

**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****Results - Sunday Morning, June 29, 2025****Event 43 Girls 8 & Under 200 LC Meter IM**

|     | <b>Name</b>                    | <b>Age</b> | <b>Team</b>                      | <b>Seed Time</b> | <b>Finals Time</b> | <b>Points</b> |
|-----|--------------------------------|------------|----------------------------------|------------------|--------------------|---------------|
| 1   | Tomka, Delaney                 | 8          | Dowling Catholic Riptide Swim-IA | 4:53.83          | 4:39.85            | 20            |
| --- | Gallick, Esme                  | 8          | Dowling Catholic Riptide Swim-IA | NT               | DQ                 |               |
|     | Arms underwater recovery - fly |            |                                  |                  |                    |               |

**Event 43 Girls 9-10 200 LC Meter IM**

|     | <b>Name</b>                    | <b>Age</b> | <b>Team</b>                      | <b>Seed Time</b> | <b>Finals Time</b> | <b>Points</b> |
|-----|--------------------------------|------------|----------------------------------|------------------|--------------------|---------------|
| 1   | Cochran, Delaney               | 10         | Central Iowa Aquatics-IA         | 3:01.86          | 3:04.62            | 20            |
| 2   | Qualley, Reagan                | 10         | Greater Des Moines YMCA-IA       | 3:15.44          | 3:11.00            | 17            |
| 3   | Bilslend, Teagan               | 10         | Ames Cyclone Aquatics Club-IA    | 3:32.07          | 3:25.02            | 16            |
| 4   | Kell, Hattie                   | 9          | Ames Cyclone Aquatics Club-IA    | NT               | 3:30.24            | 15            |
| 5   | Mooney, Sabrina                | 10         | Des Moines Swim Federation-IA    | NT               | 3:34.79            | 14            |
| 6   | Fleming, Braylee               | 10         | Rams Swim Club-IA                | NT               | 3:43.97            | 13            |
| 7   | Norton, Coco                   | 10         | Red Wing Swim Club-MN            | 3:41.25          | 3:50.64            | 12            |
| 8   | Bru, Tylar                     | 10         | Central Iowa Aquatics-IA         | NT               | 4:04.96            | 11            |
| 9   | Benson, Kahlia                 | 10         | Red Wing Swim Club-MN            | 3:54.97          | 4:05.34            | 9             |
| 10  | Jacobson, Whitnee              | 9          | Red Wing Swim Club-MN            | 3:57.85          | 4:07.85            | 7             |
| 11  | Karbeling-Kurth, Nuria         | 9          | Iowa City Eels-IA                | NT               | 4:47.59            | 6             |
| 12  | Ward, Amelia                   | 9          | Central Iowa Aquatics-IA         | 4:10.05          | 4:51.18            | 5             |
| --- | Smyth, Ava                     | 10         | Red Wing Swim Club-MN            | 4:40.99          | DQ                 |               |
|     | Alternating Kick - fly         |            |                                  |                  |                    |               |
| --- | Johnson, Kyla                  | 10         | Des Moines Swim Federation-IA    | 3:43.43          | DQ                 |               |
|     | Arms underwater recovery - fly |            |                                  |                  |                    |               |
| --- | Ghimire, Sanaya                | 9          | Ames Cyclone Aquatics Club-IA    | NT               | DQ                 |               |
|     | Alternating Kick - fly         |            |                                  |                  |                    |               |
| --- | McLaren, Hannah                | 10         | Dowling Catholic Riptide Swim-IA | NT               | DQ                 |               |
|     | Arms underwater recovery - fly |            |                                  |                  |                    |               |
| --- | Puhrmann, Macyn                | 9          | Central Iowa Aquatics-IA         | NT               | NS                 |               |

**Event 43 Girls 11-12 200 LC Meter IM**

|    | <b>Name</b>          | <b>Age</b> | <b>Team</b>                      | <b>Seed Time</b> | <b>Finals Time</b> | <b>Points</b> |
|----|----------------------|------------|----------------------------------|------------------|--------------------|---------------|
| 1  | Fay, Ginger          | 12         | Waukee Waves-IA                  | 2:41.84          | 2:45.74            | 20            |
| 2  | Hornung, Harper      | 11         | Waukee Waves-IA                  | 2:54.88          | 2:53.86            | 17            |
| 3  | Peterson, Greta      | 12         | Des Moines Swim Federation-IA    | 2:56.75          | 2:54.20            | 16            |
| 4  | Meyer, Gwen          | 12         | Dowling Catholic Riptide Swim-IA | 3:04.60          | 2:55.90            | 15            |
| 5  | Stonehocker, Trinity | 12         | Des Moines Swim Federation-IA    | 2:55.65          | 2:55.93            | 14            |
| 6  | Demirci, Ada         | 12         | Ames Cyclone Aquatics Club-IA    | 2:59.13          | 2:56.83            | 13            |
| 7  | Garrison, Jorgia     | 11         | Rams Swim Club-IA                | 3:12.73          | 3:01.56            | 12            |
| 8  | Schoolen, Ruby       | 12         | Rams Swim Club-IA                | 3:03.99          | 3:04.22            | 11            |
| 9  | Leidinger, Callie    | 12         | Kohawk Aquatics-IA               | 2:59.13          | 3:04.35            | 9             |
| 10 | Lamb, Addison        | 11         | Ames Cyclone Aquatics Club-IA    | 3:13.63          | 3:04.90            | 7             |
| 11 | Jacobson, Kinzee     | 12         | Red Wing Swim Club-MN            | 3:08.94          | 3:05.72            | 6             |
| 12 | Tran, Victoria       | 12         | Central Iowa Aquatics-IA         | 3:07.51          | 3:05.94            | 5             |
| 13 | Jean, Natiel         | 11         | Greater Des Moines YMCA-IA       | 3:06.59          | 3:06.48            | 4             |
| 14 | Tudor, Ellery        | 11         | Uss Destroyers-IA                | NT               | 3:08.18            | 3             |
| 15 | Smyth, Vivi          | 12         | Red Wing Swim Club-MN            | 3:11.72          | 3:08.51            | 2             |
| 16 | Sisul, Jolie         | 12         | South East Aquatics-IA           | 3:31.62          | 3:09.67            | 1             |
| 17 | Books, Malia         | 12         | Uss Destroyers-IA                | 3:34.72          | 3:10.13            |               |
| 18 | Gevoek, Trinity      | 11         | South East Aquatics-IA           | 3:10.54          | 3:11.47            |               |
| 19 | Fillius, Willa       | 12         | North Side Swim Team-IA          | 3:07.94          | 3:11.59            |               |

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|     | <b>Name</b>                      | <b>Age</b> | <b>Team</b>                      | <b>Seed Time</b> | <b>Finals Time</b> | <b>Points</b> |
|-----|----------------------------------|------------|----------------------------------|------------------|--------------------|---------------|
| 20  | Brons, Josie                     | 11         | Des Moines Swim Federation-IA    | 3:13.35          | 3:15.15            |               |
| 21  | Baker, Caroline                  | 11         | Central Iowa Aquatics-IA         | 3:13.23          | 3:16.18            |               |
| 22  | Israel, Brynn                    | 11         | Central Iowa Aquatics-IA         | 3:13.24          | 3:17.32            |               |
| 23  | Fitch, Lauren                    | 11         | North Side Swim Team-IA          | 3:23.06          | 3:17.67            |               |
| 24  | Neese, Savanna                   | 11         | Uss Destroyers-IA                | NT               | 3:26.92            |               |
| 25  | Holtsnider, Maud                 | 12         | Northeastern Swim Team-IA        | 3:32.92          | 3:27.47            |               |
| 26  | Kovacevich, Eleanor              | 11         | Ames Cyclone Aquatics Club-IA    | NT               | 3:28.22            |               |
| 27  | Hakeman, Riley                   | 11         | Uss Destroyers-IA                | 3:32.26          | 3:29.48            |               |
| 28  | Hanson, Ainslie                  | 11         | Red Wing Swim Club-MN            | 3:26.16          | 3:37.36            |               |
| 29  | Soukup, Lyv                      | 12         | Uss Destroyers-IA                | NT               | 3:37.64            |               |
| 30  | Talley, Serena                   | 11         | Central Iowa Aquatics-IA         | 3:45.81          | 3:42.10            |               |
| 31  | Krantz, Ruth                     | 11         | Dowling Catholic Riptide Swim-IA | NT               | 3:50.36            |               |
| 32  | Stinson, Ellie                   | 12         | Red Wing Swim Club-MN            | 3:45.00          | 3:56.50            |               |
| 33  | Hardee, Anya                     | 12         | Mason City Swim Club-IA          | 3:50.28          | 3:57.69            |               |
| 34  | Kreutzer, Kinsley                | 12         | Greater Des Moines YMCA-IA       | NT               | 4:06.16            |               |
| --- | Karbeling-Kurth, Miriam          | 12         | Iowa City Eels-IA                | NT               | DQ                 |               |
|     | Scissors kick - breast           |            |                                  |                  |                    |               |
| --- | Beagley, Evelyn                  | 11         | Ames Cyclone Aquatics Club-IA    | NT               | DQ                 |               |
|     | Scissors kick - breast           |            |                                  |                  |                    |               |
| --- | Butler, Mathilde                 | 12         | Greater Des Moines YMCA-IA       | 3:14.08          | DQ                 |               |
|     | Downward butterfly kick - breast |            |                                  |                  |                    |               |
| --- | Lewis, Madyson                   | 12         | Central Iowa Aquatics-IA         | 3:02.66          | NS                 |               |
| --- | Fenton, Aspen                    | 12         | Des Moines Swim Federation-IA    | 2:47.11          | SCR                |               |
| --- | Bry, Emma                        | 11         | Mason City Swim Club-IA          | 3:47.51          | SCR                |               |

**Event 44 Boys 9-10 200 LC Meter IM**

|     | <b>Name</b>                 | <b>Age</b> | <b>Team</b>                   | <b>Seed Time</b> | <b>Finals Time</b> | <b>Points</b> |
|-----|-----------------------------|------------|-------------------------------|------------------|--------------------|---------------|
| 1   | Mintle, Easton              | 10         | Des Moines Swim Federation-IA | 2:56.05          | 2:56.32            | 20            |
| 2   | Garrison, Jonah             | 9          | Rams Swim Club-IA             | 3:43.87          | 3:27.96            | 17            |
| 3   | Van Soelen, Harrison        | 10         | Des Moines Swim Federation-IA | NT               | 3:33.32            | 16            |
| 4   | Shaver, Oliver              | 9          | Ames Cyclone Aquatics Club-IA | NT               | 3:48.33            | 15            |
| 5   | Tourney, Emmett             | 9          | Red Wing Swim Club-MN         | NT               | 3:49.36            | 14            |
| 6   | Grote, Hank                 | 10         | Rams Swim Club-IA             | NT               | 4:07.41            | 13            |
| --- | Connolly, James             | 9          | Greater Des Moines YMCA-IA    | NT               | DQ                 |               |
|     | Non-simultaneous arms - fly |            |                               |                  |                    |               |

**Event 44 Boys 11-12 200 LC Meter IM**

|    | <b>Name</b>          | <b>Age</b> | <b>Team</b>                   | <b>Seed Time</b> | <b>Finals Time</b> | <b>Points</b> |
|----|----------------------|------------|-------------------------------|------------------|--------------------|---------------|
| 1  | Rychnovsky, Beckum   | 12         | Des Moines Swim Federation-IA | NT               | 2:40.32            | 20            |
| 2  | Calderon, LuisManuel | 12         | Ames Cyclone Aquatics Club-IA | 2:49.50          | 2:47.92            | 17            |
| 3  | Kell, Henry          | 12         | Ames Cyclone Aquatics Club-IA | 3:16.32          | 2:52.82            | 16            |
| 4  | Fausch, Zach         | 11         | Central Iowa Aquatics-IA      | 2:53.66          | 2:55.04            | 15            |
| 5  | Nakama, Kano         | 12         | Ames Cyclone Aquatics Club-IA | 3:00.90          | 3:01.07            | 14            |
| 6  | Ghimire, Sanji       | 12         | Ames Cyclone Aquatics Club-IA | 3:10.69          | 3:05.40            | 13            |
| 7  | Johnson, Ryker       | 11         | South East Aquatics-IA        | NT               | 3:10.15            | 12            |
| 8  | Sisul, Jenner        | 11         | South East Aquatics-IA        | 3:18.49          | 3:13.38            | 11            |
| 9  | Sexton, James        | 11         | Central Iowa Aquatics-IA      | 3:31.81          | 3:14.49            | 9             |
| 10 | Todsen, Gavin        | 12         | Central Iowa Aquatics-IA      | 4:10.54          | 3:20.48            | 7             |
| 11 | Naylor, Jackson      | 11         | Central Iowa Aquatics-IA      | NT               | 3:24.44            | 6             |
| 12 | Sandquist, Henry     | 11         | Central Iowa Aquatics-IA      | NT               | 3:25.12            | 5             |

