

2023 CIA Beat the Heat - 6/23/2023 to 6/25/2023

Sanction #: IA-23-070

Session Report

Session: 1 Friday Afternoon, June 23, 2023

Day of Meet: 1 Starts at 12:00 PM

Round	Event	Entries	Heats	Starts at	
Finals	71 Mixed 11 & Over 400 IM Break	32	4	12:00 PM	_____
Finals	72 Mixed 11 & Over 1500 Freestyle Swimmers Counts for Warm-ups: 64 Entry / Heat Totals: Finish Time	32 ==== 64	4 ==== 8	12:29 PM 02:07 PM	_____
=====					
Team - #Entries - #Athletes					
=====					
ACAC	Ames Cyclone Aquatics Club	1	1		
BETT	Bettendorf Aquatics	2	2		
CIA	Central Iowa Aquatics	15	15		
DMET	Davenport Metro Swim Team	2	2		
DMSF	Des Moines Swimming Federation	12	12		
DSMY	Des Moines YMCA	1	1		
RIP	Dowling Catholic Riptide	3	3		
EMSC	East Moline Swim Club	1	1		
IFLY	Iowa Flyers Swim Club	15	15		
LMST	Linn-Mar Swim Team	2	2		
MACR	MACR Sharks	3	3		
NSST	North Side Swim Team	5	5		
UNAT	Unattached	1	1		
USSD	Uss Destroyers Swim Club	1	1		

Positive Check-in Closes at 11:30 am

PRE-CHECK-IN

2023 CIA Beat the Heat - 6/23/2023 to 6/25/2023

Sanction #: IA-23-070

Session Report

Session: 2 Friday Evening, June 23, 2023

Day of Meet: 1 Starts at 04:30 PM

Round	Event	Entries	Heats	Starts at	
Finals	5 Mixed 12 & Under 50 Freestyle	163	21	04:30 PM	_____
Finals	6 Mixed 13 & Over 50 Freestyle	119	15	04:53 PM	_____
Finals	7 Mixed 12 & Under 50 Butterfly	123	16	05:07 PM	_____
Finals	8 Mixed 13 & Over 50 Butterfly	94	12	05:27 PM	_____
Finals	9 Mixed 12 & Under 50 Breaststroke	139	18	05:39 PM	_____
Finals	10 Mixed 13 & Over 50 Breaststroke	86	11	06:02 PM	_____
Finals	11 Mixed 12 & Under 50 Backstroke	155	20	06:15 PM	_____
Finals	12 Mixed 13 & Over 50 Backstroke	91	12	06:44 PM	_____
Finals	73 Mixed 13 & Over 400 Freestyle	67	9	07:00 PM	_____
	Swimmers Counts for Warm-ups: 327	=====	=====		
	Entry / Heat Totals:	1,037	134		
	Finish Time			07:55 PM	_____
	=====				
	Team - #Entries - #Athletes				
	=====				
ACAC	Ames Cyclone Aquatics Club	108	34		
BETT	Bettendorf Aquatics	20	6		
BSSC	Big Six Swim Club	4	1		
CAST	Carroll Area Swim Team	7	3		
CIA	Central Iowa Aquatics	202	59		
DMET	Davenport Metro Swim Team	35	10		
DMSF	Des Moines Swimming Federation	138	42		
DSMY	Des Moines YMCA	7	3		
RIP	Dowling Catholic Riptide	74	26		
EMSC	East Moline Swim Club	50	14		
IFLY	Iowa Flyers Swim Club	176	54		
BLAZ	Johnston Blaze Swim Club	46	15		
COE	Kohawk Aquatics	7	3		
MACR	MACR Sharks	21	6		
MUS	Muscatine Community YMCA Manta	14	5		
NSST	North Side Swim Team	20	9		
OTT	Ottumwa Hurricanes	16	4		
RSC	Rams Swim Club	58	20		
SCSC	Sarpy County	5	1		
SEA	South East Aquatics	1	1		
UNAT	Unattached	2	1		
USSD	Uss Destroyers Swim Club	26	10		

