

2025 ACAC Rock the Blocks Sprint Eliminator - 4/25/2025 to 4/26/2025**Rock the Blocks Sprint Eliminator
1801 Ridgewood Ave, Ames, IA 50010
Session Report**

Session: 1 Friday Evening

Day of Meet: 1 Starts at 05:00 PM Heat Interval: 30 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	1 Girls 12 & Under 500 Freestyle	9	1	05:00 PM	_____
Finals	2 Boys 12 & Under 500 Freestyle	9	1	05:08 PM	_____
Finals	3 Girls 11 & Over 1000 Freestyle	7	1	05:17 PM	_____
Finals	4 Boys 11 & Over 1000 Freestyle	8	1	05:32 PM	_____
	Swimmers Counts for Warm-ups: 33	=====	=====		
	Entry / Heat Totals:	33	4		
	Finish Time			05:45 PM	_____

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Rock the Blocks Sprint Eliminator
1801 Ridgewood Ave, Ames, IA 50010
Session Report

Session: 2 Sat 13 & Over Session

Day of Meet: 2 Starts at 09:00 AM Heat Interval: 20 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Prelims	5 Girls 13-14 50 Butterfly	10	1	09:00 AM	_____
Prelims	6 Boys 13-14 50 Butterfly	12	2	09:02 AM	_____
Prelims	7 Girls 15 & Over 50 Butterfly	6	1	09:04 AM	_____
Prelims	8 Boys 15 & Over 50 Butterfly	7	1	09:05 AM	_____
	Break: 3 Minutes:				
Semis	5 Girls 13-14 50 Butterfly	10	1 u	09:09 AM	_____
Semis	6 Boys 13-14 50 Butterfly	10	1 u	09:10 AM	_____
Semis	7 Girls 15 & Over 50 Butterfly	6	1 u	09:10 AM	_____
Semis	8 Boys 15 & Over 50 Butterfly	7	1 u	09:11 AM	_____
	Break: 3 Minutes:				
Finals	5 Girls 13-14 50 Butterfly	4	1 u	09:15 AM	_____
Finals	6 Boys 13-14 50 Butterfly	4	1 u	09:16 AM	_____
Finals	7 Girls 15 & Over 50 Butterfly	4	1 u	09:17 AM	_____
Finals	8 Boys 15 & Over 50 Butterfly	4	1 u	09:18 AM	_____
	Break: 6 Minutes:				
Finals	9 Girls 13-14 100 Freestyle	11	2	09:24 AM	_____
Finals	10 Boys 13-14 100 Freestyle	12	2	09:28 AM	_____
Finals	11 Girls 15 & Over 100 Freestyle	4	1	09:31 AM	_____
Finals	12 Boys 15 & Over 100 Freestyle	6	1	09:32 AM	_____
	Break: 3 Minutes:				
Prelims	13 Girls 13-14 50 Backstroke	7	1	09:37 AM	_____
Prelims	14 Boys 13-14 50 Backstroke	6	1	09:38 AM	_____
Prelims	15 Girls 15 & Over 50 Backstroke	4	1	09:39 AM	_____
Prelims	16 Boys 15 & Over 50 Backstroke	6	1	09:41 AM	_____
	Break: 3 Minutes:				
Semis	13 Girls 13-14 50 Backstroke	7	1 u	09:45 AM	_____
Semis	14 Boys 13-14 50 Backstroke	6	1 u	09:46 AM	_____
Semis	15 Girls 15 & Over 50 Backstroke	4	1 u	09:47 AM	_____
Semis	16 Boys 15 & Over 50 Backstroke	6	1 u	09:48 AM	_____
	Break: 3 Minutes:				
Finals	13 Girls 13-14 50 Backstroke	4	1 u	09:52 AM	_____
Finals	14 Boys 13-14 50 Backstroke	4	1 u	09:53 AM	_____
Finals	15 Girls 15 & Over 50 Backstroke	4	1 u	09:54 AM	_____
Finals	16 Boys 15 & Over 50 Backstroke	4	1 u	09:56 AM	_____
	Break: 6 Minutes:				
Finals	17 Girls 13-14 100 Breaststroke	5	1	10:03 AM	_____
Finals	18 Boys 13-14 100 Breaststroke	4	1	10:04 AM	_____
Finals	19 Girls 15 & Over 100 Breaststroke	1	1	10:06 AM	_____
Finals	20 Boys 15 & Over 100 Breaststroke	5	1	10:08 AM	_____
	Break: 3 Minutes:				
Prelims	21 Girls 13-14 50 Freestyle	10	1	10:12 AM	_____
Prelims	22 Boys 13-14 50 Freestyle	19	2	10:13 AM	_____