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|     | <b>Name</b>                 | <b>Age</b> | <b>Team</b>                   | <b>Seed Time</b> | <b>Finals Time</b> | <b>Points</b> |
|-----|-----------------------------|------------|-------------------------------|------------------|--------------------|---------------|
| 13  | LaPan, Henry                | 11         | Uss Destroyers-IA             | 3:34.58          | 3:26.25            | 4             |
| 14  | Thomas, Ethan               | 12         | Rams Swim Club-IA             | NT               | 3:29.91            | 3             |
| 15  | McLeod, Gavin               | 11         | Ames Cyclone Aquatics Club-IA | 3:53.46          | 3:36.10            | 2             |
| 16  | Carpenter, Malachi          | 11         | Central Iowa Aquatics-IA      | NT               | 3:39.53            | 1             |
| 17  | Slama, Mason                | 12         | Central Iowa Aquatics-IA      | NT               | 3:46.70            |               |
| --- | Cody, Jay                   | 11         | Red Wing Swim Club-MN         | 4:20.99          | DQ                 |               |
|     | One hand touch - fly        |            |                               |                  |                    |               |
| --- | Wood, Finn                  | 11         | Ames Cyclone Aquatics Club-IA | NT               | DQ                 |               |
|     | Not on back off wall - back |            |                               |                  |                    |               |
| --- | Smith, Harry                | 12         | Des Moines Swim Federation-IA | 3:00.99          | SCR                |               |

**Event 45 Girls 8 & Under 50 LC Meter Freestyle**

|    | <b>Name</b>         | <b>Age</b> | <b>Team</b>                      | <b>Seed Time</b> | <b>Finals Time</b> | <b>Points</b> |
|----|---------------------|------------|----------------------------------|------------------|--------------------|---------------|
| 1  | Hancock, Charlotte  | 8          | Central Iowa Aquatics-IA         | 40.05            | 41.01              | 20            |
| 2  | Cochran, Clara      | 8          | Central Iowa Aquatics-IA         | 43.01            | 41.16              | 17            |
| 3  | Warg-Farver, Paige  | 8          | Central Iowa Aquatics-IA         | 58.71            | 44.94              | 16            |
| 4  | Chen, Zoey          | 8          | Des Moines Swim Federation-IA    | 46.37            | 46.18              | 15            |
| 5  | O'Brien, Evelyn     | 8          | Burlington Area Bullsharks-IA    | NT               | 48.19              | 14            |
| 6  | Boese, Alice        | 7          | Des Moines Swim Federation-IA    | 46.17            | 48.44              | 13            |
| 7  | Heusinkveld, Evelyn | 8          | Des Moines Swim Federation-IA    | 48.91            | 48.66              | 12            |
| 8  | Tomka, Delaney      | 8          | Dowling Catholic Riptide Swim-IA | 51.35            | 48.79              | 11            |
| 9  | Books, Londyn       | 7          | Uss Destroyers-IA                | 54.71            | 57.87              | 9             |
| 10 | Dumermuth, Della    | 8          | Johnston Blaze Swim Club-IA      | 1:16.50          | 1:03.39            | 7             |
| 11 | Flickinger, Gwen    | 8          | Ames Cyclone Aquatics Club-IA    | 1:32.56          | 1:08.78            | 6             |
| 12 | Tomka, Evelyn       | 6          | Dowling Catholic Riptide Swim-IA | 1:23.19          | 1:13.66            | 5             |
| 13 | Bry, Chloe          | 8          | Mason City Swim Club-IA          | 1:08.10          | 1:16.65            | 4             |

**Event 45 Girls 9-10 50 LC Meter Freestyle**

|     | <b>Name</b>         | <b>Age</b> | <b>Team</b>                      | <b>Seed Time</b> | <b>Finals Time</b> | <b>Points</b> |
|-----|---------------------|------------|----------------------------------|------------------|--------------------|---------------|
| 1   | Cochran, Delaney    | 10         | Central Iowa Aquatics-IA         | 33.75            | 33.81              | 20            |
| 2   | Spear, Lilliana     | 10         | Central Iowa Aquatics-IA         | 33.62            | 33.87              | 17            |
| 3   | Freeseaman, Ivy     | 9          | Dowling Catholic Riptide Swim-IA | 38.08            | 36.45              | 16            |
| 4   | Qualley, Reagan     | 10         | Greater Des Moines YMCA-IA       | 36.56            | 36.48              | 15            |
| 5   | Fausch, Lilly       | 9          | Central Iowa Aquatics-IA         | 40.93            | 37.04              | 14            |
| 6   | Cygankova, Alisa    | 9          | Greater Des Moines YMCA-IA       | 36.71            | 37.73              | 13            |
| 7   | Freeseaman, Josie   | 10         | Dowling Catholic Riptide Swim-IA | 35.52            | 37.99              | 12            |
| 8   | Stein, Sophie       | 10         | Carroll Area Swim Team-IA        | 38.57            | 39.14              | 11            |
| 9   | Jenkins, Mai        | 10         | Ames Cyclone Aquatics Club-IA    | 52.21            | 39.24              | 9             |
| 10  | Schweers, Genevieve | 10         | Central Iowa Aquatics-IA         | 41.73            | 39.94              | 7             |
| 11  | Lewis, Rylee        | 10         | Central Iowa Aquatics-IA         | 38.20            | 40.00              | 6             |
| 12  | Boese, Clara        | 9          | Des Moines Swim Federation-IA    | 39.32            | 40.32              | 5             |
| 13  | Currey, Emmy        | 9          | Ames Cyclone Aquatics Club-IA    | 43.56            | 40.38              | 4             |
| 14  | Peppmeier, Amzie    | 10         | Ames Cyclone Aquatics Club-IA    | 43.77            | 40.92              | 3             |
| 15  | Currey, Rosie       | 9          | Ames Cyclone Aquatics Club-IA    | 48.06            | 40.99              | 2             |
| 16  | Hanson, Hannah      | 9          | Des Moines Swim Federation-IA    | 43.45            | 41.57              | 1             |
| 17  | McGuire, Edie       | 10         | Greater Des Moines YMCA-IA       | 46.68            | 42.36              |               |
| *18 | Hornung, Addy       | 9          | Waukeewaves-IA                   | 43.21            | 42.81              |               |
| *18 | Hakeman, Linley     | 9          | Uss Destroyers-IA                | NT               | 42.81              |               |
| 20  | Ward, Amelia        | 9          | Central Iowa Aquatics-IA         | 44.11            | 43.01              |               |
| 21  | Sandman, Grace      | 9          | Central Iowa Aquatics-IA         | 46.30            | 43.18              |               |

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|     | <b>Name</b>            | <b>Age</b> | <b>Team</b>                      | <b>Seed Time</b> | <b>Finals Time</b> | <b>Points</b> |
|-----|------------------------|------------|----------------------------------|------------------|--------------------|---------------|
| 22  | Keeling, Emma          | 10         | Central Iowa Aquatics-IA         | 44.07            | 44.54              |               |
| 23  | Vobr, Vobr             | 9          | Northeastern Swim Team-IA        | 48.59            | 45.20              |               |
| 24  | Carter, Haley          | 9          | Carroll Area Swim Team-IA        | 45.40            | 45.61              |               |
| 25  | Johansen, Adeline      | 9          | Central Iowa Aquatics-IA         | NT               | 46.08              |               |
| 26  | Williams, Quinn        | 10         | Kohawk Aquatics-IA               | 50.39            | 46.68              |               |
| 27  | Mathews, Ingrid        | 10         | Ames Cyclone Aquatics Club-IA    | 45.56            | 48.14              |               |
| 28  | Luttgeharm, Elaina     | 10         | Central Iowa Aquatics-IA         | 49.63            | 49.08              |               |
| 29  | Rowland, Norah         | 9          | Des Moines Swim Federation-IA    | 51.33            | 50.11              |               |
| 30  | Gebauer, Marlowe       | 9          | Central Iowa Aquatics-IA         | 52.81            | 51.69              |               |
| 31  | Ritchey, Lilo          | 10         | South East Aquatics-IA           | 1:00.54          | 51.78              |               |
| 32  | Weatherly, Ellison     | 9          | Johnston Blaze Swim Club-IA      | 57.79            | 52.52              |               |
| 33  | Mullins, Vera          | 9          | Ames Cyclone Aquatics Club-IA    | 56.38            | 53.72              |               |
| 34  | Karbeling-Kurth, Nuria | 9          | Iowa City Eels-IA                | 53.09            | 54.40              |               |
| 35  | Ghimire, Sanaya        | 9          | Ames Cyclone Aquatics Club-IA    | 1:26.64          | 54.89              |               |
| 36  | Spradling, Eliana      | 9          | Central Iowa Aquatics-IA         | 56.93            | 56.36              |               |
| 37  | Lewis, Grace           | 10         | Dowling Catholic Riptide Swim-IA | NT               | 58.23              |               |
| 38  | Beagley, Lydia         | 9          | Ames Cyclone Aquatics Club-IA    | 1:06.95          | 1:04.25            |               |
| 39  | Kerr, Harper           | 9          | Dowling Catholic Riptide Swim-IA | NT               | 1:14.19            |               |
| --- | Puhrmann, Macyn        | 9          | Central Iowa Aquatics-IA         | 43.81            | NS                 |               |
| --- | McGuire, Edie          | 10         | Greater Des Moines YMCA-IA       | NT               | SCR                |               |
| --- | Peterson, Liesl        | 9          | Des Moines Swim Federation-IA    | NT               | SCR                |               |

**Event 45 Girls 11-12 50 LC Meter Freestyle**

|    | <b>Name</b>             | <b>Age</b> | <b>Team</b>                      | <b>Seed Time</b> | <b>Finals Time</b> | <b>Points</b> |
|----|-------------------------|------------|----------------------------------|------------------|--------------------|---------------|
| 1  | Hutzell, Rowen          | 12         | Ames Cyclone Aquatics Club-IA    | 31.96            | 31.48              | 20            |
| 2  | Sisul, Jolie            | 12         | South East Aquatics-IA           | 33.16            | 32.49              | 17            |
| 3  | Stein, Izzy             | 12         | Carroll Area Swim Team-IA        | 32.82            | 33.32              | 16            |
| 4  | Hanson, Aubrey          | 12         | Central Iowa Aquatics-IA         | 32.95            | 33.46              | 15            |
| 5  | Brons, Josie            | 11         | Des Moines Swim Federation-IA    | 33.37            | 33.68              | 14            |
| 6  | Kittle, Cora            | 12         | Dowling Catholic Riptide Swim-IA | 33.75            | 33.85              | 13            |
| 7  | Larson, Rachel          | 11         | Greater Des Moines YMCA-IA       | 34.29            | 34.02              | 12            |
| 8  | Ocheltree, Kinnick      | 12         | Greater Des Moines YMCA-IA       | 32.47            | 34.19              | 11            |
| 9  | Tudor, Ellery           | 11         | Uss Destroyers-IA                | 37.80            | 34.57              | 9             |
| 10 | Connolly, Grace         | 12         | Greater Des Moines YMCA-IA       | 33.59            | 34.65              | 7             |
| 11 | Fillius, Willa          | 12         | North Side Swim Team-IA          | 35.75            | 34.86              | 6             |
| 12 | Holtsnider, Maud        | 12         | Northeastern Swim Team-IA        | 33.90            | 34.87              | 5             |
| 13 | Gevoek, Trinity         | 11         | South East Aquatics-IA           | 35.57            | 35.07              | 4             |
| 14 | Jean, Natiel            | 11         | Greater Des Moines YMCA-IA       | 35.65            | 35.14              | 3             |
| 15 | Fitch, Lauren           | 11         | North Side Swim Team-IA          | 36.58            | 35.29              | 2             |
| 16 | Ortega, Evelyn          | 11         | Central Iowa Aquatics-IA         | 37.91            | 35.48              | 1             |
| 17 | Hakeman, Riley          | 11         | Uss Destroyers-IA                | NT               | 35.68              |               |
| 18 | Karbeling-Kurth, Miriam | 12         | Iowa City Eels-IA                | 39.03            | 35.95              |               |
| 19 | Knox, Makayla           | 12         | Fort Dodge Area Swim Team-IA     | 42.43            | 36.83              |               |
| 20 | Talley, Serena          | 11         | Central Iowa Aquatics-IA         | 36.75            | 37.84              |               |
| 21 | Soukup, Lyv             | 12         | Uss Destroyers-IA                | NT               | 37.95              |               |
| 22 | Murphy, Emmalie         | 12         | Dowling Catholic Riptide Swim-IA | 40.83            | 38.12              |               |
| 23 | Mitchell, Paige         | 11         | Central Iowa Aquatics-IA         | 39.93            | 38.44              |               |
| 24 | Beagley, Evelyn         | 11         | Ames Cyclone Aquatics Club-IA    | NT               | 39.24              |               |
| 25 | Bry, Emma               | 11         | Mason City Swim Club-IA          | 37.38            | 39.28              |               |
| 26 | Vallas, Effie           | 11         | Central Iowa Aquatics-IA         | 39.08            | 40.01              |               |

