

2025 CIA Beat the Heat - 6/27/2025 to 6/29/2025**2025 CIA Beat the Heat, Sanction #: IA-25-86****Wellmark YMCA, June 23-25 2023, 50 meter****Session Report**

Session: 1 Friday Afternoon, June 27, 2025

Day of Meet: 1 Starts at 12:00 PM Heat Interval: 20 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	1 Women 400 IM	20	3	12:00 PM	_____
Finals	2 Men 400 IM	14	2	12:21 PM	_____
Finals	3 Women 1500 Freestyle	15	2	12:35 PM	_____
Finals	4 Men 1500 Freestyle	11	2	01:22 PM	_____
	Swimmers Counts for Warm-ups: 59	=====	=====		
	Entry / Heat Totals:	60	9		
	Finish Time			02:14 PM	_____

2025 CIA Beat the Heat - 6/27/2025 to 6/29/2025**2025 CIA Beat the Heat, Sanction #: IA-25-86****Wellmark YMCA, June 23-25 2023, 50 meter****Session Report**

Session: 2 Friday Evening, June 27, 2025

Day of Meet: 1 Starts at 05:00 PM Heat Interval: 20 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	5 Mixed 12 & Under 50 Freestyle	160	20	05:00 PM	_____
Finals	6 Mixed 13 & Over 50 Freestyle	112	14	05:24 PM	_____
Finals	7 Mixed 12 & Under 50 Butterfly	99	13	05:36 PM	_____
Finals	8 Mixed 13 & Over 50 Butterfly	78	10	05:52 PM	_____
Finals	9 Mixed 12 & Under 50 Breaststroke	125	16	06:02 PM	_____
Finals	10 Mixed 13 & Over 50 Breaststroke	73	10	06:24 PM	_____
Finals	11 Mixed 12 & Under 50 Backstroke	145	19	06:35 PM	_____
Finals	12 Mixed 13 & Over 50 Backstroke	75	10	07:05 PM	_____
	Break: 4 Minutes:				
Finals	13 Women 13 & Over 400 Freestyle	24	3	07:22 PM	_____
Finals	14 Men 13 & Over 400 Freestyle	26	4	07:41 PM	_____
	Swimmers Counts for Warm-ups: 298	=====	=====		
	Entry / Heat Totals:	917	119		
	Finish Time			08:06 PM	_____

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Session: 3 Saturday Morning, June 28, 2025

Day of Meet: 2 Starts at 08:00 AM Heat Interval: 19 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	15 Girls 12 & Under 200 Freestyle	60	8	08:00 AM	_____
Finals	16 Boys 12 & Under 200 Freestyle	35	5	08:30 AM	_____
Finals	17 Girls 12 & Under 50 Butterfly	66	9	08:50 AM	_____
Finals	18 Boys 12 & Under 50 Butterfly	28	4	09:02 AM	_____
Finals	19 Girls 9-12 200 Backstroke	22	3	09:07 AM	_____
Finals	20 Boys 9-12 200 Backstroke	15	2	09:21 AM	_____
Finals	21 Girls 12 & Under 100 Breaststroke	76	10	09:30 AM	_____
Finals	22 Boys 12 & Under 100 Breaststroke	35	5	09:54 AM	_____
Finals	23 Girls 12 & Under 50 Backstroke	96	12	10:06 AM	_____
Finals	24 Boys 12 & Under 50 Backstroke	54	7	10:24 AM	_____
Finals	25 Girls 9-12 200 Butterfly	6	1	10:35 AM	_____
Finals	26 Boys 9-12 200 Butterfly	3	1	10:39 AM	_____
	Break: 3 Minutes:				
Finals	27 Girls 12 & Under 100 Freestyle	118	15	10:45 AM	_____
Finals	28 Boys 12 & Under 100 Freestyle	78	10	11:15 AM	_____
	Break: 1 Minutes:				
Finals	29 Girls 12 & Under 200 Medley Relay	10	2	11:36 AM	_____
Finals	30 Boys 12 & Under 200 Medley Relay	4	1	11:44 AM	_____
	Swimmers Counts for Warm-ups: 227	=====	=====		
	Entry / Heat Totals:	706	95		
	Finish Time			11:48 AM	_____

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Session: 4 Saturday Afternoon, June 28, 2025