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Session: 2 Sat 13 & Over Session

Day of Meet: 2 Starts at 09:00 AM Heat Interval: 20 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Prelims	23 Girls 15 & Over 50 Freestyle	8	1	10:15 AM	_____
Prelims	24 Boys 15 & Over 50 Freestyle	14	2	10:16 AM	_____
	Break: 3 Minutes:				
Semis	21 Girls 13-14 50 Freestyle	10	1 u	10:21 AM	_____
Semis	22 Boys 13-14 50 Freestyle	10	1 u	10:22 AM	_____
Semis	23 Girls 15 & Over 50 Freestyle	8	1 u	10:23 AM	_____
Semis	24 Boys 15 & Over 50 Freestyle	10	1 u	10:24 AM	_____
	Break: 3 Minutes:				
Finals	21 Girls 13-14 50 Freestyle	4	1 u	10:27 AM	_____
Finals	22 Boys 13-14 50 Freestyle	4	1 u	10:28 AM	_____
Finals	23 Girls 15 & Over 50 Freestyle	4	1 u	10:29 AM	_____
Finals	24 Boys 15 & Over 50 Freestyle	4	1 u	10:30 AM	_____
	Break: 6 Minutes:				
Finals	25 Girls 13-14 100 Butterfly	2	1	10:36 AM	_____
Finals	26 Boys 13-14 100 Butterfly	4	1	10:38 AM	_____
Finals	27 Girls 15 & Over 100 Butterfly	0	0	10:39 AM	_____
Finals	28 Boys 15 & Over 100 Butterfly	4	1	10:39 AM	_____
	Break: 3 Minutes:				
Prelims	29 Girls 13-14 50 Breaststroke	5	1	10:44 AM	_____
Prelims	30 Boys 13-14 50 Breaststroke	7	1	10:45 AM	_____
Prelims	31 Girls 15 & Over 50 Breaststroke	2	1	10:46 AM	_____
Prelims	32 Boys 15 & Over 50 Breaststroke	5	1	10:47 AM	_____
	Break: 3 Minutes:				
Semis	29 Girls 13-14 50 Breaststroke	5	1 u	10:51 AM	_____
Semis	30 Boys 13-14 50 Breaststroke	7	1 u	10:52 AM	_____
Semis	31 Girls 15 & Over 50 Breaststroke	2	1 u	10:53 AM	_____
Semis	32 Boys 15 & Over 50 Breaststroke	5	1 u	10:54 AM	_____
	Break: 3 Minutes:				
Finals	29 Girls 13-14 50 Breaststroke	4	1 u	10:58 AM	_____
Finals	30 Boys 13-14 50 Breaststroke	4	1 u	10:59 AM	_____
Finals	31 Girls 15 & Over 50 Breaststroke	2	1 u	11:00 AM	_____
Finals	32 Boys 15 & Over 50 Breaststroke	4	1 u	11:01 AM	_____
	Break: 6 Minutes:				
Finals	33 Girls 13-14 100 Backstroke	7	1	11:08 AM	_____
Finals	34 Boys 13-14 100 Backstroke	8	1	11:10 AM	_____
Finals	35 Girls 15 & Over 100 Backstroke	2	1	11:12 AM	_____
Finals	36 Boys 15 & Over 100 Backstroke	3	1	11:14 AM	_____
	Swimmers Counts for Warm-ups: 70	=====	=====		
	Entry / Heat Totals:	381	68		
	Finish Time			11:15 AM	_____

2025 ACAC Rock the Blocks Sprint Eliminator - 4/25/2025 to 4/26/2025

Rock the Blocks Sprint Eliminator
1801 Ridgewood Ave, Ames, IA 50010
Session Report