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|     | <b>Name</b>        | <b>Age</b> | <b>Team</b>                      | <b>Seed Time</b> | <b>Finals Time</b> | <b>Points</b> |
|-----|--------------------|------------|----------------------------------|------------------|--------------------|---------------|
| 27  | Driscoll, Bailey   | 12         | Mason City Swim Club-IA          | 39.11            | 40.29              |               |
| 28  | Cody, Collins      | 11         | Mason City Swim Club-IA          | 38.98            | 41.07              |               |
| 29  | Hardee, Anya       | 12         | Mason City Swim Club-IA          | 40.67            | 41.71              |               |
| 30  | Davidson, Natalie  | 11         | Central Iowa Aquatics-IA         | 43.73            | 41.90              |               |
| 31  | Crouch, Ingrid     | 12         | Dowling Catholic Riptide Swim-IA | 46.02            | 42.61              |               |
| 32  | Kline, Lilly       | 11         | Central Iowa Aquatics-IA         | 47.15            | 44.08              |               |
| 33  | Ahrens, Paityn     | 11         | Fort Dodge Area Swim Team-IA     | 50.17            | 45.52              |               |
| --- | Monaghan, Katie    | 11         | Central Iowa Aquatics-IA         | NT               | DQ                 |               |
| --- | Hauge, Kate        | 11         | Ames Cyclone Aquatics Club-IA    | 42.89            | NS                 |               |
| --- | Cunningham, Jailyn | 12         | Rams Swim Club-IA                | 51.33            | NS                 |               |

**Event 46 Boys 8 & Under 50 LC Meter Freestyle**

|   | <b>Name</b>      | <b>Age</b> | <b>Team</b>                   | <b>Seed Time</b> | <b>Finals Time</b> | <b>Points</b> |
|---|------------------|------------|-------------------------------|------------------|--------------------|---------------|
| 1 | Cramer, Sawyer   | 8          | Rams Swim Club-IA             | 41.99            | 43.58              | 20            |
| 2 | Schoolen, Max    | 8          | Rams Swim Club-IA             | 47.32            | 47.12              | 17            |
| 3 | Dacey, Bennett   | 8          | Ames Cyclone Aquatics Club-IA | 50.47            | 47.45              | 16            |
| 4 | Syhlman, Lochlan | 8          | Rams Swim Club-IA             | 51.30            | 50.54              | 15            |
| 5 | Bru, Isaac       | 7          | Central Iowa Aquatics-IA      | 48.14            | 52.65              | 14            |
| 6 | Deetz, Hayden    | 8          | Mason City Swim Club-IA       | 53.02            | 56.15              | 13            |
| 7 | Demirci, Efe     | 7          | Ames Cyclone Aquatics Club-IA | 1:00.31          | 1:01.52            | 12            |

**Event 46 Boys 9-10 50 LC Meter Freestyle**

|     | <b>Name</b>        | <b>Age</b> | <b>Team</b>                      | <b>Seed Time</b> | <b>Finals Time</b> | <b>Points</b> |
|-----|--------------------|------------|----------------------------------|------------------|--------------------|---------------|
| 1   | Kokjohn, Cohen     | 10         | Burlington Area Bullsharks-IA    | 46.43            | 35.79              | 20            |
| 2   | Ocheltree, Hawk    | 10         | Greater Des Moines YMCA-IA       | 40.63            | 37.11              | 17            |
| 3   | Rees, Brighton     | 10         | Ames Cyclone Aquatics Club-IA    | 40.04            | 37.71              | 16            |
| 4   | Hutzell, Wyatt     | 10         | Ames Cyclone Aquatics Club-IA    | 37.73            | 37.85              | 15            |
| 5   | Chrisco, Kingston  | 10         | Ames Cyclone Aquatics Club-IA    | 40.68            | 39.54              | 14            |
| 6   | Israel, Jake       | 9          | Central Iowa Aquatics-IA         | 39.45            | 39.81              | 13            |
| 7   | Shaver, Oliver     | 9          | Ames Cyclone Aquatics Club-IA    | 40.24            | 40.18              | 12            |
| 8   | Chodorowski, Silas | 9          | Mason City Swim Club-IA          | NT               | 40.73              | 11            |
| 9   | Johnson, Oliver    | 10         | Des Moines Swim Federation-IA    | 41.96            | 41.18              | 9             |
| 10  | Tourney, Emmett    | 9          | Red Wing Swim Club-MN            | 44.43            | 41.68              | 7             |
| 11  | Russell, Bennett   | 9          | Central Iowa Aquatics-IA         | 42.20            | 41.86              | 6             |
| *12 | Wing, Jackson      | 10         | Des Moines Swim Federation-IA    | 40.49            | 41.99              | 4.50          |
| *12 | Tran, Colin        | 9          | Central Iowa Aquatics-IA         | 39.05            | 41.99              | 4.50          |
| 14  | Avitt, Jacob       | 10         | South East Aquatics-IA           | NT               | 43.94              | 3             |
| 15  | Brace, Eli         | 10         | Central Iowa Aquatics-IA         | NT               | 44.09              | 2             |
| 16  | Long, Arthur       | 10         | Rams Swim Club-IA                | 46.46            | 44.68              | 1             |
| 17  | Meyer, Sully       | 9          | Dowling Catholic Riptide Swim-IA | 44.93            | 44.93              |               |
| 18  | Olsen, Landon      | 9          | Ames Cyclone Aquatics Club-IA    | 46.94            | 47.67              |               |
| 19  | Israel, James      | 9          | Central Iowa Aquatics-IA         | 54.61            | 52.25              |               |
| 20  | Lassers, Teddy     | 10         | Central Iowa Aquatics-IA         | 53.11            | 52.83              |               |
| 21  | Dumermuth, Liam    | 10         | Johnston Blaze Swim Club-IA      | 1:00.98          | 55.95              |               |

**Event 46 Boys 11-12 50 LC Meter Freestyle**

|   | <b>Name</b>        | <b>Age</b> | <b>Team</b>                   | <b>Seed Time</b> | <b>Finals Time</b> | <b>Points</b> |
|---|--------------------|------------|-------------------------------|------------------|--------------------|---------------|
| 1 | Norem, Layten      | 12         | Ames Cyclone Aquatics Club-IA | 27.50            | 26.81              | 20            |
| 2 | Rychnovsky, Beckum | 12         | Des Moines Swim Federation-IA | 29.44            | 28.09              | 17            |
| 3 | Qualley, Parker    | 12         | Greater Des Moines YMCA-IA    | 30.50            | 30.27              | 16            |

**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****Results - Sunday Morning, June 29, 2025****(Event 46 Boys 11-12 50 LC Meter Freestyle)**

|     | <b>Name</b>         | <b>Age</b> | <b>Team</b>                      | <b>Seed Time</b> | <b>Finals Time</b> | <b>Points</b> |
|-----|---------------------|------------|----------------------------------|------------------|--------------------|---------------|
| 4   | Freeseaman, Griffin | 12         | Dowling Catholic Riptide Swim-IA | 31.50            | 30.68              | 15            |
| 5   | Green, Reilly       | 12         | Des Moines Swim Federation-IA    | 31.08            | 31.45              | 14            |
| 6   | Ghimire, Sanji      | 12         | Ames Cyclone Aquatics Club-IA    | 31.91            | 32.15              | 13            |
| 7   | Hawks, Jimmy        | 11         | Dowling Catholic Riptide Swim-IA | 35.67            | 33.46              | 12            |
| 8   | Zhang, Allen        | 12         | Des Moines Swim Federation-IA    | 33.61            | 33.88              | 11            |
| 9   | Bru, Reece          | 11         | Central Iowa Aquatics-IA         | 33.04            | 34.18              | 9             |
| 10  | Dingus, Blain       | 11         | Burlington Area Bullsharks-IA    | 42.56            | 34.35              | 7             |
| 11  | Sisul, Jenner       | 11         | South East Aquatics-IA           | 34.63            | 34.47              | 6             |
| 12  | Chodorowski, Wyatt  | 12         | Mason City Swim Club-IA          | NT               | 35.21              | 5             |
| 13  | Siebrecht, Ryder    | 12         | Carroll Area Swim Team-IA        | 33.33            | 35.53              | 4             |
| 14  | Whitmore, Bryson    | 11         | Ames Cyclone Aquatics Club-IA    | 34.18            | 35.73              | 3             |
| 15  | Sandquist, Henry    | 11         | Central Iowa Aquatics-IA         | NT               | 36.08              | 2             |
| 16  | Naylor, Jackson     | 11         | Central Iowa Aquatics-IA         | 39.95            | 36.57              | 1             |
| *17 | Sandquist, Edward   | 11         | Central Iowa Aquatics-IA         | NT               |                    |               |
| *17 | Williams, Max       | 12         | Kohawk Aquatics-IA               | 38.93            | 36.63              |               |
| 18  | Dube, Etienne       | 11         | Ames Cyclone Aquatics Club-IA    | 38.37            | 37.75              |               |
| 19  | McLeod, Gavin       | 11         | Ames Cyclone Aquatics Club-IA    | NT               | 38.96              |               |
| 20  | Brouchous, Emmitt   | 12         | Carroll Area Swim Team-IA        | 40.18            | 39.69              |               |
| 21  | McGuire, Louie      | 12         | Greater Des Moines YMCA-IA       | NT               | 39.95              |               |
| 22  | Wood, Finn          | 11         | Ames Cyclone Aquatics Club-IA    | NT               | 40.30              |               |
| 23  | Ratcliff, Blake     | 11         | Dowling Catholic Riptide Swim-IA | 44.03            | 43.50              |               |
| 24  | Reynolds, Jax       | 12         | Uss Destroyers-IA                | NT               | 44.38              |               |
| *25 | Cook, Kayden        | 12         | Rams Swim Club-IA                | 43.12            | 44.49              |               |
| *25 | Johnson, Henry      | 12         | Dowling Catholic Riptide Swim-IA | 43.93            | 44.49              |               |
| 27  | Sporleder, Connor   | 12         | Rams Swim Club-IA                | 50.67            | 50.46              |               |
| --- | Harmon, Dean        | 11         | Rams Swim Club-IA                | 46.11            | SCR                |               |

**Event 47 Girls 9-10 200 LC Meter Breaststroke**

|     | <b>Name</b>                                                      | <b>Age</b> | <b>Team</b>                      | <b>Seed Time</b> | <b>Finals Time</b> | <b>Points</b> |
|-----|------------------------------------------------------------------|------------|----------------------------------|------------------|--------------------|---------------|
| 1   | Spear, Lilliana                                                  | 10         | Central Iowa Aquatics-IA         | NT               | 3:33.03            | 20            |
| 2   | Bru, Tylar                                                       | 10         | Central Iowa Aquatics-IA         | NT               | 4:26.21            | 17            |
| 3   | Mullins, Vera                                                    | 9          | Ames Cyclone Aquatics Club-IA    | NT               | 4:32.67            | 16            |
| 4   | Benson, Kahlia                                                   | 10         | Red Wing Swim Club-MN            | 4:53.45          | 4:38.84            | 15            |
| 5   | Jacobson, Whitnee                                                | 9          | Red Wing Swim Club-MN            | 4:13.37          | 4:39.79            | 14            |
| 6   | Karbeling-Kurth, Nuria                                           | 9          | Iowa City Eels-IA                | NT               | 4:58.89            | 13            |
| 7   | Norton, Stella                                                   | 9          | Red Wing Swim Club-MN            | 5:30.00          | 4:59.64            | 12            |
| 8   | Smyth, Ava                                                       | 10         | Red Wing Swim Club-MN            | 5:44.75          | 5:26.66            | 11            |
| --- | McLaren, Hannah                                                  | 10         | Dowling Catholic Riptide Swim-IA | NT               | DQ                 |               |
|     | Incomplete stroke cycle other than one pull followed by one kick |            |                                  |                  |                    |               |
| --- | Norton, Coco                                                     | 10         | Red Wing Swim Club-MN            | 5:06.61          | DQ                 |               |
|     | False start                                                      |            |                                  |                  |                    |               |

**Event 47 Girls 11-12 200 LC Meter Breaststroke**

|   | <b>Name</b>          | <b>Age</b> | <b>Team</b>                   | <b>Seed Time</b> | <b>Finals Time</b> | <b>Points</b> |
|---|----------------------|------------|-------------------------------|------------------|--------------------|---------------|
| 1 | Fay, Ginger          | 12         | Waukee Waves-IA               | 2:53.47          | 2:56.56            | 20            |
| 2 | Peterson, Greta      | 12         | Des Moines Swim Federation-IA | 3:16.93          | 3:07.84            | 17            |
| 3 | Bykova, Sasha        | 12         | Des Moines Swim Federation-IA | NT               | 3:21.49            | 16            |
| 4 | Lewis, Madyson       | 12         | Central Iowa Aquatics-IA      | 3:21.70          | 3:21.55            | 15            |
| 5 | Garnaas, Ava         | 11         | Des Moines Swim Federation-IA | NT               | 3:22.88            | 14            |
| 6 | Stonehocker, Trinity | 12         | Des Moines Swim Federation-IA | 3:19.30          | 3:23.61            | 13            |