Positive Check-in Closes at 04:00 pm

PRE-CHECK-IN

2023 CIA Beat the Heat - 6/23/2023 to 6/25/2023

Sanction #: IA-23-070

Session Report

Session: 3 Saturday Morning, June 24, 2023

Day of Meet: 2 Starts at 08:00 AM

Round	Event	Entries	Heats	Starts at	
Finals	15 Girls 12 & Under 200 Freestyle	61	8	08:00 AM	_____
Finals	16 Boys 12 & Under 200 Freestyle	50	7	08:29 AM	_____
Finals	17 Girls 12 & Under 50 Butterfly	61	8	08:53 AM	_____
Finals	18 Boys 12 & Under 50 Butterfly	48	6	09:04 AM	_____
Finals	19 Girls 9-12 200 Backstroke	34	5	09:11 AM	_____
Finals	20 Boys 9-12 200 Backstroke	23	3	09:32 AM	_____
Finals	21 Girls 12 & Under 100 Breaststroke	52	7	09:43 AM	_____
Finals	22 Boys 12 & Under 100 Breaststroke	46	6	10:00 AM	_____
Finals	23 Girls 12 & Under 50 Backstroke	90	12	10:14 AM	_____
Finals	24 Boys 12 & Under 50 Backstroke	72	9	10:32 AM	_____
Finals	25 Girls 9-12 200 Butterfly	7	1	10:46 AM	_____
Finals	26 Boys 9-12 200 Butterfly	3	1	10:49 AM	_____
Finals	27 Girls 12 & Under 100 Freestyle	99	13	10:53 AM	_____
Finals	28 Boys 12 & Under 100 Freestyle	91	12	11:18 AM	_____
Finals	29 Girls 12 & Under 200 Medley Relay	17	3	11:41 AM	_____
Finals	30 Boys 12 & Under 200 Medley Relay	10	2	11:52 AM	_____
	Swimmers Counts for Warm-ups: 234	=====	=====		
	Entry / Heat Totals:	764	103		
	Finish Time			12:00 PM	_____
	=====				
	Team - #Entries - #Athletes				
	=====				
ACAC	Ames Cyclone Aquatics Club	108	32		
CIA	Central Iowa Aquatics	117	37		
DMET	Davenport Metro Swim Team	16	4		
DMSF	Des Moines Swimming Federation	78	25		
DSMY	Des Moines YMCA	3	1		
RIP	Dowling Catholic Riptide	103	33		
EMSC	East Moline Swim Club	43	15		
IFLY	Iowa Flyers Swim Club	116	32		
BLAZ	Johnston Blaze Swim Club	20	7		
COE	Kohawk Aquatics	3	1		
LIFE	Life Time Iowa Swim Team	7	2		
LMST	Linn-Mar Swim Team	8	2		
MACR	MACR Sharks	26	8		
MUS	Muscatine Community YMCA Manta	3	1		
NSST	North Side Swim Team	5	2		
OTT	Ottumwa Hurricanes	8	2		
RSC	Rams Swim Club	50	15		
SEA	South East Aquatics	20	6		
UNAT	Unattached	3	1		
USSD	Uss Destroyers Swim Club	23	7		

