

**2022 CIA Fall Mixer Invitational Meet - 10/29/2022 to 10/30/2022**

**Session Report**

Session: 1N North Pool

Day of Meet: 1 Starts at 02:00 PM Heat Interval: 15 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	12 Mixed 13 & Over 200 IM	50	7	02:00 PM	_____
Finals	13 Mixed 13 & Over 500 Freestyle	30	4	02:21 PM	_____
Finals	14 Mixed 13 & Over 50 Breaststroke	24	3	02:48 PM	_____
Finals	15 Mixed 13 & Over 200 Breaststroke	31	4	02:52 PM	_____
Finals	16 Mixed 13 & Over 50 Backstroke	45	6	03:05 PM	_____
Finals	17 Mixed 13 & Over 200 Backstroke	27	4	03:12 PM	_____
Finals	18 Mixed 13 & Over 50 Freestyle	82	11	03:25 PM	_____
Finals	19 Mixed 13 & Over 100 Butterfly	45	6	03:34 PM	_____
Finals	20 Mixed 13 & Over 200 Medley Relay	10	2	03:43 PM	_____
	Break: 5 Minutes:				
Finals	21 Mixed 13 & Over 1000 Freestyle	8	1 u	03:53 PM	_____
	Swimmers Counts for Warm-ups: 107	=====	=====		
	Entry / Heat Totals:	352	48		
	Finish Time			04:09 PM	_____
	=====				
	Team - #Entries - #Athletes				
	=====				
ACAC	Ames Cyclone Aquatics Club	55	17		
CAST	Carroll Area Swim Team	7	3		
CIA	Central Iowa Aquatics	92	28		
DMSF	Des Moines Swimming Federation	124	36		
RIP	Dowling Catholic Riptide	19	7		
LTIA	Life Time Iowa Swim Team	1	1		
OTT	Ottumwa Hurricanes	8	2		
RSC	Rams Swim Club	39	11		
SEA	South East Aquatics	7	2		

**2022 CIA Fall Mixer Invitational Meet - 10/29/2022 to 10/30/2022**

**Session Report**

Session: 1S South Pool

Day of Meet: 1 Starts at 02:00 PM Heat Interval: 25 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	1 Mixed 8 & Under 25 Freestyle Break: 3 Minutes: ***Timers Move***	42	6	02:00 PM	_____
Finals	2 Mixed 12 & Under 200 IM	32	4	02:09 PM	_____
Finals	3 Mixed 12 & Under 100 Freestyle Break: 3 Minutes: ***Timers Move***	132	17	02:24 PM	_____
Finals	4 Mixed 8 & Under 25 Breaststroke Break: 3 Minutes: ***Timers Move***	30	4	03:00 PM	_____
Finals	5 Mixed 12 & Under 100 Breaststroke	56	7	03:07 PM	_____
Finals	6 Mixed 12 & Under 50 Backstroke	157	20	03:23 PM	_____
Finals	7 Mixed 12 & Under 200 Backstroke	16	2	03:52 PM	_____
Finals	8 Mixed 12 & Under 50 Butterfly	107	14	04:00 PM	_____
Finals	9 Mixed 12 & Under 200 Butterfly	2	1	04:17 PM	_____
Finals	10 Mixed 12 & Under 200 Medley Relay Break: 5 Minutes: ***Break***	25	4	04:21 PM	_____
Finals	11 Girls 12 & Under 500 Freestyle Swimmers Counts for Warm-ups: 207	11 =====	2 u =====	04:41 PM	_____
	Entry / Heat Totals:	610	81		
	Finish Time			05:00 PM	_____
	=====				
	Team - #Entries - #Athletes				
	=====				
ACAC	Ames Cyclone Aquatics Club	82	26		
CAST	Carroll Area Swim Team	4	2		
CIA	Central Iowa Aquatics	169	59		
DMSF	Des Moines Swimming Federation	149	46		
RIP	Dowling Catholic Riptide	65	29		
LTIA	Life Time Iowa Swim Team	14	5		
OTT	Ottumwa Hurricanes	7	2		
RSC	Rams Swim Club	101	31		
SEA	South East Aquatics	17	6		
UNAT	Unattached	2	1		