**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****Results - Sunday Morning, June 29, 2025****(Event 47 Girls 11-12 200 LC Meter Breaststroke)**

| Name                  | Age | Team                             | Seed Time | Finals Time | Points |
|-----------------------|-----|----------------------------------|-----------|-------------|--------|
| 7 Hutzell, Rowen      | 12  | Ames Cyclone Aquatics Club-IA    | 3:17.38   | 3:24.01     | 12     |
| 8 Demirci, Ada        | 12  | Ames Cyclone Aquatics Club-IA    | 3:28.15   | 3:24.29     | 11     |
| 9 Leiding, Callie     | 12  | Kohawk Aquatics-IA               | 3:26.68   | 3:29.67     | 9      |
| 10 Jacobson, Kinzee   | 12  | Red Wing Swim Club-MN            | 3:26.81   | 3:31.28     | 7      |
| 11 Smyth, Vivi        | 12  | Red Wing Swim Club-MN            | 3:46.53   | 3:43.85     | 6      |
| 12 Brons, Josie       | 11  | Des Moines Swim Federation-IA    | 3:41.73   | 3:44.92     | 5      |
| 13 Connolly, Grace    | 12  | Greater Des Moines YMCA-IA       | 3:49.82   | 3:46.15     | 4      |
| 14 Neese, Savanna     | 11  | Uss Destroyers-IA                | NT        | 3:47.39     | 3      |
| 15 Hanson, Ainslie    | 11  | Red Wing Swim Club-MN            | 3:52.73   | 3:55.26     | 2      |
| 16 Murphy, Emmalie    | 12  | Dowling Catholic Riptide Swim-IA | NT        | 3:57.80     | 1      |
| 17 Davidson, Natalie  | 11  | Central Iowa Aquatics-IA         | NT        | 4:11.46     |        |
| 18 Stinson, Ellie     | 12  | Red Wing Swim Club-MN            | 4:45.00   | 4:15.57     |        |
| --- Cygankova, Polina | 12  | Greater Des Moines YMCA-IA       | 3:39.04   | DQ          |        |
| False start           |     |                                  |           |             |        |
| --- Hakeman, Riley    | 11  | Uss Destroyers-IA                | NT        | NS          |        |
| --- Fenton, Aspen     | 12  | Des Moines Swim Federation-IA    | 3:26.21   | SCR         |        |

**Event 48 Boys 9-10 200 LC Meter Breaststroke**

| Name              | Age | Team                          | Seed Time | Finals Time | Points |
|-------------------|-----|-------------------------------|-----------|-------------|--------|
| 1 Garrison, Jonah | 9   | Rams Swim Club-IA             | 4:17.63   | 3:47.83     | 20     |
| 2 Rees, Brighton  | 10  | Ames Cyclone Aquatics Club-IA | NT        | 3:53.04     | 17     |

**Event 48 Boys 11-12 200 LC Meter Breaststroke**

| Name                | Age | Team                          | Seed Time | Finals Time | Points |
|---------------------|-----|-------------------------------|-----------|-------------|--------|
| 1 Norem, Layten     | 12  | Ames Cyclone Aquatics Club-IA | NT        | 3:06.99     | 20     |
| 2 Fausch, Zach      | 11  | Central Iowa Aquatics-IA      | 3:15.91   | 3:19.49     | 17     |
| 3 Bru, Reece        | 11  | Central Iowa Aquatics-IA      | 3:32.32   | 3:37.01     | 16     |
| 4 Williams, Max     | 12  | Kohawk Aquatics-IA            | NT        | 3:39.04     | 15     |
| 5 Johnson, Ryker    | 11  | South East Aquatics-IA        | NT        | 3:40.38     | 14     |
| 6 Thomas, Ethan     | 12  | Rams Swim Club-IA             | 3:48.23   | 3:50.35     | 13     |
| 7 Sandquist, Edward | 11  | Central Iowa Aquatics-IA      | NT        | 3:54.99     | 12     |
| 8 Cody, Jay         | 11  | Red Wing Swim Club-MN         | 5:06.99   | 6:03.18     | 11     |
| --- Otis, Bennett   | 12  | Des Moines Swim Federation-IA | 3:35.50   | NS          |        |

**Event 49 Girls 8 & Under 100 LC Meter Backstroke**

| Name                  | Age | Team                             | Seed Time | Finals Time | Points |
|-----------------------|-----|----------------------------------|-----------|-------------|--------|
| 1 Hancock, Charlotte  | 8   | Central Iowa Aquatics-IA         | 1:42.39   | 1:38.24     | 20     |
| 2 Cochran, Clara      | 8   | Central Iowa Aquatics-IA         | 1:52.01   | 1:54.55     | 17     |
| 3 Boese, Alice        | 7   | Des Moines Swim Federation-IA    | NT        | 1:59.97     | 16     |
| 4 Chen, Zoey          | 8   | Des Moines Swim Federation-IA    | 1:57.88   | 2:02.00     | 15     |
| 5 Tomka, Delaney      | 8   | Dowling Catholic Riptide Swim-IA | NT        | 2:03.23     | 14     |
| 6 Simmons, Isla       | 8   | Rams Swim Club-IA                | 1:59.37   | 2:05.31     | 13     |
| 7 Heusinkveld, Evelyn | 8   | Des Moines Swim Federation-IA    | 2:12.98   | 2:16.27     | 12     |
| 8 Books, Londyn       | 7   | Uss Destroyers-IA                | NT        | 2:20.04     | 11     |
| --- Bry, Chloe        | 8   | Mason City Swim Club-IA          | NT        | NS          |        |

**Event 49 Girls 9-10 100 LC Meter Backstroke**

| Name               | Age | Team                          | Seed Time | Finals Time | Points |
|--------------------|-----|-------------------------------|-----------|-------------|--------|
| 1 Cochran, Delaney | 10  | Central Iowa Aquatics-IA      | 1:22.57   | 1:22.81     | 20     |
| 2 Kell, Hattie     | 9   | Ames Cyclone Aquatics Club-IA | 1:41.07   | 1:32.31     | 17     |
| 3 Bilslend, Teagan | 10  | Ames Cyclone Aquatics Club-IA | NT        | 1:34.07     | 16     |

**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****Results - Sunday Morning, June 29, 2025****(Event 49 Girls 9-10 100 LC Meter Backstroke)**

|     | <b>Name</b>                               | <b>Age</b> | <b>Team</b>                      | <b>Seed Time</b> | <b>Finals Time</b> | <b>Points</b> |
|-----|-------------------------------------------|------------|----------------------------------|------------------|--------------------|---------------|
| 4   | Spear, Lilliana                           | 10         | Central Iowa Aquatics-IA         | 1:56.49          | 1:36.24            | 15            |
| 5   | Freeseaman, Ivy                           | 9          | Dowling Catholic Riptide Swim-IA | 1:35.31          | 1:36.48            | 14            |
| 6   | Freeseaman, Josie                         | 10         | Dowling Catholic Riptide Swim-IA | 1:38.93          | 1:36.78            | 13            |
| 7   | Johnson, Kyla                             | 10         | Des Moines Swim Federation-IA    | 1:40.33          | 1:39.21            | 12            |
| 8   | Mooney, Sabrina                           | 10         | Des Moines Swim Federation-IA    | 1:36.36          | 1:39.56            | 11            |
| 9   | Thomas, Liv                               | 10         | Rams Swim Club-IA                | 1:42.05          | 1:40.12            | 9             |
| 10  | Cygankova, Alisa                          | 9          | Greater Des Moines YMCA-IA       | 1:34.97          | 1:40.91            | 7             |
| 11  | Peppmeier, Amzie                          | 10         | Ames Cyclone Aquatics Club-IA    | 2:00.27          | 1:45.28            | 6             |
| 12  | Howe, Mollie                              | 10         | Central Iowa Aquatics-IA         | NT               | 1:45.39            | 5             |
| 13  | Currey, Rosie                             | 9          | Ames Cyclone Aquatics Club-IA    | 1:57.06          | 1:45.75            | 4             |
| 14  | Fleming, Braylee                          | 10         | Rams Swim Club-IA                | 1:41.38          | 1:45.93            | 3             |
| 15  | Currey, Emmy                              | 9          | Ames Cyclone Aquatics Club-IA    | 1:45.76          | 1:46.26            | 2             |
| 16  | Boese, Clara                              | 9          | Des Moines Swim Federation-IA    | 1:46.03          | 1:46.71            | 1             |
| 17  | Lewis, Rylee                              | 10         | Central Iowa Aquatics-IA         | 1:59.79          | 1:47.25            |               |
| 18  | Benson, Kahlia                            | 10         | Red Wing Swim Club-MN            | 1:41.70          | 1:49.35            |               |
| 19  | Norton, Coco                              | 10         | Red Wing Swim Club-MN            | 1:57.83          | 1:50.57            |               |
| 20  | Vobr, Vobr                                | 9          | Northeastern Swim Team-IA        | 1:59.67          | 1:50.98            |               |
| 21  | Hornung, Addy                             | 9          | Waukee Waves-IA                  | 1:51.59          | 1:51.47            |               |
| 22  | Hanson, Hannah                            | 9          | Des Moines Swim Federation-IA    | 1:54.03          | 1:53.14            |               |
| 23  | Rowland, Norah                            | 9          | Des Moines Swim Federation-IA    | NT               | 1:56.09            |               |
| 24  | McGuire, Edie                             | 10         | Greater Des Moines YMCA-IA       | 2:14.70          | 1:56.33            |               |
| 25  | Jacobson, Whitnee                         | 9          | Red Wing Swim Club-MN            | 1:51.05          | 1:58.06            |               |
| 26  | Smyth, Ava                                | 10         | Red Wing Swim Club-MN            | 2:32.89          | 1:58.08            |               |
| 27  | McLaren, Hannah                           | 10         | Dowling Catholic Riptide Swim-IA | 2:03.71          | 1:58.34            |               |
| 28  | Norton, Stella                            | 9          | Red Wing Swim Club-MN            | 1:30.11          | 2:00.05            |               |
| 29  | Ward, Amelia                              | 9          | Central Iowa Aquatics-IA         | 2:10.56          | 2:02.10            |               |
| 30  | Luttgeharm, Elaina                        | 10         | Central Iowa Aquatics-IA         | NT               | 2:10.32            |               |
| 31  | Mathews, Ingrid                           | 10         | Ames Cyclone Aquatics Club-IA    | 2:33.81          | 2:11.10            |               |
| 32  | Lewis, Grace                              | 10         | Dowling Catholic Riptide Swim-IA | NT               | 2:12.66            |               |
| 33  | Mullins, Vera                             | 9          | Ames Cyclone Aquatics Club-IA    | NT               | 2:24.58            |               |
| --- | Ritchey, Lilo                             | 10         | South East Aquatics-IA           | 2:37.47          | DQ                 |               |
|     | Not on back off wall                      |            |                                  |                  |                    |               |
| --- | Williams, Quinn                           | 10         | Kohawk Aquatics-IA               | 2:05.37          | DQ                 |               |
|     | No touch at turn                          |            |                                  |                  |                    |               |
| --- | Beagley, Lydia                            | 9          | Ames Cyclone Aquatics Club-IA    | NT               | DQ                 |               |
|     | Multiple strokes past vertical at turn    |            |                                  |                  |                    |               |
| --- | Stein, Sophie                             | 10         | Carroll Area Swim Team-IA        | NT               | DQ                 |               |
|     | Delay initiating turn after past vertical |            |                                  |                  |                    |               |
| --- | McGuire, Edie                             | 10         | Greater Des Moines YMCA-IA       | NT               | SCR                |               |
| --- | Peterson, Liesl                           | 9          | Des Moines Swim Federation-IA    | NT               | SCR                |               |

**Event 49 Girls 11-12 100 LC Meter Backstroke**

|   | <b>Name</b>          | <b>Age</b> | <b>Team</b>                      | <b>Seed Time</b> | <b>Finals Time</b> | <b>Points</b> |
|---|----------------------|------------|----------------------------------|------------------|--------------------|---------------|
| 1 | Hornung, Harper      | 11         | Waukee Waves-IA                  | 1:19.24          | 1:17.53            | 20            |
| 2 | Bykova, Sasha        | 12         | Des Moines Swim Federation-IA    | 1:17.41          | 1:17.85            | 17            |
| 3 | Cygankova, Polina    | 12         | Greater Des Moines YMCA-IA       | 1:20.01          | 1:22.28            | 16            |
| 4 | Stonehocker, Trinity | 12         | Des Moines Swim Federation-IA    | 1:23.41          | 1:23.07            | 15            |
| 5 | Demirci, Ada         | 12         | Ames Cyclone Aquatics Club-IA    | 1:24.49          | 1:23.62            | 14            |
| 6 | Meyer, Gwen          | 12         | Dowling Catholic Riptide Swim-IA | 1:24.52          | 1:23.91            | 13            |
| 7 | Fitch, Lauren        | 11         | North Side Swim Team-IA          | 1:25.49          | 1:24.26            | 12            |

