

2024 Central Zone 14 & U Championship - IOWA - 8/8/2024 to 8/11/2024
Prairie Meadows Pool, Sanction #: IA-24-090
Wellmark YMCA * Des Moines, IA * 50 Meter Course
Session Report

Session: 1 Thursday 11-14 Timed Finals
Day of Meet: 1 Starts at 03:00 PM Heat Interval: 20 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	1 Mixed 11-12 200 Medley Relay	12	2	03:00 PM	_____
Finals	2 Mixed 13-14 200 Medley Relay	12	2	03:06 PM	_____
	Break: 10 Minutes:				
Finals	3 Girls 11-12 400 IM	15	2	03:24 PM	_____
Finals	4 Boys 11-12 400 IM	13	2	03:36 PM	_____
Finals	5 Girls 13-14 400 IM	17	3	03:49 PM	_____
Finals	6 Boys 13-14 400 IM	20	3	04:07 PM	_____
Finals	7 Girls 11-12 1500 Freestyle	12	2	04:23 PM	_____
Finals	8 Boys 11-12 1500 Freestyle	13	2	05:06 PM	_____
	Swimmers Counts for Warm-ups: 99	=====	=====		
	Entry / Heat Totals:	114	18		
	Finish Time			05:46 PM	_____

Estimated Timeline

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Session Report

Session: 2 Friday 11-14 Prelims
Day of Meet: 2 Starts at 08:40 AM Heat Interval: 20 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Prelims	13 Girls 11-12 200 IM	16	2	08:40 AM	_____
Prelims	14 Boys 11-12 200 IM	15	2	08:47 AM	_____
Prelims	15 Girls 13-14 200 IM	24	3	08:54 AM	_____
Prelims	16 Boys 13-14 200 IM	34	5	09:03 AM	_____
Prelims	17 Girls 11-12 50 Backstroke	35	5	09:16 AM	_____
Prelims	18 Boys 11-12 50 Backstroke	17	3	09:23 AM	_____
Prelims	19 Girls 13-14 50 Backstroke	32	4	09:26 AM	_____
Prelims	20 Boys 13-14 50 Backstroke	27	4	09:34 AM	_____
Prelims	25 Girls 11-12 100 Breaststroke	31	4	09:41 AM	_____
Prelims	26 Boys 11-12 100 Breaststroke	14	2	09:48 AM	_____
Prelims	27 Girls 13-14 100 Breaststroke	26	4	09:51 AM	_____
Prelims	28 Boys 13-14 100 Breaststroke	35	5	09:58 AM	_____
Prelims	29 Girls 11-12 100 Freestyle	47	6	10:06 AM	_____
Prelims	30 Boys 11-12 100 Freestyle	26	4	10:15 AM	_____
Prelims	31 Girls 13-14 200 Freestyle	36	5	10:21 AM	_____
Prelims	32 Boys 13-14 200 Freestyle	33	5	10:34 AM	_____
Finals-S	33 Girls 11-12 200 Butterfly	0	0	10:47 AM	_____
Finals-S	34 Boys 11-12 200 Butterfly	3	1	10:47 AM	_____
Prelims	35 Girls 13-14 100 Butterfly	26	4	10:50 AM	_____
Prelims	36 Boys 13-14 100 Butterfly	29	4	10:56 AM	_____
Finals-S	21 Girls 11-12 800 Freestyle	10	2	11:02 AM	_____
Finals-S	22 Boys 11-12 800 Freestyle	15	2	11:24 AM	_____
Finals-S	23 Girls 13-14 800 Freestyle	7	1	11:46 AM	_____
Finals-S	24 Boys 13-14 800 Freestyle	15	2	11:56 AM	_____
	Swimmers Counts for Warm-ups: 381	=====	=====		
	Entry / Heat Totals:	553	79		
	Finish Time			12:17 PM	_____

