

Chairman, Iowa Masters Swimming
normbower@mchsi.com

On-line registration available:

www.usms.org ‘Join USMS’

What is Masters swimming?

Masters swimming is an organized program of swimming for adults. Members participate in a variety of ways ranging from lap swimming to international competition.

Who are the members?

Anyone 18 or over can join Masters swimming. U. S. Masters Swimming has over 40,000 members, a few of whom are in their 90's and even 100's.

Where is Masters swimming located?

Everywhere! There are over 450 local Masters Swim Clubs throughout the country and more forming every day. There's probably a group accessible to you regardless of where you live.

How is US Masters Swimming organized?

United States Masters Swimming, Inc. provides the administrative structure for Masters swimming. However, Masters swimming is very much a grass roots organization.

The country is divided into smaller groups called Local Masters Swimming Committees (LMSC). LMSC's in turn are composed of smaller groups (clubs or teams and unaffiliated swimmers).

As an individual, you may choose to join a team or club and enjoy the camaraderie and structure of the group or you may choose to remain unattached. Unattached swimmers enjoy all of the benefits of U.S. Masters Swimming membership, except they cannot compete on relays.

What are the benefits of membership?

Benefits can be measured in many ways. When you join you're automatically covered by the group's insurance which provides accident and liability insurance during all sanctioned events and organized workouts.

You receive USMS SWIMMER magazine which keeps you informed of the organization's programs and happenings. One of the greatest benefits is the pool access you get by being a part of a structured group.

Do I have to compete?

Everyone has his or her own reason for belonging - health, fitness, camaraderie, fun, the thrill of competition, travel and coaching are but a few. About 30% of Masters swimmers compete in swimming meets on a regular basis. For those who are serious competitors, there are an incredible number of opportunities to test your skill and conditioning. Short Course (25 yard and 25 meter) and Long Course (50 meter) pool meets, lake and ocean open water swims, postal meets, special events and

international championships are all part of an ambitious program of Masters swimming.

A recent U.S. Masters Swimming national championship meet drew 2,400 participants. It was the largest swimming meet ever held in North America. An international Masters championship in Japan ranks as the largest swimming meet ever. But if competing isn't your style, there's no need to feel pressured. Many Masters swimmers are simply interested in the regular routine of working out.

Are workouts always organized?

One of the greatest benefits of Masters swimming is to be able to practice with an organized group. Each club or team has its own program. Some are highly structured with set workouts and on-deck coaching, while others are very informal.

There's no question that the motivation and instruction a coach provides is a powerful advantage. Research has shown that interval training, an approach favored by most coaches, has innumerable benefits over simple lap swimming so most Masters swimmers prefer structured workouts. The facilities of each group vary greatly, but many of the teams and clubs have access to weight rooms with exercise equipment and make this a part of their training.

It is important to remember that you're in charge of your own program. From the most rudimentary of lap swimming routines to training for competitions or special events, U.S. Masters Swimming is structured to support you.

What does it cost?

An annual membership in USMS is obtained for a modest fee through Local Masters Swimming Committee and includes insurance benefits and USMS SWIMMER magazine. LMSC's have their own minimal membership fees to cover their administrative and organizational expenses.

In addition, clubs or teams can have their own membership fees to pay for pools, coaching, administrative, social and other costs.

Tell me a little more about the competition.

Competitions are organized by age groups of five-year increments (19-24, 25-29, 30-34, 35-39, etc. to 95 and over). Events include 50, 100, 200, 500, 1000 and 1650 freestyle (400, 800 and 1500 in meters) 50, 100 and 200 backstroke, breaststroke and butterfly and 100, 200 and 400 individual medleys. There are also freestyle and medley relays for men, women and/or mixed teams.

(from USMS Web site 2008)



2008 Membership Application

Renewal – my last USMS number was _____
 New registration

Register with the same name you will use for competition. Please print clearly.

Last Name		First Name		MI
Street Address				
City/State/Zip			Phone	
Date of Birth (mm/dd/yy)	Age	Sex (circle) M F	E-mail address	
Club or Unattached			Today's Date (required)	

WAIVER: I the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters swimming (training and competition) including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS.