Relay Cards due at 07:30 am

2023 CIA Beat the Heat - 6/23/2023 to 6/25/2023

Sanction #: IA-23-070

Session Report

Session: 4 Saturday Afternoon, June 24, 2023

Day of Meet: 2 Starts at 01:30 PM

Round	Event	Entries	Heats	Starts at	
Finals	31 Women 13 & Over 200 IM	53	7	01:30 PM	_____
Finals	32 Men 13 & Over 200 IM	60	8	01:55 PM	_____
Finals	33 Women 13 & Over 100 Freestyle	93	12	02:21 PM	_____
Finals	34 Men 13 & Over 100 Freestyle	91	12	02:41 PM	_____
Finals	35 Women 13 & Over 200 Breaststroke	38	5	03:00 PM	_____
Finals	36 Men 13 & Over 200 Breaststroke	27	4	03:20 PM	_____
Finals	37 Women 13 & Over 100 Backstroke	71	9	03:34 PM	_____
Finals	38 Men 13 & Over 100 Backstroke	76	10	03:53 PM	_____
Finals	39 Women 13 & Over 100 Butterfly	61	8	04:14 PM	_____
Finals	40 Men 13 & Over 100 Butterfly	56	7	04:28 PM	_____
Finals	41 Women 13 & Over 400 Medley Relay	16	2	04:40 PM	_____
Finals	42 Men 13 & Over 400 Medley Relay	15	2	04:53 PM	_____
	Swimmers Counts for Warm-ups: 228	=====	=====		
	Entry / Heat Totals:	657	86		
	Finish Time			05:05 PM	_____
	=====				
	Team - #Entries - #Athletes				
	=====				
ACAC	Ames Cyclone Aquatics Club	37	14		
BETT	Bettendorf Aquatics	17	5		
CAST	Carroll Area Swim Team	13	5		
CIA	Central Iowa Aquatics	121	40		
DMET	Davenport Metro Swim Team	28	8		
DMSF	Des Moines Swimming Federation	118	37		
DSMY	Des Moines YMCA	6	2		
RIP	Dowling Catholic Riptide	37	14		
EMSC	East Moline Swim Club	16	5		
IFLY	Iowa Flyers Swim Club	116	36		
BLAZ	Johnston Blaze Swim Club	19	10		
COE	Kohawk Aquatics	11	4		
LIFE	Life Time Iowa Swim Team	3	1		
MACR	MACR Sharks	5	2		
NSST	North Side Swim Team	21	9		
OTT	Ottumwa Hurricanes	10	4		
RSC	Rams Swim Club	50	20		
SCSC	Sarpy County	6	2		
SEA	South East Aquatics	4	2		
UNAT	Unattached	4	2		
USSD	Uss Destroyers Swim Club	15	6		

Relay Cards due at 04:00 pm

2023 CIA Beat the Heat - 6/23/2023 to 6/25/2023

Sanction #: IA-23-070

Session Report

Session: 5 Sunday Morning, June 25, 2023

Day of Meet: 3 Starts at 08:00 AM

Round	Event	Entries	Heats	Starts at	
Finals	43 Girls 12 & Under 200 IM	55	7	08:00 AM	_____
Finals	44 Boys 12 & Under 200 IM	39	5	08:28 AM	_____
Finals	45 Girls 12 & Under 50 Freestyle	90	12	08:47 AM	_____
Finals	46 Boys 12 & Under 50 Freestyle	62	8	09:01 AM	_____
Finals	47 Girls 9-12 200 Breaststroke	20	3	09:10 AM	_____
Finals	48 Boys 9-12 200 Breaststroke	14	2	09:23 AM	_____
Finals	49 Girls 12 & Under 100 Backstroke	80	10	09:32 AM	_____
Finals	50 Boys 12 & Under 100 Backstroke	58	8	09:56 AM	_____
Finals	51 Girls 12 & Under 50 Breaststroke	75	10	10:15 AM	_____
Finals	52 Boys 12 & Under 50 Breaststroke	48	6	10:28 AM	_____
Finals	53 Girls 12 & Under 100 Butterfly	24	3	10:37 AM	_____
Finals	54 Boys 12 & Under 100 Butterfly	25	4	10:44 AM	_____
Finals	55 Girls 9-12 400 Freestyle	31	4	10:52 AM	_____
Finals	56 Boys 9-12 400 Freestyle	18	3	11:22 AM	_____
Finals	57 Girls 12 & Under 200 Freestyle Relay	15	2	11:42 AM	_____
Finals	58 Boys 12 & Under 200 Freestyle Relay	8	1	11:49 AM	_____
	Swimmers Counts for Warm-ups: 205	=====	=====		
	Entry / Heat Totals:	662	88		
	Finish Time			11:53 AM	_____
	=====				
	Team - #Entries - #Athletes				
	=====				
ACAC	Ames Cyclone Aquatics Club	97	31		
BSSC	Big Six Swim Club	3	1		
CIA	Central Iowa Aquatics	131	41		
DMET	Davenport Metro Swim Team	15	4		
DMSF	Des Moines Swimming Federation	96	29		
RIP	Dowling Catholic Riptide	75	25		
EMSC	East Moline Swim Club	29	10		
IFLY	Iowa Flyers Swim Club	99	27		
BLAZ	Johnston Blaze Swim Club	12	4		
COE	Kohawk Aquatics	3	1		
LIFE	Life Time Iowa Swim Team	7	2		
LMST	Linn-Mar Swim Team	8	2		
MACR	MACR Sharks	21	6		
NSST	North Side Swim Team	3	1		
OTT	Ottumwa Hurricanes	8	2		
RSC	Rams Swim Club	20	7		
SEA	South East Aquatics	13	4		
UNAT	Unattached	3	1		
USSD	Uss Destroyers Swim Club	19	7		