Session: 3 Sat 12 & Under Session

Day of Meet: 2 Starts at 12:30 PM Heat Interval: 30 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Prelims	37 Girls 8 & Under 25 Backstroke	17	2	12:30 PM	_____
Prelims	38 Boys 8 & Under 25 Backstroke	10	1	12:33 PM	_____
Prelims	39 Girls 10 & Under 50 Backstroke	21	3	12:35 PM	_____
Prelims	40 Boys 10 & Under 50 Backstroke	15	2	12:40 PM	_____
Prelims	41 Girls 11-12 50 Backstroke	18	2	12:44 PM	_____
Prelims	42 Boys 11-12 50 Backstroke	16	2	12:48 PM	_____
Break: 3 Minutes:					
Semis	37 Girls 8 & Under 25 Backstroke	10	1 u	12:54 PM	_____
Semis	38 Boys 8 & Under 25 Backstroke	10	1 u	12:55 PM	_____
Semis	39 Girls 10 & Under 50 Backstroke	10	1 u	12:56 PM	_____
Semis	40 Boys 10 & Under 50 Backstroke	10	1 u	12:58 PM	_____
Semis	41 Girls 11-12 50 Backstroke	10	1 u	12:59 PM	_____
Semis	42 Boys 11-12 50 Backstroke	10	1 u	01:01 PM	_____
Break: 3 Minutes:					
Finals	37 Girls 8 & Under 25 Backstroke	4	1 u	01:05 PM	_____
Finals	38 Boys 8 & Under 25 Backstroke	4	1 u	01:06 PM	_____
Finals	39 Girls 10 & Under 50 Backstroke	4	1 u	01:07 PM	_____
Finals	40 Boys 10 & Under 50 Backstroke	4	1 u	01:09 PM	_____
Finals	41 Girls 11-12 50 Backstroke	4	1 u	01:10 PM	_____
Finals	42 Boys 11-12 50 Backstroke	4	1 u	01:12 PM	_____
Break: 7 Minutes:					
Prelims	43 Girls 8 & Under 25 Butterfly	7	1	01:20 PM	_____
Prelims	44 Boys 8 & Under 25 Butterfly	4	1	01:21 PM	_____
Prelims	45 Girls 10 & Under 50 Butterfly	14	2	01:22 PM	_____
Prelims	46 Boys 10 & Under 50 Butterfly	7	1	01:25 PM	_____
Prelims	47 Girls 11-12 50 Butterfly	13	2	01:27 PM	_____
Prelims	48 Boys 11-12 50 Butterfly	13	2	01:29 PM	_____
Break: 3 Minutes:					
Semis	43 Girls 8 & Under 25 Butterfly	7	1 u	01:35 PM	_____
Semis	44 Boys 8 & Under 25 Butterfly	4	1 u	01:36 PM	_____
Semis	45 Girls 10 & Under 50 Butterfly	10	1 u	01:37 PM	_____
Semis	46 Boys 10 & Under 50 Butterfly	7	1 u	01:38 PM	_____
Semis	47 Girls 11-12 50 Butterfly	10	1 u	01:39 PM	_____
Semis	48 Boys 11-12 50 Butterfly	10	1 u	01:41 PM	_____
Break: 3 Minutes:					
Finals	43 Girls 8 & Under 25 Butterfly	4	1 u	01:45 PM	_____
Finals	44 Boys 8 & Under 25 Butterfly	4	1 u	01:46 PM	_____
Finals	45 Girls 10 & Under 50 Butterfly	4	1 u	01:46 PM	_____
Finals	46 Boys 10 & Under 50 Butterfly	4	1 u	01:48 PM	_____
Finals	47 Girls 11-12 50 Butterfly	4	1 u	01:49 PM	_____
Finals	48 Boys 11-12 50 Butterfly	4	1 u	01:50 PM	_____
Break: 7 Minutes:					