Signature (required): _____

Fees when registering between the dates

I wish to contribute \$1.00 (or \$ _____) to the International Swimming Hall of Fame Foundation. I have added this amount to my 2008 registration fees.

I wish to contribute \$1.00 (or \$ _____) to the United States Masters Swimming Foundation. I have added this amount to my 2008 registration fees.

I coach Masters swimmers.

I am a Swimming Official with _____

2008 Yearly Fees & effective date 11/1/07 to 12/31/08		End of 2008 Discount & effective date 9/1/08 to 12/31/08	
USMS fee	\$25.00	USMS fee	\$20.00
LMSC fee	\$5.00	LMSC fee	\$5.00
Total Fee	\$30.00	Total Fee	\$25.00

Total fee must be paid, Membership expires December 31st, 2008

Please circle:

On rare occasions, USMS may need to inform me of an important issue, I DO/ DO NOT wish to receive them.
 A USMS sponsor may wish to offer you information emailed from the USMS National Office, I DO / DO NOT wish to receive them.
(Email addresses are not supplied to the sponsor)

Benefits of Membership include: A subscription to USMS's magazine, *USMS SWIMMER*, during the length of the membership year (\$8.00 of the annual dues is designated for the magazine subscription), and periodic mailings from the Local Masters Swimming Committee.

USMS Registered swimmers are covered with secondary accident insurance:
 1) in practices supervised by a USMS member or USA Swimming certified coach where all swimmers are USMS registered.
 2) in USMS sanctioned meets where all competitors are USMS registered.

Please allow 2 weeks processing time.

Please make check for total fee plus any donation amounts payable to: Iowa Masters

Mail check and completed form to: R.A. Johnson
403 N 10th St
Clinton, IA 52732-4731

Hawkeye Masters Swim Club SWIM MEET

Sanctioned by Iowa LSMC for USMS, Inc. - Sanction Number: 400803
University of Iowa Field House Pool- Melrose Ave/Grand Ave. Iowa City
Sunday- March 16, 2008 Warm-Ups: 8 A.M. Meet: 9 A.M.

Entry Deadline: Entries MUST be received by Friday, March 14, 2008. "Deck" or "late" entries will be accepted up to 8:45 A.M. on Sunday morning but may be placed in slower heats.

Entry Fee: \$14.50 + 50 cent "splash fee"(\$15.00 total) or \$20.00 total for "late" entries.
Mail Entries to: Wayne Huebener, 24 Koser Ave, Iowa City, IA 52246-1916

USMS REGISTRATION FORMS WILL BE AVAILABLE AT THE MEET
Further Info: Call Wayne at 319-337-4268 Mark Kloet at 630-927-9188

Age Groups:(circle one) 19-24, 25-29,30-34,35-39,40-44,45-49,50-54,55-59, etc.
Age Group for relays: 19+, 25+,35+,45+, 55+,65+

-
- | | |
|----------------------------------|--------------------------------|
| 1. 200 Medley Relay M/F _____ | 10. 50 Backstroke _____ |
| 2. 200 Freestyle _____ | 11. 100 Butterfly _____ |
| 3. 200 IM _____ | 12. 500 Freestyle _____ |
| 4. 50 Freestyle _____ | 13. 200 Mixed Free Relay _____ |
| 5. 100 Backstroke _____ | 14. 50 Breaststroke _____ |
| 6. 100 Breaststroke _____ | 15. 100 Freestyle _____ |
| 7. 2 X 40 Mixed Free Relay _____ | 16. 200 Backstroke _____ |
| 8. 50 Butterfly _____ | 17. 100 IM _____ |
| 9. 200 Breaststroke _____ | 18. 1650 Freestyle _____ |

(5 event limit plus relays)

Name _____ Phone _____
Address _____ Birth Date _____
City, State,Zip _____ Age _____ Gender: M/F

ATHLETE'S RELEASE; I the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters Swimming(training and competition), including possible permanent disability or death, and agree to assume all of the risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES,INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATESMASTERS SWIMMING,INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS.