**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****Results - Sunday Morning, June 29, 2025****(Event 49 Girls 11-12 100 LC Meter Backstroke)**

| Name                                      | Age | Team                             | Seed Time | Finals Time | Points |
|-------------------------------------------|-----|----------------------------------|-----------|-------------|--------|
| 8 Hutzell, Rowen                          | 12  | Ames Cyclone Aquatics Club-IA    | 1:24.88   | 1:24.45     | 11     |
| 9 Hanson, Aubrey                          | 12  | Central Iowa Aquatics-IA         | 1:25.48   | 1:25.61     | 9      |
| 10 Ocheltree, Kinnick                     | 12  | Greater Des Moines YMCA-IA       | 1:25.68   | 1:26.31     | 7      |
| 11 Garrison, Jorgia                       | 11  | Rams Swim Club-IA                | 1:29.02   | 1:26.65     | 6      |
| 12 Tran, Victoria                         | 12  | Central Iowa Aquatics-IA         | 1:27.62   | 1:28.16     | 5      |
| 13 Ortega, Evelyn                         | 11  | Central Iowa Aquatics-IA         | 1:33.70   | 1:28.36     | 4      |
| 14 Israel, Brynn                          | 11  | Central Iowa Aquatics-IA         | 1:43.11   | 1:28.70     | 3      |
| 15 Fillius, Willa                         | 12  | North Side Swim Team-IA          | NT        | 1:29.81     | 2      |
| 16 Stein, Izzy                            | 12  | Carroll Area Swim Team-IA        | 1:22.98   | 1:30.35     | 1      |
| 17 Schoolen, Ruby                         | 12  | Rams Swim Club-IA                | 1:44.74   | 1:31.23     |        |
| 18 Books, Malia                           | 12  | Uss Destroyers-IA                | 1:36.74   | 1:31.42     |        |
| 19 Smyth, Vivi                            | 12  | Red Wing Swim Club-MN            | 1:28.77   | 1:31.49     |        |
| 20 Jacobson, Kinzee                       | 12  | Red Wing Swim Club-MN            | 1:28.52   | 1:31.71     |        |
| 21 Sisul, Jolie                           | 12  | South East Aquatics-IA           | 1:46.88   | 1:32.24     |        |
| 22 Larson, Rachel                         | 11  | Greater Des Moines YMCA-IA       | 1:42.91   | 1:32.27     |        |
| 23 Karbeling-Kurth, Miriam                | 12  | Iowa City Eels-IA                | 1:36.46   | 1:32.56     |        |
| 24 Neese, Savanna                         | 11  | Uss Destroyers-IA                | 1:53.32   | 1:35.26     |        |
| 25 Knox, Makayla                          | 12  | Fort Dodge Area Swim Team-IA     | 1:55.85   | 1:37.02     |        |
| 26 Kovacevich, Eleanor                    | 11  | Ames Cyclone Aquatics Club-IA    | 2:04.69   | 1:41.83     |        |
| 27 Vallas, Effie                          | 11  | Central Iowa Aquatics-IA         | 1:49.63   | 1:42.33     |        |
| 28 Cody, Collins                          | 11  | Mason City Swim Club-IA          | 1:42.78   | 1:42.75     |        |
| 29 Bry, Emma                              | 11  | Mason City Swim Club-IA          | 1:43.01   | 1:43.42     |        |
| 30 Talley, Serena                         | 11  | Central Iowa Aquatics-IA         | 1:43.04   | 1:43.76     |        |
| 31 Kreutzer, Kinsley                      | 12  | Greater Des Moines YMCA-IA       | 1:49.82   | 1:46.32     |        |
| 32 Beagley, Evelyn                        | 11  | Ames Cyclone Aquatics Club-IA    | NT        | 1:50.62     |        |
| 33 Davidson, Natalie                      | 11  | Central Iowa Aquatics-IA         | 2:19.16   | 1:51.13     |        |
| 34 Stinson, Ellie                         | 12  | Red Wing Swim Club-MN            | 1:54.56   | 1:54.00     |        |
| 35 Hardee, Anya                           | 12  | Mason City Swim Club-IA          | 1:51.40   | 1:54.83     |        |
| 36 Driscoll, Bailey                       | 12  | Mason City Swim Club-IA          | 1:58.72   | 1:54.87     |        |
| 37 Kline, Lilly                           | 11  | Central Iowa Aquatics-IA         | 1:56.78   | 1:56.30     |        |
| 38 Ahrens, Paityn                         | 11  | Fort Dodge Area Swim Team-IA     | 2:36.76   | 2:00.28     |        |
| --- Hanson, Ainslie                       | 11  | Red Wing Swim Club-MN            | 1:35.39   | DQ          |        |
| Delay initiating turn after past vertical |     |                                  |           |             |        |
| --- Holtsnider, Maud                      | 12  | Northeastern Swim Team-IA        | NT        | DQ          |        |
| Not on back off wall                      |     |                                  |           |             |        |
| --- Kittle, Cora                          | 12  | Dowling Catholic Riptide Swim-IA | 1:19.10   | DFS         |        |
| Declared false start                      |     |                                  |           |             |        |
| --- Cunningham, Jailyn                    | 12  | Rams Swim Club-IA                | 2:01.89   | NS          |        |
| --- Hauge, Kate                           | 11  | Ames Cyclone Aquatics Club-IA    | 1:44.14   | NS          |        |
| --- Fenton, Aspen                         | 12  | Des Moines Swim Federation-IA    | 1:22.17   | SCR         |        |

**Event 50 Boys 8 & Under 100 LC Meter Backstroke**

| Name               | Age | Team                     | Seed Time | Finals Time | Points |
|--------------------|-----|--------------------------|-----------|-------------|--------|
| 1 Cramer, Sawyer   | 8   | Rams Swim Club-IA        | 1:48.51   | 1:47.94     | 20     |
| 2 Syhlman, Lochlan | 8   | Rams Swim Club-IA        | 1:57.35   | 1:58.90     | 17     |
| 3 Schoolen, Max    | 8   | Rams Swim Club-IA        | 2:02.94   | 2:04.37     | 16     |
| 4 Bru, Isaac       | 7   | Central Iowa Aquatics-IA | NT        | 2:10.72     | 15     |
| 5 Thomas, Noah     | 7   | Rams Swim Club-IA        | NT        | 2:12.50     | 14     |
| 6 Deetz, Hayden    | 8   | Mason City Swim Club-IA  | NT        | 2:17.19     | 13     |

**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****Results - Sunday Morning, June 29, 2025****Event 50 Boys 9-10 100 LC Meter Backstroke**

|    | <b>Name</b>        | <b>Age</b> | <b>Team</b>                      | <b>Seed Time</b> | <b>Finals Time</b> | <b>Points</b> |
|----|--------------------|------------|----------------------------------|------------------|--------------------|---------------|
| 1  | Mintle, Easton     | 10         | Des Moines Swim Federation-IA    | 1:21.14          | 1:21.27            | 20            |
| 2  | Ocheltree, Hawk    | 10         | Greater Des Moines YMCA-IA       | 1:55.25          | 1:33.98            | 17            |
| 3  | Hutzell, Wyatt     | 10         | Ames Cyclone Aquatics Club-IA    | 1:37.49          | 1:39.23            | 16            |
| 4  | Chrisco, Kingston  | 10         | Ames Cyclone Aquatics Club-IA    | 1:42.95          | 1:39.83            | 15            |
| 5  | Chodorowski, Silas | 9          | Mason City Swim Club-IA          | NT               | 1:45.22            | 14            |
| 6  | Meyer, Sully       | 9          | Dowling Catholic Riptide Swim-IA | 1:48.81          | 1:47.20            | 13            |
| 7  | Feeney, Owen       | 10         | Des Moines Swim Federation-IA    | 1:45.55          | 1:47.93            | 12            |
| 8  | Russell, Bennett   | 9          | Central Iowa Aquatics-IA         | 1:47.82          | 1:48.06            | 11            |
| 9  | Wing, Jackson      | 10         | Des Moines Swim Federation-IA    | 1:42.65          | 1:52.01            | 9             |
| 10 | Long, Arthur       | 10         | Rams Swim Club-IA                | 1:52.99          | 1:54.32            | 7             |
| 11 | Avitt, Jacob       | 10         | South East Aquatics-IA           | NT               | 1:54.49            | 6             |
| 12 | Olsen, Landon      | 9          | Ames Cyclone Aquatics Club-IA    | NT               | 1:56.58            | 5             |
| 13 | Connolly, James    | 9          | Greater Des Moines YMCA-IA       | 1:57.86          | 2:00.30            | 4             |
| 14 | Grote, Hank        | 10         | Rams Swim Club-IA                | NT               | 2:03.52            | 3             |

**Event 50 Boys 11-12 100 LC Meter Backstroke**

|                                           | <b>Name</b>          | <b>Age</b> | <b>Team</b>                      | <b>Seed Time</b> | <b>Finals Time</b> | <b>Points</b> |
|-------------------------------------------|----------------------|------------|----------------------------------|------------------|--------------------|---------------|
| 1                                         | Norem, Layten        | 12         | Ames Cyclone Aquatics Club-IA    | 1:08.11          | 1:07.69            | 20            |
| 2                                         | Kell, Henry          | 12         | Ames Cyclone Aquatics Club-IA    | 1:14.55          | 1:15.73            | 17            |
| 3                                         | Freeseaman, Griffin  | 12         | Dowling Catholic Riptide Swim-IA | 1:19.33          | 1:17.04            | 16            |
| 4                                         | Qualley, Parker      | 12         | Greater Des Moines YMCA-IA       | 1:19.77          | 1:17.72            | 15            |
| 5                                         | Ghimire, Sanji       | 12         | Ames Cyclone Aquatics Club-IA    | 1:44.08          | 1:19.99            | 14            |
| 6                                         | Calderon, LuisManuel | 12         | Ames Cyclone Aquatics Club-IA    | 1:22.90          | 1:21.26            | 13            |
| 7                                         | Green, Reilly        | 12         | Des Moines Swim Federation-IA    | 1:20.25          | 1:21.67            | 12            |
| 8                                         | Nakama, Kano         | 12         | Ames Cyclone Aquatics Club-IA    | 1:21.65          | 1:22.35            | 11            |
| 9                                         | Smith, Harry         | 12         | Des Moines Swim Federation-IA    | 1:25.54          | 1:23.24            | 9             |
| 10                                        | Zhang, Allen         | 12         | Des Moines Swim Federation-IA    | 1:27.19          | 1:27.69            | 7             |
| 11                                        | Sandquist, Henry     | 11         | Central Iowa Aquatics-IA         | NT               | 1:28.19            | 6             |
| 12                                        | LaPan, Henry         | 11         | Uss Destroyers-IA                | 1:33.67          | 1:29.40            | 5             |
| 13                                        | Dingus, Blain        | 11         | Burlington Area Bullsharks-IA    | NT               | 1:30.59            | 4             |
| 14                                        | Todsen, Gavin        | 12         | Central Iowa Aquatics-IA         | NT               | 1:30.80            | 3             |
| 15                                        | McLeod, Gavin        | 11         | Ames Cyclone Aquatics Club-IA    | 1:40.55          | 1:32.09            | 2             |
| 16                                        | Whitmore, Bryson     | 11         | Ames Cyclone Aquatics Club-IA    | 1:49.29          | 1:32.94            | 1             |
| 17                                        | Carpenter, Malachi   | 11         | Central Iowa Aquatics-IA         | 1:41.21          | 1:37.58            |               |
| 18                                        | McGuire, Louie       | 12         | Greater Des Moines YMCA-IA       | NT               | 1:38.99            |               |
| 19                                        | Chodorowski, Wyatt   | 12         | Mason City Swim Club-IA          | NT               | 1:39.37            |               |
| 20                                        | Sexton, James        | 11         | Central Iowa Aquatics-IA         | 1:41.85          | 1:41.61            |               |
| 21                                        | Dube, Etienne        | 11         | Ames Cyclone Aquatics Club-IA    | 1:45.42          | 1:42.31            |               |
| 22                                        | Brouchous, Emmitt    | 12         | Carroll Area Swim Team-IA        | 1:45.85          | 1:42.95            |               |
| 23                                        | Wood, Finn           | 11         | Ames Cyclone Aquatics Club-IA    | NT               | 1:47.09            |               |
| 24                                        | Ratcliff, Blake      | 11         | Dowling Catholic Riptide Swim-IA | 1:48.72          | 1:50.29            |               |
| 25                                        | Reynolds, Jax        | 12         | Uss Destroyers-IA                | NT               | 1:52.65            |               |
| 26                                        | Carter, Thomas       | 11         | Carroll Area Swim Team-IA        | 1:46.90          | 1:52.67            |               |
| 27                                        | Cook, Kayden         | 12         | Rams Swim Club-IA                | 1:48.32          | 1:54.75            |               |
| 28                                        | Cody, Jay            | 11         | Red Wing Swim Club-MN            | 2:05.99          | 2:04.50            |               |
| 29                                        | Sporleder, Connor    | 12         | Rams Swim Club-IA                | 2:05.52          | 2:05.90            |               |
| ---                                       | Sisul, Jenner        | 11         | South East Aquatics-IA           | 1:30.44          | DQ                 |               |
| Delay initiating turn after past vertical |                      |            |                                  |                  |                    |               |
| ---                                       | Otis, Bennett        | 12         | Des Moines Swim Federation-IA    | 1:21.55          | NS                 |               |

