

40th Annual Birdland Invitational, Sanction #: IA-23-068

Birdland Pool, June 16-18th 2023

Warm-up Sheet

Warm-up Starts at 03:00 PM

Session: 1 Friday PM

Day of Meet: 1 Starts at 04:00 PM

Total Athletes: 169 - Women: 79 - Men: 90

Team		Women		Men		Total		Lane
DMSF-IA	Des Moines Swimming Federation	28		38		66		6, 7, 8
CIA-IA	Central Iowa Aquatics	8		20		28		3,4
RSC-IA	Rams Swim Club	9		6		15		5
MCSC-IA	Mason City Swim Club	9		4		13		1
NSST-IA	North Side Swim Team	6		6		12		2
CBSC-MW	Council Bluffs Swim Club	9		1		10		3
BLAZ-IA	Johnston Blaze Swim Club	3		6		9		2
SSA-IA	Swordfish Academy	3		5		8		1
OTT-IA	Ottumwa Hurricanes	3		2		5		5
CAST-IA	Carroll Area Swim Team	0		2		2		6
UN-IA	Unattached	1		0		1		6

Warm-up Starts at 08:00 AM

Session: 2 Saturday AM

Day of Meet: 2 Starts at 09:00 AM

Total Athletes: 149 - Women: 92 - Men: 57

Team		Women	Men	Total	Lane
DMSF-IA	Des Moines Swimming Federation	35	20	55	6,7,8
CIA-IA	Central Iowa Aquatics	12	15	27	4,5
RSC-IA	Rams Swim Club	16	6	22	2,3
BLAZ-IA	Johnston Blaze Swim Club	6	6	12	2
MCSC-IA	Mason City Swim Club	11	1	12	1
SEA-IA	South East Aquatics	2	4	6	1
SSA-IA	Swordfish Academy	3	3	6	4
NSST-IA	North Side Swim Team	2	2	4	4
CBSC-MW	Council Bluffs Swim Club	2	0	2	1
OTT-IA	Ottumwa Hurricanes	2	0	2	2
UN-IA	Unattached	1	0	1	8

Warm-up Starts at 12:30 PM

Session: 3 Saturday PM

Day of Meet: 2 Starts at 01:30 PM

Total Athletes: 136 - Women: 69 - Men: 67

Team		Women	Men	Total	Lane
DMSF-IA	Des Moines Swimming Federation	26	34	60	6,7,8
CIA-IA	Central Iowa Aquatics	12	10	22	4,5
NSST-IA	North Side Swim Team	6	5	11	3
CBSC-MW	Council Bluffs Swim Club	8	2	10	2
BLAZ-IA	Johnston Blaze Swim Club	5	3	8	1
OTT-IA	Ottumwa Hurricanes	3	4	7	2
CAST-IA	Carroll Area Swim Team	3	3	6	3
RSC-IA	Rams Swim Club	3	2	5	1
MCSC-IA	Mason City Swim Club	3	1	4	1
SEA-IA	South East Aquatics	0	2	2	4
SSA-IA	Swordfish Academy	0	1	1	4

Warm-up Starts at 08:00 AM

Session: 4 Sunday AM

Day of Meet: 3 Starts at 09:00 AM

Total Athletes: 104 - Women: 60 - Men: 44

Team		Women	Men	Total	Lane
DMSF-IA	Des Moines Swimming Federation	24	18	42	6,7,8
CIA-IA	Central Iowa Aquatics	11	12	23	4,5
BLAZ-IA	Johnston Blaze Swim Club	5	5	10	3
MCSC-IA	Mason City Swim Club	8	1	9	1
RSC-IA	Rams Swim Club	4	2	6	2
SEA-IA	South East Aquatics	2	4	6	2
NSST-IA	North Side Swim Team	2	1	3	3
OTT-IA	Ottumwa Hurricanes	2	0	2	1
CBSC-MW	Council Bluffs Swim Club	1	0	1	1
SSA-IA	Swordfish Academy	0	1	1	4
UN-IA	Unattached	1	0	1	6

Warm-up Starts at 12:00 PM

Session: 5 Sunday PM

Day of Meet: 3 Starts at 01:00 PM

Total Athletes: 108 - Women: 54 - Men: 54

Team		Women	Men	Total	Lane
DMSF-IA	Des Moines Swimming Federation	21	28	49	6,7,8
CIA-IA	Central Iowa Aquatics	10	8	18	4,5
NSST-IA	North Side Swim Team	6	6	12	3
CBSC-MW	Council Bluffs Swim Club	5	1	6	4
BLAZ-IA	Johnston Blaze Swim Club	3	2	5	2
OTT-IA	Ottumwa Hurricanes	1	4	5	2
MCSC-IA	Mason City Swim Club	3	1	4	1
SEA-IA	South East Aquatics	2	2	4	1
RSC-IA	Rams Swim Club	2	1	3	1
CAST-IA	Carroll Area Swim Team	0	1	1	1
UN-IA	Unattached	1	0	1	6