Signature _____ date _____ USMS No. _____

THE 2008 IOWA MASTERS SHORT COURSE STATE CHAMPIONSHIP SWIMMING MEET

U.S. Masters Swimming Sanction Number: 400805

Hosted by : Milky Way Masters Swim Club, Cedar Rapids Aquatics Association, and Coe College
Location : Coe College Natatorium, 1220 1st Avenue N.E., Cedar Rapids, Iowa
Dates : April 6, 2008. Warmups 8:00 a.m. Meet starts at 9:00 a.m.
Sanction : Sanctioned by U.S.M.S. Inc. and Local Masters Swimming Committee, Iowa Masters Swimming.
Pool : Eight (8) lanes, 25 yards, with non-turbulent lane markers, backstroke flags, Colorado Timing System with touch pads and back-up system, and spectator seating. There is also a 45 by 60 ft swimming area open at all times for additional warm-up and cool down.

Awards : Team: Traveling trophy for first place.

Team Scoring : Individual events : 7-5-4-3-2-1; relay events : 14-10-8-6-4-2. Generally your "team" is the city or town where you live. See "team definition" below.

Rules : 2008 U.S.M.S. rules prevail. Individual competition is age groups, 18-24, 25-29, 30-34, 35-39, etc. Age as of April 6, 2008 determines age for the meet. Relay age groups are :18+, 25+, 35+, 45+, etc. The age of the youngest swimmer determines the age of the relay.

Event Limit : Swimmers may enter a maximum of five (5) individual events. A swimmer may enter each relay once. Swimmers are limited to one distance event (1000 or 1650).

Distance Events : Swimmers may enter either the 1000 or 1650 freestyle, but not both. Heats for the two different distances may be combined. Swimmers may be asked to swim two to a lane.

Cost : \$17.50 entry fee + .50 splash fee = \$18.00. (A late fee of \$5.00 will be added to all entries not received by Saturday, March 29, 2008. Make check payable to CRAA. The splash fee is for the promotion of Masters Swimming in Iowa.

Entry Deadline : Saturday, March 29, 2008. Deck entries will be accepted, but will be assessed a \$5.00 late fee. We do want to encourage all entries including deck entries. **However, entries for events 1-24 will be accepted until 8:30 a.m. on the day of the meet. Entries for events 25-46 will be accepted until 11:00 a.m.**

Late Entries : Swimmers with late entries should be sure to have your entry blank filled out completely. It is important to include full address also. Late entries are \$23.00. Make check payable to CRAA. Checks are preferred but cash is accepted.

The distance events will be deck-seeded. We will ask all distance swimmers to check in at the computer table to confirm their entry in the event. Entry cards for relay events must be completed at the meet.

Seed Times : Submit latest times for 25 yard course. Enter "N/T" for no time.

Eligibility : Open to all swimmers with current U.S. Masters swimming cards.

U.S.M.S. Cards : Yearly and single-day memberships are available for purchase at the meet. Please make out a separate check payable to "Iowa Masters Swimming" in the amount of \$30.00 for a yearly membership or \$10.00 for a single day membership. Please make sure membership application form is also completed.

Scratches : Swimmers not reporting for events will be scratched. No refunds.

Meet Director : Mail entries and check to :

Judy Hackney, 3708 Yellow Pine Dr. NE, Cedar Rapids, IA 52402 Phone : 319-393-0188

ENTRIES WILL NOT BE PROCESSED UNLESS THEY ARE ACCOMPANIED BY A CHECK.

Team Definitions : All U.S.M.S. swimmers registered in the state of Iowa are officially members of the same "Iowa Masters" club. FOR THE PURPOSES OF THIS MEET ONLY, in order to have a sporting competition for a State Championship Team Trophy, a "Team" is defined as follows:

1. A team must have a designated City or Town which is a single city or town in Iowa.
2. Every team member must reside in the designated city or town, or swim regularly (at least 20 times per year) at a pool within 25 miles of the designated city or town.
3. Relays, to score team points must consist of the members from a single team.
4. Entrants residing outside of Iowa and who have an "Iowa Masters" USMS card may swim for an Iowa team if rule 2 is satisfied.
5. Teams outside the state of Iowa may score points, but are not eligible for the team trophy.