**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****Results - Sunday Morning, June 29, 2025****(Event 50 Boys 11-12 100 LC Meter Backstroke)**

| Name                   | Age | Team                          | Seed Time | Finals Time | Points |
|------------------------|-----|-------------------------------|-----------|-------------|--------|
| --- Harmon, Dean       | 11  | Rams Swim Club-IA             | NT        | NS          |        |
| --- Rychnovsky, Beckum | 12  | Des Moines Swim Federation-IA | 1:16.03   | SCR         |        |

**Event 51 Girls 8 & Under 50 LC Meter Breaststroke**

| Name                 | Age | Team                             | Seed Time | Finals Time | Points |
|----------------------|-----|----------------------------------|-----------|-------------|--------|
| 1 O'Brien, Evelyn    | 8   | Burlington Area Bullsharks-IA    | NT        | 54.33       | 20     |
| 2 Cochran, Clara     | 8   | Central Iowa Aquatics-IA         | 1:02.57   | 59.68       | 17     |
| 3 Chen, Zoey         | 8   | Des Moines Swim Federation-IA    | 1:03.25   | 1:06.33     | 16     |
| 4 Books, Londyn      | 7   | Uss Destroyers-IA                | 1:20.08   | 1:14.16     | 15     |
| 5 Hancock, Charlotte | 8   | Central Iowa Aquatics-IA         | 1:10.61   | 1:14.35     | 14     |
| 6 Simmons, Isla      | 8   | Rams Swim Club-IA                | 1:18.70   | 1:25.02     | 13     |
| 7 Boese, Alice       | 7   | Des Moines Swim Federation-IA    | NT        | 1:27.94     | 12     |
| 8 Bry, Chloe         | 8   | Mason City Swim Club-IA          | 1:24.42   | 1:32.18     | 11     |
| --- Flickinger, Gwen | 8   | Ames Cyclone Aquatics Club-IA    | NT        | DQ          |        |
| Alternating Kick     |     |                                  |           |             |        |
| --- Dumermuth, Della | 8   | Johnston Blaze Swim Club-IA      | NT        | DQ          |        |
| Alternating Kick     |     |                                  |           |             |        |
| --- Tomka, Evelyn    | 6   | Dowling Catholic Riptide Swim-IA | NT        | DQ          |        |
| Alternating Kick     |     |                                  |           |             |        |

**Event 51 Girls 9-10 50 LC Meter Breaststroke**

| Name                      | Age | Team                             | Seed Time | Finals Time | Points |
|---------------------------|-----|----------------------------------|-----------|-------------|--------|
| 1 Qualley, Reagan         | 10  | Greater Des Moines YMCA-IA       | 44.59     | 43.48       | 20     |
| 2 Spear, Lilliana         | 10  | Central Iowa Aquatics-IA         | 45.78     | 45.68       | 17     |
| 3 Cygankova, Alisa        | 9   | Greater Des Moines YMCA-IA       | 48.65     | 49.18       | 16     |
| 4 Fausch, Lilly           | 9   | Central Iowa Aquatics-IA         | 52.44     | 51.10       | 15     |
| 5 Bilslend, Teagan        | 10  | Ames Cyclone Aquatics Club-IA    | 49.13     | 51.24       | 14     |
| 6 Freeseman, Josie        | 10  | Dowling Catholic Riptide Swim-IA | 53.80     | 52.80       | 13     |
| 7 Jenkins, Mai            | 10  | Ames Cyclone Aquatics Club-IA    | 1:08.65   | 55.18       | 12     |
| 8 Hakeman, Linley         | 9   | Uss Destroyers-IA                | NT        | 55.40       | 11     |
| 9 Johnson, Kyla           | 10  | Des Moines Swim Federation-IA    | 57.64     | 56.07       | 9      |
| 10 Bru, Tylar             | 10  | Central Iowa Aquatics-IA         | 54.92     | 57.89       | 7      |
| 11 Stein, Sophie          | 10  | Carroll Area Swim Team-IA        | 57.48     | 58.09       | 6      |
| 12 Hornung, Addy          | 9   | Waukee Waves-IA                  | 1:00.10   | 58.32       | 5      |
| 13 Williams, Quinn        | 10  | Kohawk Aquatics-IA               | NT        | 58.68       | 4      |
| 14 Boese, Clara           | 9   | Des Moines Swim Federation-IA    | 1:17.48   | 59.30       | 3      |
| 15 Karbeling-Kurth, Nuria | 9   | Iowa City Eels-IA                | 1:02.38   | 59.94       | 2      |
| 16 McGuire, Edie          | 10  | Greater Des Moines YMCA-IA       | 1:07.32   | 1:00.74     | 1      |
| 17 McLaren, Hannah        | 10  | Dowling Catholic Riptide Swim-IA | 1:02.75   | 1:01.69     |        |
| 18 Mullins, Vera          | 9   | Ames Cyclone Aquatics Club-IA    | 1:04.73   | 1:02.00     |        |
| 19 Schweers, Genevieve    | 10  | Central Iowa Aquatics-IA         | NT        | 1:02.94     |        |
| 20 Keeling, Emma          | 10  | Central Iowa Aquatics-IA         | 1:04.58   | 1:03.16     |        |
| 21 Lewis, Rylee           | 10  | Central Iowa Aquatics-IA         | 1:02.99   | 1:05.80     |        |
| 22 Ritchey, Lilo          | 10  | South East Aquatics-IA           | 1:08.76   | 1:05.88     |        |
| 23 Sandman, Grace         | 9   | Central Iowa Aquatics-IA         | 1:07.02   | 1:05.91     |        |
| 24 Johansen, Adeline      | 9   | Central Iowa Aquatics-IA         | 1:10.72   | 1:07.27     |        |
| 25 Mathews, Ingrid        | 10  | Ames Cyclone Aquatics Club-IA    | 1:27.28   | 1:08.20     |        |
| 26 Carter, Haley          | 9   | Carroll Area Swim Team-IA        | 1:15.18   | 1:10.52     |        |
| 27 Luttgeham, Elaina      | 10  | Central Iowa Aquatics-IA         | 1:15.67   | 1:11.20     |        |
| 28 Hanson, Hannah         | 9   | Des Moines Swim Federation-IA    | 1:12.35   | 1:14.92     |        |

**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****Results - Sunday Morning, June 29, 2025****(Event 51 Girls 9-10 50 LC Meter Breaststroke)**

|     | <b>Name</b>       | <b>Age</b> | <b>Team</b>                   | <b>Seed Time</b> | <b>Finals Time</b> | <b>Points</b> |
|-----|-------------------|------------|-------------------------------|------------------|--------------------|---------------|
| 29  | Gebauer, Marlowe  | 9          | Central Iowa Aquatics-IA      | 1:42.07          | 1:36.42            |               |
| --- | Spradling, Eliana | 9          | Central Iowa Aquatics-IA      | 1:11.77          | DQ                 |               |
|     | Scissors kick     |            |                               |                  |                    |               |
| --- | Beagley, Lydia    | 9          | Ames Cyclone Aquatics Club-IA | NT               | DQ                 |               |
|     | Scissors kick     |            |                               |                  |                    |               |
| --- | Puhrmann, Macyn   | 9          | Central Iowa Aquatics-IA      | 56.91            | NS                 |               |
| --- | McGuire, Edie     | 10         | Greater Des Moines YMCA-IA    | NT               | NS                 |               |
| --- | Peterson, Liesl   | 9          | Des Moines Swim Federation-IA | NT               | SCR                |               |

**Event 51 Girls 11-12 50 LC Meter Breaststroke**

|     | <b>Name</b>             | <b>Age</b> | <b>Team</b>                      | <b>Seed Time</b> | <b>Finals Time</b> | <b>Points</b> |
|-----|-------------------------|------------|----------------------------------|------------------|--------------------|---------------|
| 1   | Fay, Ginger             | 12         | Waukee Waves-IA                  | 38.34            | 37.34              | 20            |
| 2   | Peterson, Greta         | 12         | Des Moines Swim Federation-IA    | 38.93            | 39.00              | 17            |
| 3   | Garnaas, Ava            | 11         | Des Moines Swim Federation-IA    | 44.03            | 42.13              | 16            |
| 4   | Sisul, Jolie            | 12         | South East Aquatics-IA           | 42.99            | 42.32              | 15            |
| 5   | Lewis, Madyson          | 12         | Central Iowa Aquatics-IA         | 43.47            | 44.61              | 14            |
| 6   | Baker, Caroline         | 11         | Central Iowa Aquatics-IA         | 44.14            | 45.26              | 13            |
| 7   | Lamb, Addison           | 11         | Ames Cyclone Aquatics Club-IA    | 46.76            | 45.28              | 12            |
| 8   | Hakeman, Riley          | 11         | Uss Destroyers-IA                | 50.96            | 46.53              | 11            |
| 9   | Connolly, Grace         | 12         | Greater Des Moines YMCA-IA       | 48.92            | 48.08              | 9             |
| 10  | Hanson, Aubrey          | 12         | Central Iowa Aquatics-IA         | 45.52            | 48.84              | 7             |
| 11  | Kittle, Cora            | 12         | Dowling Catholic Riptide Swim-IA | 51.48            | 49.81              | 6             |
| 12  | Ortega, Evelyn          | 11         | Central Iowa Aquatics-IA         | 51.87            | 50.11              | 5             |
| 13  | Holtsnider, Maud        | 12         | Northeastern Swim Team-IA        | 49.78            | 51.27              | 4             |
| 14  | Kovacevich, Eleanor     | 11         | Ames Cyclone Aquatics Club-IA    | 52.27            | 52.53              | 3             |
| 15  | Talley, Serena          | 11         | Central Iowa Aquatics-IA         | 50.67            | 52.82              | 2             |
| 16  | Mitchell, Paige         | 11         | Central Iowa Aquatics-IA         | 53.41            | 53.11              | 1             |
| 17  | Driscoll, Bailey        | 12         | Mason City Swim Club-IA          | 54.43            | 53.51              |               |
| 18  | Krantz, Ruth            | 11         | Dowling Catholic Riptide Swim-IA | 52.74            | 53.58              |               |
| 19  | Soukup, Lyv             | 12         | Uss Destroyers-IA                | NT               | 55.29              |               |
| 20  | Davidson, Natalie       | 11         | Central Iowa Aquatics-IA         | 55.10            | 55.41              |               |
| 21  | Vallas, Effie           | 11         | Central Iowa Aquatics-IA         | 54.17            | 56.09              |               |
| 22  | Kreutzer, Kinsley       | 12         | Greater Des Moines YMCA-IA       | NT               | 1:00.86            |               |
| 23  | Ahrens, Paityn          | 11         | Fort Dodge Area Swim Team-IA     | 1:07.24          | 1:05.82            |               |
| 24  | Kline, Lilly            | 11         | Central Iowa Aquatics-IA         | 1:07.58          | 1:07.17            |               |
| --- | Hardee, Anya            | 12         | Mason City Swim Club-IA          | 59.04            | DQ                 |               |
|     | Downward butterfly kick |            |                                  |                  |                    |               |
| --- | Monaghan, Katie         | 11         | Central Iowa Aquatics-IA         | NT               | DQ                 |               |
|     | Alternating Kick        |            |                                  |                  |                    |               |
| --- | Hauge, Kate             | 11         | Ames Cyclone Aquatics Club-IA    | 49.07            | NS                 |               |
| --- | Cunningham, Jailyn      | 12         | Rams Swim Club-IA                | 1:11.03          | NS                 |               |

**Event 52 Boys 8 & Under 50 LC Meter Breaststroke**

|   | <b>Name</b>    | <b>Age</b> | <b>Team</b>                   | <b>Seed Time</b> | <b>Finals Time</b> | <b>Points</b> |
|---|----------------|------------|-------------------------------|------------------|--------------------|---------------|
| 1 | Dacey, Bennett | 8          | Ames Cyclone Aquatics Club-IA | 58.04            | 58.39              | 20            |
| 2 | Demirci, Efe   | 7          | Ames Cyclone Aquatics Club-IA | 1:14.47          | 1:14.56            | 17            |

**Event 52 Boys 9-10 50 LC Meter Breaststroke**

|   | <b>Name</b>    | <b>Age</b> | <b>Team</b>                   | <b>Seed Time</b> | <b>Finals Time</b> | <b>Points</b> |
|---|----------------|------------|-------------------------------|------------------|--------------------|---------------|
| 1 | Kokjohn, Cohen | 10         | Burlington Area Bullsharks-IA | 57.79            | 47.19              | 20            |

