

**2025 State Swimming and Diving Meet**  
**University of Iowa Campus Recreation & Wellness Center**  
**November 13-14, 2025**

**Thursday, November 13 Preliminary Meet**

8:30 a.m. Pass gate opens for teams  
9:30 a.m. Swimmers Meeting  
9:45 a.m. Pool opens for warm-ups  
11:00 a.m. Doors open to the public (reserved seating)  
11:30 a.m. Pool closes for swimmers  
11:45 a.m. Parade of teams/IHSSCA Awards/Anthem/Start of meet  
NOON Swimming Prelims begin.

**Thursday, November 13 Diving Meet**

12:30 p.m. Diving well opens for warm-ups  
2:30 p.m. Doors open to the public (general admission)  
3:10 p.m. Divers Meeting  
3:30 p.m. State Diving Meet

**Friday, November 14 State Swimming Finals**

8:30 a.m. Doors open for teams  
9:00 a.m. Coaches' meeting  
9:30 a.m. Pool opens for warm-ups  
11:00 a.m. Doors Open to the public (reserved seating)  
Noon Hall of Fame/Golden Plaque/Swimming Finals