Positive Check-in Closes at 7:30 am
Relay Cards due at 07:30 am

2023 CIA Beat the Heat - 6/23/2023 to 6/25/2023

Sanction #: IA-23-070

Session Report

Session: 6 Sunday Afternoon, June 25, 2023

Day of Meet: 3 Starts at 01:30 PM

Round	Event	Entries	Heats	Starts at	
Finals	59 Women 13 & Over 200 Freestyle	68	9	01:30 PM	_____
Finals	60 Men 13 & Over 200 Freestyle	82	11	01:58 PM	_____
Finals	61 Women 13 & Over 100 Breaststroke	55	7	02:31 PM	_____
Finals	62 Men 13 & Over 100 Breaststroke	58	8	02:45 PM	_____
Finals	63 Women 13 & Over 200 Backstroke	48	6	03:01 PM	_____
Finals	64 Men 13 & Over 200 Backstroke	48	6	03:23 PM	_____
Finals	65 Women 13 & Over 50 Freestyle	85	11	03:44 PM	_____
Finals	66 Men 13 & Over 50 Freestyle	84	11	03:54 PM	_____
Finals	67 Women 13 & Over 200 Butterfly	16	2	04:04 PM	_____
Finals	68 Men 13 & Over 200 Butterfly	24	3	04:12 PM	_____
Finals	69 Women 13 & Over 400 Freestyle Relay	14	2	04:22 PM	_____
Finals	70 Men 13 & Over 400 Freestyle Relay	14	2	04:34 PM	_____
	Swimmers Counts for Warm-ups: 217	=====	=====		
	Entry / Heat Totals:	596	78		
	Finish Time			04:44 PM	_____
	=====				
	Team - #Entries - #Athletes				
	=====				
ACAC	Ames Cyclone Aquatics Club	37	16		
BETT	Bettendorf Aquatics	11	4		
CAST	Carroll Area Swim Team	3	1		
CIA	Central Iowa Aquatics	102	37		
DMET	Davenport Metro Swim Team	25	9		
DMSF	Des Moines Swimming Federation	110	37		
DSMY	Des Moines YMCA	6	2		
RIP	Dowling Catholic Riptide	33	14		
EMSC	East Moline Swim Club	16	5		
IFLY	Iowa Flyers Swim Club	107	35		
BLAZ	Johnston Blaze Swim Club	16	7		
COE	Kohawk Aquatics	14	5		
LIFE	Life Time Iowa Swim Team	3	1		
NSST	North Side Swim Team	20	8		
OTT	Ottumwa Hurricanes	19	6		
RSC	Rams Swim Club	42	18		
SCSC	Sarpy County	6	2		
SEA	South East Aquatics	8	2		
USSD	Unattached	5	3		
	Uss Destroyers Swim Club	13	5		

Relay Cards due at 04:00 pm