**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****Results - Sunday Morning, June 29, 2025****(Event 52 Boys 9-10 50 LC Meter Breaststroke)**

|     | <b>Name</b>           | <b>Age</b> | <b>Team</b>                      | <b>Seed Time</b> | <b>Finals Time</b> | <b>Points</b> |
|-----|-----------------------|------------|----------------------------------|------------------|--------------------|---------------|
| 2   | Rees, Brighton        | 10         | Ames Cyclone Aquatics Club-IA    | 48.34            | 49.57              | 17            |
| 3   | Ocheltree, Hawk       | 10         | Greater Des Moines YMCA-IA       | 1:07.16          | 54.19              | 16            |
| 4   | Tran, Colin           | 9          | Central Iowa Aquatics-IA         | 57.12            | 55.52              | 15            |
| 5   | Tourney, Emmett       | 9          | Red Wing Swim Club-MN            | 58.62            | 56.92              | 14            |
| 6   | Israel, Jake          | 9          | Central Iowa Aquatics-IA         | 1:03.04          | 58.61              | 13            |
| 7   | Hutzell, Wyatt        | 10         | Ames Cyclone Aquatics Club-IA    | 56.67            | 58.66              | 12            |
| 8   | Avitt, Jacob          | 10         | South East Aquatics-IA           | NT               | 1:00.59            | 11            |
| 9   | Meyer, Sully          | 9          | Dowling Catholic Riptide Swim-IA | 1:01.02          | 1:00.93            | 9             |
| 10  | Russell, Bennett      | 9          | Central Iowa Aquatics-IA         | 1:10.18          | 1:01.97            | 7             |
| 11  | Shaver, Oliver        | 9          | Ames Cyclone Aquatics Club-IA    | NT               | 1:02.50            | 6             |
| 12  | Brace, Eli            | 10         | Central Iowa Aquatics-IA         | NT               | 1:03.65            | 5             |
| 13  | Chodorowski, Silas    | 9          | Mason City Swim Club-IA          | NT               | 1:05.33            | 4             |
| 14  | Brase, Kieran         | 10         | Dowling Catholic Riptide Swim-IA | NT               | 1:07.59            | 3             |
| 15  | Olsen, Landon         | 9          | Ames Cyclone Aquatics Club-IA    | NT               | 1:09.91            | 2             |
| 16  | Chrisco, Kingston     | 10         | Ames Cyclone Aquatics Club-IA    | 1:07.78          | 1:14.66            | 1             |
| 17  | Lassers, Teddy        | 10         | Central Iowa Aquatics-IA         | NT               | 1:21.96            |               |
| --- | Connolly, James       | 9          | Greater Des Moines YMCA-IA       | 1:12.39          | DQ                 |               |
|     | Non-simultaneous arms |            |                                  |                  |                    |               |
| --- | Israel, James         | 9          | Central Iowa Aquatics-IA         | NT               | DQ                 |               |
|     | Alternating Kick      |            |                                  |                  |                    |               |

**Event 52 Boys 11-12 50 LC Meter Breaststroke**

|     | <b>Name</b>             | <b>Age</b> | <b>Team</b>                      | <b>Seed Time</b> | <b>Finals Time</b> | <b>Points</b> |
|-----|-------------------------|------------|----------------------------------|------------------|--------------------|---------------|
| 1   | Norem, Layten           | 12         | Ames Cyclone Aquatics Club-IA    | 38.74            | 39.12              | 20            |
| 2   | Qualley, Parker         | 12         | Greater Des Moines YMCA-IA       | 40.20            | 40.45              | 17            |
| 3   | Calderon, LuisManuel    | 12         | Ames Cyclone Aquatics Club-IA    | 43.03            | 41.60              | 16            |
| 4   | Fausch, Zach            | 11         | Central Iowa Aquatics-IA         | 43.51            | 44.21              | 15            |
| 5   | Freeseaman, Griffin     | 12         | Dowling Catholic Riptide Swim-IA | 48.33            | 46.00              | 14            |
| 6   | Whitmore, Bryson        | 11         | Ames Cyclone Aquatics Club-IA    | 46.72            | 46.15              | 13            |
| 7   | Williams, Max           | 12         | Kohawk Aquatics-IA               | 50.39            | 48.47              | 12            |
| 8   | Reynolds, Jax           | 12         | Uss Destroyers-IA                | NT               | 52.06              | 11            |
| 9   | Carpenter, Malachi      | 11         | Central Iowa Aquatics-IA         | 54.35            | 52.77              | 9             |
| 10  | Todsén, Gavin           | 12         | Central Iowa Aquatics-IA         | 51.97            | 52.95              | 7             |
| 11  | Siebrecht, Ryder        | 12         | Carroll Area Swim Team-IA        | 51.25            | 54.43              | 6             |
| 12  | Slama, Mason            | 12         | Central Iowa Aquatics-IA         | 53.31            | 54.81              | 5             |
| 13  | Johnson, Henry          | 12         | Dowling Catholic Riptide Swim-IA | 56.88            | 56.65              | 4             |
| 14  | McGuire, Louie          | 12         | Greater Des Moines YMCA-IA       | NT               | 57.01              | 3             |
| 15  | Brouchous, Emmitt       | 12         | Carroll Area Swim Team-IA        | 1:04.72          | 57.63              | 2             |
| 16  | Chodorowski, Wyatt      | 12         | Mason City Swim Club-IA          | NT               | 58.60              | 1             |
| 17  | Ratcliff, Blake         | 11         | Dowling Catholic Riptide Swim-IA | 59.47            | 1:00.32            |               |
| 18  | Carter, Thomas          | 11         | Carroll Area Swim Team-IA        | NT               | 1:03.49            |               |
| 19  | Cody, Jay               | 11         | Red Wing Swim Club-MN            | 1:09.99          | 1:20.36            |               |
| --- | Wood, Finn              | 11         | Ames Cyclone Aquatics Club-IA    | NT               | DQ                 |               |
|     | Downward butterfly kick |            |                                  |                  |                    |               |
| --- | Bru, Reece              | 11         | Central Iowa Aquatics-IA         | 44.07            | NS                 |               |

**Event 53 Girls 8 & Under 100 LC Meter Butterfly**

|   | <b>Name</b>        | <b>Age</b> | <b>Team</b>                      | <b>Seed Time</b> | <b>Finals Time</b> | <b>Points</b> |
|---|--------------------|------------|----------------------------------|------------------|--------------------|---------------|
| 1 | Hancock, Charlotte | 8          | Central Iowa Aquatics-IA         | 2:14.08          | 2:08.61            | 20            |
| 2 | Tomka, Delaney     | 8          | Dowling Catholic Riptide Swim-IA | 2:45.94          | 2:36.54            | 17            |

**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****Results - Sunday Morning, June 29, 2025****Event 53 Girls 9-10 100 LC Meter Butterfly**

|     | <b>Name</b>       | <b>Age</b> | <b>Team</b>                      | <b>Seed Time</b> | <b>Finals Time</b> | <b>Points</b> |
|-----|-------------------|------------|----------------------------------|------------------|--------------------|---------------|
| 1   | Qualley, Reagan   | 10         | Greater Des Moines YMCA-IA       | 1:27.85          | 1:26.91            | 20            |
| 2   | Cochran, Delaney  | 10         | Central Iowa Aquatics-IA         | NT               | 1:39.02            | 17            |
| 3   | Currey, Rosie     | 9          | Ames Cyclone Aquatics Club-IA    | NT               | 1:47.24            | 16            |
| 4   | Freeseaman, Ivy   | 9          | Dowling Catholic Riptide Swim-IA | 1:57.72          | 1:48.84            | 15            |
| 5   | Cygankova, Alisa  | 9          | Greater Des Moines YMCA-IA       | 2:07.60          | 1:49.49            | 14            |
| 6   | Thomas, Liv       | 10         | Rams Swim Club-IA                | 2:09.80          | 1:59.00            | 13            |
| 7   | Currey, Emmy      | 9          | Ames Cyclone Aquatics Club-IA    | NT               | 1:59.73            | 12            |
| 8   | Freeseaman, Josie | 10         | Dowling Catholic Riptide Swim-IA | 1:45.73          | 2:02.27            | 11            |
| 9   | Mooney, Sabrina   | 10         | Des Moines Swim Federation-IA    | NT               | 2:04.85            | 9             |
| --- | Ward, Amelia      | 9          | Central Iowa Aquatics-IA         | 2:03.90          | DQ                 |               |
|     | Alternating Kick  |            |                                  |                  |                    |               |
| --- | Spear, Lilliana   | 10         | Central Iowa Aquatics-IA         | 1:36.98          | NS                 |               |

**Event 53 Girls 11-12 100 LC Meter Butterfly**

|     | <b>Name</b>             | <b>Age</b> | <b>Team</b>                      | <b>Seed Time</b> | <b>Finals Time</b> | <b>Points</b> |
|-----|-------------------------|------------|----------------------------------|------------------|--------------------|---------------|
| 1   | Schoolen, Ruby          | 12         | Rams Swim Club-IA                | 1:21.05          | 1:18.78            | 20            |
| 2   | Bykova, Sasha           | 12         | Des Moines Swim Federation-IA    | 1:21.67          | 1:20.52            | 17            |
| 3   | Cygankova, Polina       | 12         | Greater Des Moines YMCA-IA       | 1:27.06          | 1:23.51            | 16            |
| 4   | Meyer, Gwen             | 12         | Dowling Catholic Riptide Swim-IA | 1:25.79          | 1:23.86            | 15            |
| 5   | Leidinger, Callie       | 12         | Kohawk Aquatics-IA               | 1:26.62          | 1:24.28            | 14            |
| 6   | Hornung, Harper         | 11         | Waukee Waves-IA                  | 1:34.04          | 1:24.87            | 13            |
| 7   | Stonehocker, Trinity    | 12         | Des Moines Swim Federation-IA    | 1:27.80          | 1:25.11            | 12            |
| 8   | Tudor, Ellery           | 11         | Uss Destroyers-IA                | 1:43.54          | 1:25.35            | 11            |
| 9   | Garrison, Jorgia        | 11         | Rams Swim Club-IA                | 1:25.98          | 1:26.31            | 9             |
| 10  | Books, Malia            | 12         | Uss Destroyers-IA                | 2:25.08          | 1:27.81            | 7             |
| 11  | Israel, Brynn           | 11         | Central Iowa Aquatics-IA         | 1:29.98          | 1:32.59            | 6             |
| 12  | Ocheltree, Kinnick      | 12         | Greater Des Moines YMCA-IA       | 1:39.09          | 1:34.08            | 5             |
| 13  | Garnaas, Ava            | 11         | Des Moines Swim Federation-IA    | 1:35.24          | 1:37.99            | 4             |
| 14  | Karbeling-Kurth, Miriam | 12         | Iowa City Eels-IA                | NT               | 1:39.05            | 3             |
| 15  | Kovacevich, Eleanor     | 11         | Ames Cyclone Aquatics Club-IA    | 1:37.54          | 1:45.04            | 2             |
| 16  | Neese, Savanna          | 11         | Uss Destroyers-IA                | 2:06.68          | 1:52.81            | 1             |
| 17  | Bry, Emma               | 11         | Mason City Swim Club-IA          | NT               | 2:00.82            |               |
| 18  | Cody, Collins           | 11         | Mason City Swim Club-IA          | 2:05.36          | 2:05.61            |               |
| --- | Gevoek, Trinity         | 11         | South East Aquatics-IA           | 1:29.86          | NS                 |               |
| --- | Fenton, Aspen           | 12         | Des Moines Swim Federation-IA    | 1:15.94          | SCR                |               |

**Event 54 Boys 9-10 100 LC Meter Butterfly**

|   | <b>Name</b>          | <b>Age</b> | <b>Team</b>                   | <b>Seed Time</b> | <b>Finals Time</b> | <b>Points</b> |
|---|----------------------|------------|-------------------------------|------------------|--------------------|---------------|
| 1 | Mintle, Easton       | 10         | Des Moines Swim Federation-IA | 1:20.03          | 1:21.18            | 20            |
| 2 | Van Soelen, Harrison | 10         | Des Moines Swim Federation-IA | NT               | 1:37.73            | 17            |
| 3 | Tourney, Emmett      | 9          | Red Wing Swim Club-MN         | NT               | 1:55.96            | 16            |

