

## **MWS Allstars update (1/8/26)**

One more rest before we sink our teeth into the waters of Des Moines. Stay calm under pressure, stay sharp, and be ready to attack when the moment comes. It is shaping up to be a great All-Stars weekend. Safe travels. Please review below

[Meet Home Page: All-Stars Information](#)

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### **Arrival & Check-In Details: Friday, January 9**

- Arrive at the Wellmark YMCA between 1:30-1:50. Our coaches will be there to greet the team and hand out their All Star swag.
- Team Photos: Midwestern Swimming – 2:00 PM [Midwest All-Stars Photo Schedule - Sheet1.pdf](#)

### **Friday 1/9: [Friday Session 1 Heat SheetTimeLine.pdf](#)**

**-Distance Athletes- (Find your Counters)** Make arrangements with your teammates now or tomorrow at the meet. MWS encourages as many athletes to stay and cheer on the team throughout the distance races.

### **-Relays: [MW Entries - Relay 010626.pdf](#)**

Relays were selected based on team strength and speed. As always, relay lineups remain flexible throughout the meet, and with proper communication with families, changes may be made at the coaches' discretion. Maximum team support is expected and encouraged.

### **-Warm-Up Fri: [Warm Up Assignments Midwest All-Stars 2026 - Sheet1.pdf](#)**

3:30–4:10 PM

4:10–4:50 PM

### **-Team Seating Locations: [Midwest All-Stars Seating Assignments - Sheet1.pdf](#)**

**-(Parade of All Stars)** Similar to last year the meet host plans on having each LSC participate in the parade walkout which leads into the National Anthem, which will kick off the meet with the Mixed relays. More instructions will be relayed to the athletes tomorrow.

- Block wedges and Backstroke wedges will be available

**Message to all swimmers** Plan for a successful weekend and pack all the tools for your success. Extra towels, suits, goggles, plenty of hydration, snacks, shoes, sandals, "Stay Warm", the team gear will be handed out at check-in. We will discuss which shirts to wear for the team photo. Enjoy the weekend!

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