OFFICIAL ENTRY FORM
2008 IOWA MASTERS SHORT COURSE STATE CHAMPIONSHIP SWIMMING MEET
 Coe College Natatorium, 1220 1st Avenue NE

Sunday, April 6, 2008

Sanctioned by : USMS, Inc. and Local Masters Swimming Committee, and Iowa Masters Swimming
 Sanction Number : 400805

NAME _____ **SEX** _____ **AGE** _____ **DATE OF BIRTH** _____
 (age on April 6, 2008)

ADDRESS _____ **HOME PHONE** _____
 _____ **BUSINESS PHONE** _____

E-mail ADDRESS _____ **CELL PHONE** _____

U.S.Masters Swimming Number _____ **AGE GROUP** _____ **TEAM** _____

Money enclosed : Meet entry and splash fee \$18.00 Mail form to: Judy Hackney
 Late entry fee (after March 29) 5.00 3708 Yellow Pine Dr NE
 Total enclosed (ck payable to CRAA) _____ Cedar Rapids, IA 52402-1831

EVENTS (please circle event number and enter seed time) limit of 5 individual events :

- | | | |
|---|----------------------------------|----------------------------------|
| 1. Mixed Ascending Relay _____
(50free/50free/100free/200free) | 15 minute break | 25. Women's 500 Free _____ |
| 3. Women's 200 Back _____ | 26. Men's 500 Free _____ | 27. Women's 50 Fly _____ |
| 4. Men's 200 Back _____ | 28. Men's 50 Fly _____ | 29. Women's 100 Breast _____ |
| 5. Women's 200 Medley Relay _____ | 30. Men's 100 Breast _____ | 31. 200 Mixed Medley Relay _____ |
| 6. Men's 200 Medley Relay _____ | 33. Women's 100 Free _____ | 34. Men's 100 Free _____ |
| 7. Women's 100 Fly _____ | 35. Women's 50 Back _____ | 36. Men's 50 Back _____ |
| 8. Men's 100 Fly _____ | 37. Women's 200 Fly _____ | 38. Men's 200 Fly _____ |
| 9. Women's 200 Breast _____ | 39. Women's 100 I.M. _____ | 40. Men's 100 I.M. _____ |
| 10. Men's 200 Breast _____ | 41. Women's 200 Free Relay _____ | 42. Men's 200 Free Relay _____ |
| 11. Women's 50 Free _____ | 43. Women's 1000 Free _____ | 44. Men's 1000 Free _____ |
| 12. Men's 50 Free _____ | 45. Women's 1650 Free _____ | 46. Men's 1650 Free _____ |
| 13. 200 Mixed Free Relay _____ | | |
| 15. Women's 200 I.M. _____ | | |
| 16. Men's 200 I.M. _____ | | |
| 17. Women's 200 Free _____ | | |
| 18. Men's 200 Free _____ | | |
| 19. Women's 100 Back _____ | | |
| 20. Men's 100 Back _____ | | |
| 21. Women's 50 Breast _____ | | |
| 22. Men's 50 Breast _____ | | |
| 23. Women's 400 I.M. _____ | | |
| 24. Men's 400 I.M. _____ | | |

Choose only one of events 43-46

ATHLETE'S RELEASE (MUST BE SIGNED)

I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters Swimming (training and competition), including possible permanent disability and death, and agree to assume all of those risks. **AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE OF THE FOLLOWING : UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES.** In addition, I agree to abide by and be governed by the rules of USMS. (rule book article 203.1)

Date _____ Athlete's Signature _____

Check Number _____ Cash Amount _____ # Cards _____

KEVIN KELLY MEMORIAL SWIM MEET

Saturday April 19, 2008

HOSTED BY THE ANKENY FAMILY YMCA

RECOGNIZED BY IOWA MASTERS SWIMMING FOR USMS, INC

All proceeds from this swim meet will go towards Partner With Youth

IOWA MASTERS RECOGNITION # 400804R

Warm-Ups: 12:00-1:00 PM
Meet Time: 1:30 – 6:00 PM
The Site: Eight-lane, 25-yard pool with non-turbulent lane markers. Daktronic timing system with touch pads.