Day of Meet: 2 Starts at 01:30 PM Heat Interval: 20 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	31 Women 13 & Over 200 IM	58	8	01:30 PM	_____
Finals	32 Men 13 & Over 200 IM	43	6	01:59 PM	_____
Finals	33 Women 13 & Over 100 Freestyle	77	10	02:19 PM	_____
Finals	34 Men 13 & Over 100 Freestyle	78	10	02:35 PM	_____
Finals	35 Women 13 & Over 200 Breaststroke	36	5	02:50 PM	_____
Finals	36 Men 13 & Over 200 Breaststroke	20	3	03:09 PM	_____
Finals	37 Women 13 & Over 100 Backstroke	64	8	03:21 PM	_____
Finals	38 Men 13 & Over 100 Backstroke	52	7	03:38 PM	_____
Finals	39 Women 13 & Over 100 Butterfly	46	6	03:52 PM	_____
Finals	40 Men 13 & Over 100 Butterfly	51	7	04:03 PM	_____
	Break: 1 Minutes:				
Finals	41 Women 13 & Over 400 Medley Relay	11	2	04:16 PM	_____
Finals	42 Men 13 & Over 400 Medley Relay	9	2	04:29 PM	_____
	Swimmers Counts for Warm-ups: 195	=====	=====		
	Entry / Heat Totals:	545	74		
	Finish Time			04:42 PM	_____

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Session: 5 Sunday Morning, June 29, 2025

Day of Meet: 3 Starts at 08:00 AM Heat Interval: 13 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	43 Girls 12 & Under 200 IM	61	8	08:00 AM	_____
Finals	44 Boys 12 & Under 200 IM	26	4	08:31 AM	_____
Finals	45 Girls 12 & Under 50 Freestyle	91	12	08:47 AM	_____
Finals	46 Boys 12 & Under 50 Freestyle	55	7	09:00 AM	_____
Finals	47 Girls 9-12 200 Breaststroke	30	4	09:07 AM	_____
Finals	48 Boys 9-12 200 Breaststroke	10	2	09:26 AM	_____
Finals	49 Girls 12 & Under 100 Backstroke	92	12	09:35 AM	_____
Finals	50 Boys 12 & Under 100 Backstroke	52	7	10:03 AM	_____
Finals	51 Girls 12 & Under 50 Breaststroke	72	9	10:19 AM	_____
Finals	52 Boys 12 & Under 50 Breaststroke	41	6	10:30 AM	_____
Finals	53 Girls 12 & Under 100 Butterfly	33	5	10:38 AM	_____
Finals	54 Boys 12 & Under 100 Butterfly	14	2	10:49 AM	_____
	Break: 4 Minutes:				
Finals	55 Girls 9-12 400 Freestyle	34	5	10:57 AM	_____
Finals	56 Boys 9-12 400 Freestyle	15	2	11:33 AM	_____
	Break: 1 Minutes:				
Finals	57 Girls 12 & Under 200 Freestyle Relay	9	2	11:47 AM	_____
Finals	58 Boys 12 & Under 200 Freestyle Relay	4	1	11:54 AM	_____
	Swimmers Counts for Warm-ups: 216	=====	=====		
	Entry / Heat Totals:	639	88		
	Finish Time			11:59 AM	_____

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Session: 6 Sunday Afternoon, June 29, 2025

Day of Meet: 3 Starts at 01:30 PM Heat Interval: 20 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	59 Women 13 & Over 200 Freestyle	72	9	01:30 PM	_____
Finals	60 Men 13 & Over 200 Freestyle	63	8	01:58 PM	_____
Finals	61 Women 13 & Over 100 Breaststroke	57	8	02:21 PM	_____
Finals	62 Men 13 & Over 100 Breaststroke	56	7	02:38 PM	_____
Finals	63 Women 13 & Over 200 Backstroke	47	6	02:52 PM	_____
Finals	64 Men 13 & Over 200 Backstroke	31	4	03:14 PM	_____
Finals	65 Women 13 & Over 50 Freestyle	74	10	03:28 PM	_____
Finals	66 Men 13 & Over 50 Freestyle	59	8	03:38 PM	_____
Finals	67 Women 13 & Over 200 Butterfly	10	2	03:45 PM	_____
Finals	68 Men 13 & Over 200 Butterfly	14	2	03:52 PM	_____
	Break: 1 Minutes:				
Finals	69 Women 13 & Over 400 Freestyle Relay	12	2	04:00 PM	_____
Finals	70 Men 13 & Over 400 Freestyle Relay	8	1	04:12 PM	_____
	Swimmers Counts for Warm-ups: 189	=====	=====		
	Entry / Heat Totals:	503	67		
	Finish Time			04:17 PM	_____