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Day of Meet: 2 Starts at 12:30 PM Heat Interval: 30 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	49 Girls 10 & Under 100 Freestyle	14	2	01:58 PM	_____
Finals	50 Boys 10 & Under 100 Freestyle	8	1	02:02 PM	_____
Finals	51 Girls 11-12 100 Freestyle	15	2	02:05 PM	_____
Finals	52 Boys 11-12 100 Freestyle	12	2	02:09 PM	_____
	Break: 3 Minutes:				
Prelims	53 Girls 8 & Under 25 Freestyle	21	3	02:16 PM	_____
Prelims	54 Boys 8 & Under 25 Freestyle	11	2	02:19 PM	_____
Prelims	55 Girls 10 & Under 50 Freestyle	34	4	02:21 PM	_____
Prelims	56 Boys 10 & Under 50 Freestyle	21	3	02:27 PM	_____
Prelims	57 Girls 11-12 50 Freestyle	32	4	02:32 PM	_____
Prelims	58 Boys 11-12 50 Freestyle	22	3	02:38 PM	_____
	Break: 3 Minutes:				
Semis	53 Girls 8 & Under 25 Freestyle	10	1 u	02:44 PM	_____
Semis	54 Boys 8 & Under 25 Freestyle	10	1 u	02:45 PM	_____
Semis	55 Girls 10 & Under 50 Freestyle	10	1 u	02:46 PM	_____
Semis	56 Boys 10 & Under 50 Freestyle	10	1 u	02:47 PM	_____
Semis	57 Girls 11-12 50 Freestyle	10	1 u	02:48 PM	_____
Semis	58 Boys 11-12 50 Freestyle	10	1 u	02:49 PM	_____
	Break: 3 Minutes:				
Finals	53 Girls 8 & Under 25 Freestyle	4	1 u	02:53 PM	_____
Finals	54 Boys 8 & Under 25 Freestyle	4	1 u	02:54 PM	_____
Finals	55 Girls 10 & Under 50 Freestyle	4	1 u	02:55 PM	_____
Finals	56 Boys 10 & Under 50 Freestyle	4	1 u	02:56 PM	_____
Finals	57 Girls 11-12 50 Freestyle	4	1 u	02:57 PM	_____
Finals	58 Boys 11-12 50 Freestyle	4	1 u	02:58 PM	_____
	Break: 7 Minutes:				
Prelims	59 Girls 8 & Under 25 Breaststroke	8	1	03:06 PM	_____
Prelims	60 Boys 8 & Under 25 Breaststroke	10	1	03:07 PM	_____
Prelims	61 Girls 10 & Under 50 Breaststroke	19	2	03:08 PM	_____
Prelims	62 Boys 10 & Under 50 Breaststroke	14	2	03:11 PM	_____
Prelims	63 Girls 11-12 50 Breaststroke	17	2	03:15 PM	_____
Prelims	64 Boys 11-12 50 Breaststroke	12	2	03:18 PM	_____
	Break: 3 Minutes:				
Semis	59 Girls 8 & Under 25 Breaststroke	8	1 u	03:24 PM	_____
Semis	60 Boys 8 & Under 25 Breaststroke	10	1 u	03:25 PM	_____
Semis	61 Girls 10 & Under 50 Breaststroke	10	1 u	03:26 PM	_____
Semis	62 Boys 10 & Under 50 Breaststroke	10	1 u	03:27 PM	_____
Semis	63 Girls 11-12 50 Breaststroke	10	1 u	03:28 PM	_____
Semis	64 Boys 11-12 50 Breaststroke	10	1 u	03:29 PM	_____
	Break: 3 Minutes:				
Finals	59 Girls 8 & Under 25 Breaststroke	4	1 u	03:34 PM	_____
Finals	60 Boys 8 & Under 25 Breaststroke	4	1 u	03:35 PM	_____

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Day of Meet: 2 Starts at 12:30 PM Heat Interval: 30 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	61 Girls 10 & Under 50 Breaststroke	4	1 u	03:36 PM	_____
Finals	62 Boys 10 & Under 50 Breaststroke	4	1 u	03:37 PM	_____
Finals	63 Girls 11-12 50 Breaststroke	4	1 u	03:38 PM	_____
Finals	64 Boys 11-12 50 Breaststroke	4	1 u	03:39 PM	_____
	Break: 7 Minutes:				
Finals	65 Girls 10 & Under 100 Backstroke	3	1	03:47 PM	_____
Finals	66 Boys 10 & Under 100 Backstroke	5	1	03:50 PM	_____
Finals	67 Girls 11-12 100 Backstroke	5	1	03:53 PM	_____
Finals	68 Boys 11-12 100 Backstroke	7	1	03:55 PM	_____
	Swimmers Counts for Warm-ups: 158	=====	=====		
	Entry / Heat Totals:	767	109		
	Finish Time			03:57 PM	_____