**2022 CIA Fall Mixer Invitational Meet - 10/29/2022 to 10/30/2022**

**Session Report**

Session: 2N North Pool

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

Round	Event	Entries	Heats	Starts at	
Finals	33 Mixed 13 & Over 400 IM	14	2	09:00 AM	_____
Finals	34 Mixed 13 & Over 100 Backstroke	57	8	09:12 AM	_____
Finals	35 Mixed 13 & Over 200 Freestyle	43	6	09:26 AM	_____
Finals	36 Mixed 13 & Over 100 Breaststroke	46	6	09:43 AM	_____
Finals	37 Mixed 13 & Over 100 Freestyle	84	11	09:54 AM	_____
Finals	38 Mixed 13 & Over 50 Butterfly	32	4	10:09 AM	_____
Finals	39 Mixed 13 & Over 200 Butterfly	13	2	10:12 AM	_____
Finals	40 Mixed 13 & Over 100 IM	44	6	10:18 AM	_____
Finals	41 Mixed 13 & Over 200 Freestyle Relay	10	2	10:27 AM	_____
	Break: 5 Minutes: ***Break***				
Finals	42 Mixed 13 & Over 1650 Freestyle	15	2 u	10:37 AM	_____
	Swimmers Counts for Warm-ups: 105	=====	=====		
	Entry / Heat Totals:	358	49		
	Finish Time			11:17 AM	_____
	=====				
	Team - #Entries - #Athletes				
	=====				
ACAC	Ames Cyclone Aquatics Club	61	19		
CAST	Carroll Area Swim Team	9	3		
CIA	Central Iowa Aquatics	92	27		
DMSF	Des Moines Swimming Federation	122	34		
RIP	Dowling Catholic Riptide	10	4		
LTIA	Life Time Iowa Swim Team	3	1		
OTT	Ottumwa Hurricanes	8	2		
RSC	Rams Swim Club	47	13		
SEA	South East Aquatics	6	2		

**2022 CIA Fall Mixer Invitational Meet - 10/29/2022 to 10/30/2022**

**Session Report**

Session: 2S South Pool

Day of Meet: 2 Starts at 09:00 AM Heat Interval: 25 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	22 Mixed 8 & Under 25 Backstroke Break: 3 Minutes: ***Timers Move***	34	5	09:00 AM	_____
Finals	23 Mixed 12 & Under 100 Backstroke	89	12	09:10 AM	_____
Finals	24 Mixed 12 & Under 200 Breaststroke Break: 3 Minutes: ***Timers Move***	17	3	09:37 AM	_____
Finals	25 Mixed 8 & Under 25 Butterfly Break: 3 Minutes: ***Timers Move***	21	3	09:53 AM	_____
Finals	26 Mixed 12 & Under 50 Breaststroke	101	13	09:59 AM	_____
Finals	27 Mixed 12 & Under 200 Freestyle	39	5	10:16 AM	_____
Finals	28 Mixed 12 & Under 50 Freestyle	162	21	10:34 AM	_____
Finals	29 Mixed 12 & Under 100 Butterfly	17	3	10:57 AM	_____
Finals	30 Mixed 12 & Under 100 IM	81	11	11:04 AM	_____
Finals	31 Mixed 12 & Under 200 Freestyle Relay Break: 5 Minutes: ***Break***	29	4	11:27 AM	_____
Finals	32 Boys 12 & Under 500 Freestyle Swimmers Counts for Warm-ups: 200 Entry / Heat Totals: Finish Time	8 ==== 598	1 u ==== 81	11:45 AM  11:54 AM	_____
=====					
Team - #Entries - #Athletes					
=====					
ACAC	Ames Cyclone Aquatics Club	74	22		
CAST	Carroll Area Swim Team	8	4		
CIA	Central Iowa Aquatics	197	69		
DMSF	Des Moines Swimming Federation	134	42		
RIP	Dowling Catholic Riptide	75	30		
LTIA	Life Time Iowa Swim Team	9	3		
OTT	Ottumwa Hurricanes	7	2		
RSC	Rams Swim Club	66	22		
SEA	South East Aquatics	23	6		
UNAT	Unattached	5	2		