**Event 54 Boys 11-12 100 LC Meter Butterfly**

|   | <b>Name</b>          | <b>Age</b> | <b>Team</b>                   | <b>Seed Time</b> | <b>Finals Time</b> | <b>Points</b> |
|---|----------------------|------------|-------------------------------|------------------|--------------------|---------------|
| 1 | Rychnovsky, Beckum   | 12         | Des Moines Swim Federation-IA | 1:10.56          | 1:08.37            | 20            |
| 2 | Calderon, LuisManuel | 12         | Ames Cyclone Aquatics Club-IA | 1:14.55          | 1:12.69            | 17            |
| 3 | Green, Reilly        | 12         | Des Moines Swim Federation-IA | 1:19.39          | 1:18.78            | 16            |
| 4 | Smith, Harry         | 12         | Des Moines Swim Federation-IA | 1:55.05          | 1:25.49            | 15            |
| 5 | Dingus, Blain        | 11         | Burlington Area Bullsharks-IA | NT               | 1:26.69            | 14            |
| 6 | Dube, Etienne        | 11         | Ames Cyclone Aquatics Club-IA | 1:37.93          | 1:34.00            | 13            |

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| Name                | Age | Team                      | Seed Time | Finals Time | Points |
|---------------------|-----|---------------------------|-----------|-------------|--------|
| 7 Siebrecht, Ryder  | 12  | Carroll Area Swim Team-IA | 1:25.21   | 1:34.27     | 12     |
| 8 Sandquist, Edward | 11  | Central Iowa Aquatics-IA  | NT        | 1:38.50     | 11     |
| 9 Sisul, Jenner     | 11  | South East Aquatics-IA    | 1:57.79   | 1:43.65     | 9      |
| 10 LaPan, Henry     | 11  | Uss Destroyers-IA         | 1:46.05   | 1:46.35     | 7      |
| --- Sexton, James   | 11  | Central Iowa Aquatics-IA  | 1:34.40   | DQ          |        |
| Alternating Kick    |     |                           |           |             |        |
| --- Bru, Reece      | 11  | Central Iowa Aquatics-IA  | 1:21.39   | NS          |        |

**Event 55 Girls 9-10 400 LC Meter Freestyle**

| Name                 | Age | Team                          | Seed Time | Finals Time | Points |
|----------------------|-----|-------------------------------|-----------|-------------|--------|
| 1 Mooney, Sabrina    | 10  | Des Moines Swim Federation-IA | NT        | 6:05.11     | 20     |
| 2 Johnson, Kyla      | 10  | Des Moines Swim Federation-IA | 6:22.48   | 6:13.47     | 17     |
| 3 Jenkins, Mai       | 10  | Ames Cyclone Aquatics Club-IA | NT        | 6:55.08     | 16     |
| 4 Howe, Mollie       | 10  | Central Iowa Aquatics-IA      | NT        | 7:20.58     | 15     |
| 5 Jacobson, Whitnee  | 9   | Red Wing Swim Club-MN         | 7:33.37   | 7:26.53     | 14     |
| 6 Benson, Kahlia     | 10  | Red Wing Swim Club-MN         | 7:18.01   | 7:30.46     | 13     |
| 7 Luttgeharm, Elaina | 10  | Central Iowa Aquatics-IA      | NT        | 9:12.74     | 12     |

**Event 55 Girls 11-12 400 LC Meter Freestyle**

| Name                 | Age | Team                          | Seed Time | Finals Time | Points |
|----------------------|-----|-------------------------------|-----------|-------------|--------|
| 1 Bykova, Sasha      | 12  | Des Moines Swim Federation-IA | 5:13.17   | 5:05.08     | 20     |
| 2 Gevock, Trinity    | 11  | South East Aquatics-IA        | 5:43.11   | 5:25.10     | 17     |
| 3 Tran, Victoria     | 12  | Central Iowa Aquatics-IA      | 5:26.03   | 5:32.98     | 16     |
| 4 Peterson, Greta    | 12  | Des Moines Swim Federation-IA | 5:38.05   | 5:33.01     | 15     |
| 5 Lamb, Addison      | 11  | Ames Cyclone Aquatics Club-IA | 5:35.47   | 5:40.21     | 14     |
| 6 Demirci, Ada       | 12  | Ames Cyclone Aquatics Club-IA | 6:20.98   | 5:41.08     | 13     |
| 7 Fillius, Willa     | 12  | North Side Swim Team-IA       | 6:15.34   | 5:41.50     | 12     |
| 8 Smyth, Vivi        | 12  | Red Wing Swim Club-MN         | 5:42.20   | 5:43.11     | 11     |
| 9 Knox, Makayla      | 12  | Fort Dodge Area Swim Team-IA  | NT        | 5:44.38     | 9      |
| 10 Brons, Josie      | 11  | Des Moines Swim Federation-IA | 5:25.70   | 5:46.71     | 7      |
| 11 Baker, Caroline   | 11  | Central Iowa Aquatics-IA      | 5:52.37   | 5:47.68     | 6      |
| 12 Albrecht, Brynlee | 12  | Greater Des Moines YMCA-IA    | 5:59.52   | 5:50.37     | 5      |
| 13 Fitch, Lauren     | 11  | North Side Swim Team-IA       | 6:09.88   | 5:50.68     | 4      |
| 14 Stein, Izzy       | 12  | Carroll Area Swim Team-IA     | 5:45.33   | 5:50.85     | 3      |
| 15 Larson, Rachel    | 11  | Greater Des Moines YMCA-IA    | 5:55.19   | 5:51.62     | 2      |
| 16 Soukup, Lyv       | 12  | Uss Destroyers-IA             | NT        | 5:52.65     | 1      |
| 17 Israel, Brynn     | 11  | Central Iowa Aquatics-IA      | 5:50.14   | 5:55.00     |        |
| 18 Hanson, Aubrey    | 12  | Central Iowa Aquatics-IA      | 5:49.10   | 5:55.26     |        |
| 19 Jacobson, Kinzee  | 12  | Red Wing Swim Club-MN         | NT        | 5:58.85     |        |
| 20 Butler, Mathilde  | 12  | Greater Des Moines YMCA-IA    | NT        | 6:11.71     |        |
| 21 Bry, Emma         | 11  | Mason City Swim Club-IA       | 7:31.89   | 6:47.52     |        |
| 22 Hanson, Ainslie   | 11  | Red Wing Swim Club-MN         | 6:42.12   | 6:49.48     |        |
| 23 Driscoll, Bailey  | 12  | Mason City Swim Club-IA       | 7:02.60   | 7:03.49     |        |
| 24 Cody, Collins     | 11  | Mason City Swim Club-IA       | 7:52.89   | 7:08.35     |        |
| --- Hutzell, Rowen   | 12  | Ames Cyclone Aquatics Club-IA | 5:31.42   | NS          |        |
| --- Lewis, Madyson   | 12  | Central Iowa Aquatics-IA      | 5:27.58   | NS          |        |

**Event 56 Boys 9-10 400 LC Meter Freestyle**

| Name             | Age | Team                          | Seed Time | Finals Time | Points |
|------------------|-----|-------------------------------|-----------|-------------|--------|
| 1 Mintle, Easton | 10  | Des Moines Swim Federation-IA | 5:25.86   | 5:17.54     | 20     |

**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****Results - Sunday Morning, June 29, 2025****Event 56 Boys 11-12 400 LC Meter Freestyle**

|     | <b>Name</b>         | <b>Age</b> | <b>Team</b>                      | <b>Seed Time</b> | <b>Finals Time</b> | <b>Points</b> |
|-----|---------------------|------------|----------------------------------|------------------|--------------------|---------------|
| 1   | Rychnovsky, Beckum  | 12         | Des Moines Swim Federation-IA    | 4:37.28          | 4:38.77            | 20            |
| 2   | Kell, Henry         | 12         | Ames Cyclone Aquatics Club-IA    | 6:02.44          | 5:24.38            | 17            |
| 3   | Freeseaman, Griffin | 12         | Dowling Catholic Riptide Swim-IA | 5:36.89          | 5:26.19            | 16            |
| 4   | Ghimire, Sanji      | 12         | Ames Cyclone Aquatics Club-IA    | NT               | 5:28.04            | 15            |
| 5   | Zhang, Allen        | 12         | Des Moines Swim Federation-IA    | 5:52.97          | 5:37.29            | 14            |
| 6   | Nakama, Kano        | 12         | Ames Cyclone Aquatics Club-IA    | 6:02.14          | 5:43.45            | 13            |
| 7   | Fausch, Zach        | 11         | Central Iowa Aquatics-IA         | 6:03.67          | 5:49.59            | 12            |
| 8   | Whitmore, Bryson    | 11         | Ames Cyclone Aquatics Club-IA    | NT               | 6:03.17            | 11            |
| 9   | Johnson, Ryker      | 11         | South East Aquatics-IA           | NT               | 6:04.57            | 9             |
| 10  | LaPan, Henry        | 11         | Uss Destroyers-IA                | 6:34.39          | 6:15.03            | 7             |
| 11  | Naylor, Jackson     | 11         | Central Iowa Aquatics-IA         | NT               | 6:21.76            | 6             |
| 12  | Dube, Etienne       | 11         | Ames Cyclone Aquatics Club-IA    | 6:46.24          | 6:40.76            | 5             |
| 13  | Slama, Mason        | 12         | Central Iowa Aquatics-IA         | 7:19.59          | 7:04.67            | 4             |
| --- | Otis, Bennett       | 12         | Des Moines Swim Federation-IA    | 5:28.64          | NS                 |               |

**Event 57 Girls 12 & Under 200 LC Meter Freestyle Relay**

|   | <b>Team</b>               | <b>Relay</b>             | <b>Seed Time</b>        | <b>Finals Time</b>     |
|---|---------------------------|--------------------------|-------------------------|------------------------|
| 1 | Rams Swim Club-IA         | A                        | 2:25.00                 | 2:25.48                |
|   | 1) Schoolen, Ruby 12      | 2) Thomas, Liv 10        | 3) Fleming, Braylee 10  | 4) Garrison, Jorgia 11 |
| 2 | Central Iowa Aquatics-IA  | D                        | 2:42.81                 | 2:36.17                |
|   | 1) Sandman, Grace 9       | 2) Talley, Serena 11     | 3) Hancock, Charlotte 8 | 4) Tran, Victoria 12   |
| 3 | Central Iowa Aquatics-IA  | C                        | 2:39.27                 | 2:36.33                |
|   | 1) Cochran, Clara 8       | 2) Cochran, Delaney 10   | 3) Vallas, Effie 11     | 4) Fausch, Lilly 9     |
| 4 | Mason City Swim Club-IA   | A                        | 2:48.20                 | 2:38.22                |
|   | 1) Cody, Collins 11       | 2) Hardee, Anya 12       | 3) Driscoll, Bailey 12  | 4) Bry, Emma 11        |
| 5 | Central Iowa Aquatics-IA  | F                        | 3:16.81                 | 2:39.10                |
|   | 1) Schweers, Genevieve 10 | 2) Howe, Mollie 10       | 3) Davidson, Natalie 11 | 4) Israel, Brynn 11    |
| 6 | Central Iowa Aquatics-IA  | B                        | 2:38.85                 | 2:40.65                |
|   | 1) Ortega, Evelyn 11      | 2) Keeling, Emma 10      | 3) Bru, Tylar 10        | 4) Spear, Lilliana 10  |
| 7 | Central Iowa Aquatics-IA  | E                        | 2:43.68                 | 2:42.15                |
|   | 1) Mitchell, Paige 11     | 2) Luttgeharm, Elaina 10 | 3) Kline, Lilly 11      | 4) Baker, Caroline 11  |
| 8 | Central Iowa Aquatics-IA  | G                        | NT                      | 3:16.40                |
|   | 1) Warg-Farver, Paige 8   | 2) Johansen, Adeline 9   | 3) Gebauer, Marlowe 9   | 4) Ward, Amelia 9      |
| 9 | Central Iowa Aquatics-IA  | A                        | 2:36.90                 | 3:24.74                |
|   | 1) Lewis, Rylee 10        | 2) Hanson, Aubrey 12     | 3) Monaghan, Katie 11   | 4) Lewis, Madyson 12   |

**Event 58 Boys 12 & Under 200 LC Meter Freestyle Relay**

|     | <b>Team</b>               | <b>Relay</b>             | <b>Seed Time</b>      | <b>Finals Time</b>    |
|-----|---------------------------|--------------------------|-----------------------|-----------------------|
| 1   | Central Iowa Aquatics-IA  | B                        | 2:55.99               | 2:47.10               |
|     | 1) Sexton, James 11       | 2) Slama, Mason 12       | 3) Israel, James 9    | 4) Todsen, Gavin 12   |
| 2   | Central Iowa Aquatics-IA  | C                        | 4:30.16               | 2:56.63               |
|     | 1) Bru, Isaac 7           | 2) Sandquist, Henry 11   | 3) Russell, Bennett 9 | 4) Naylor, Jackson 11 |
| 3   | Rams Swim Club-IA         | A                        | 2:54.00               | 3:06.88               |
|     | 1) Cramer, Sawyer 8       | 2) Schoolen, Max 8       | 3) Long, Arthur 10    | 4) Garrison, Jonah 9  |
| --- | Central Iowa Aquatics-IA  | A                        | 2:47.19               | DQ                    |
|     | Early take-off swimmer #2 |                          |                       |                       |
|     | 1) Brace, Eli 10          | 2) Carpenter, Malachi 11 | 3) Israel, Jake 9     | 4) Fausch, Zach 11    |