Please complete the following information. Write your best current time in front of each event you would like to compete in. If no time, enter N/T for no time. There is a **five event limit** plus relays.

Age Group (Circle one): 18 – 24, 25 – 29, 30 – 34, 35 – 39, 40 – 44, 45 – 50, 55 – 59, 60 – 64, 65 – 69, 70 and over

Name: _____ Sex: M / F

Age: _____ Birth Date: _____

Address: _____ Home Phone: _____

City: _____ Work Phone: _____

State: _____ Zip: _____

T-shirt Size (please circle one) S M L XL XXL

Events

#1: 200 Medley Relay _____	#8: 50 Fly _____	#15: 200 Free _____
#2: 500 Free _____ Relay _____	#9: 100 Free _____	#16: 200 Mixed Free
#3: 200 IM _____	#10: 50 Back _____	#17: 50 Breast _____
#4: 50 Free _____	#11: 100 IM _____	#18: 100 Fly _____
#5: 100 Back _____	#12: 200 Breast _____	#19: 200 Back _____
#6: 100 Breast _____	#13: 200 Mixed Medley Relay _____	#20: 1650 Free _____
#7: 400 Mixed Free Relay _____	#14: 200 Fly _____	

Meet Entry Fee: \$25.00 Entry fee includes a \$.50 contribution to Masters Swimming in Iowa.

Mail entries and make checks payable to:

Ankeny Family YMCA,
1102 N. Ankeny Blvd.,
Ankeny, Iowa 50023

Attention: Jaime Peterson, Aquatic Director

Phone: 515-965-8303 ext. 114
jaime.peterson@dmymca.org

LIABILITY RELEASE (as follows): "I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters Swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS." (rule book article 203.1)

Signature: _____ Date: _____

NOTE: Times swum at this meet will not be eligible for USMS Top Ten or USMS National Records as the pool length is not certified. Times will be eligible for Iowa Masters State Records.

Waterlines
c/o Warren Tunwall
100 Koser Ave.
Iowa City, Iowa 52246-1918

~Waterlines~

Iowa Masters Executive Committee

Chairman: Norm Bower, 3946 Fernwood Ave., Davenport, IA 52807, PH: 563-355-7738,
Treasurer: Jack Fritts, 405 Cobblestone Dr. NW, Cedar Rapids, IA 52405
Newsletter Editor: Warren Tunwall, 100 Koser Ave., Iowa City, IA 52246, PH: 319-338-8738
Registrar: Marion Johnson, 403 N. 10th St., Clinton, IA 52732, PH: 319-243-5350
Records and Top Ten STATS: Amy Groskopf, 10979 – 150th St., Davenport IA 52804, PH:563-323-3872
Sanctions and Safety: Rachel Windsor, 424 51st St., DesMoines, IA 50312, PH: 515-277-8852
U.S. Masters Swimming Inc: 2 Peter Ave., Rutland, MA 01543, PH: 508-886-6631; FAX: 508-886-6265

Statewide Iowa Masters Representatives

AMES: Andrea Dorn 515-382-5604
CEDAR RAPIDS: Nick Gearhart 319-364-6567
COUNCIL BLUFFS: Tom Kealy 712-322-4998
IOWA CITY: Warren Tunwall 319-338-8738
QUAD CI TIES: Norman Bower 563-355-7738

WATERLOO / CF: Mike Savage 319-266-8561
CLINTON: Richard Johnson 319-243-5350
DES MOINES: Roger Jorgensen 515-221-3995
OTTUMWA: Stuart Ashmead 515-684-6074