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Session Report

Session: 3 Friday 10&U Midday
Day of Meet: 2 Starts at 01:30 PM Heat Interval: 25 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	37 Girls 10 & Under 50 Backstroke	19	3	01:30 PM	_____
Finals	38 Boys 10 & Under 50 Backstroke	18	3	01:35 PM	_____
	Break: 10 Minutes: Awards: 50 BK				
Finals	39 Girls 10 & Under 50 Breaststroke	16	2	01:49 PM	_____
Finals	40 Boys 10 & Under 50 Breaststroke	14	2	01:51 PM	_____
	Break: 10 Minutes: Awards: 50 BR				
Finals	41 Girls 10 & Under 100 Freestyle	21	3	02:03 PM	_____
Finals	42 Boys 10 & Under 100 Freestyle	21	3	02:09 PM	_____
	Break: 10 Minutes: Awards: 100 FR				
Finals	43 Girls 10 & Under 50 Butterfly	17	3	02:24 PM	_____
Finals	44 Boys 10 & Under 50 Butterfly	18	3	02:27 PM	_____
	Break: 10 Minutes: Awards: 50 FL				
Finals	45 Girls 10 & Under 400 Freestyle	12	2	02:40 PM	_____
Finals	46 Boys 10 & Under 400 Freestyle	9	2	02:52 PM	_____
	Break: 10 Minutes: Awards: 400 FR				
Finals	47 Girls 10 & Under 200 Freestyle Relay	9	2	03:15 PM	_____
Finals	48 Boys 10 & Under 200 Freestyle Relay	8	1	03:20 PM	_____
	Swimmers Counts for Warm-ups: 84	=====	=====		
	Entry / Heat Totals:	182	29		
	Finish Time			03:23 PM	_____

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Session Report

Session: 4 Friday Finals
Day of Meet: 2 Starts at 05:00 PM Heat Interval: 60 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	9 Girls 11-12 200 Freestyle Relay	12	2	05:00 PM	_____
Finals	10 Boys 11-12 200 Freestyle Relay	11	2	05:07 PM	_____
Finals	11 Girls 13-14 200 Freestyle Relay	12	2	05:13 PM	_____
Finals	12 Boys 13-14 200 Freestyle Relay	12	2	05:19 PM	_____
Break: 15 Minutes: Awards: Thursday & Rel					
Finals	13 Girls 11-12 200 IM	16	2 u	05:39 PM	_____
Finals	14 Boys 11-12 200 IM	15	2 u	05:47 PM	_____
Finals	15 Girls 13-14 200 IM	16	2 u	05:54 PM	_____
Finals	16 Boys 13-14 200 IM	16	2 u	06:01 PM	_____
Finals	17 Girls 11-12 50 Backstroke	16	2 u	06:08 PM	_____
Finals	18 Boys 11-12 50 Backstroke	16	2 u	06:11 PM	_____
Finals	19 Girls 13-14 50 Backstroke	16	2 u	06:15 PM	_____
Finals	20 Boys 13-14 50 Backstroke	16	2 u	06:20 PM	_____
Finals-1	21 Girls 11-12 800 Freestyle	8	1	06:24 PM	_____
Finals-1	22 Boys 11-12 800 Freestyle	8	1	06:35 PM	_____
Finals-1	23 Girls 13-14 800 Freestyle	8	1	06:47 PM	_____
Finals-1	24 Boys 13-14 800 Freestyle	8	1	06:57 PM	_____
Break: 15 Minutes: Awards: 200 IM, 50 BK, 1					
Finals	25 Girls 11-12 100 Breaststroke	16	2 u	07:23 PM	_____
Finals	26 Boys 11-12 100 Breaststroke	14	2 u	07:27 PM	_____
Finals	27 Girls 13-14 100 Breaststroke	16	2 u	07:32 PM	_____
Finals	28 Boys 13-14 100 Breaststroke	16	2 u	07:37 PM	_____
Finals	29 Girls 11-12 100 Freestyle	16	2 u	07:41 PM	_____
Finals	30 Boys 11-12 100 Freestyle	16	2 u	07:45 PM	_____
Finals	31 Girls 13-14 200 Freestyle	16	2 u	07:49 PM	_____
Finals	32 Boys 13-14 200 Freestyle	16	2 u	07:56 PM	_____
Break: 10 Minutes: Awards: 100 BR, 200 FR					
Finals-1	33 Girls 11-12 200 Butterfly	8	1	08:12 PM	_____
Finals-1	34 Boys 11-12 200 Butterfly	7	1	08:15 PM	_____
Finals	35 Girls 13-14 100 Butterfly	16	2 u	08:19 PM	_____
Finals	36 Boys 13-14 100 Butterfly	16	2 u	08:23 PM	_____
Swimmers Counts for Warm-ups: 239		=====	=====		
Entry / Heat Totals:		379	50		
Finish Time				08:27 PM	_____

Estimated Timeline

2024 Central Zone 14 & U Championship - IOWA - 8/8/2024 to 8/11/2024**Prairie Meadows Pool, Sanction #: IA-24-090****Wellmark YMCA * Des Moines, IA * 50 Meter Course****Session Report**

Session: 5 Saturday 11-14 Prelims

Day of Meet: 3 Starts at 08:40 AM Heat Interval: 20 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	49 Girls 11-12 400 Medley Relay	12	2	08:40 AM	_____
Finals	50 Boys 11-12 400 Medley Relay	11	2	08:52 AM	_____
Finals	51 Girls 13-14 400 Medley Relay	12	2	09:03 AM	_____
Finals	52 Boys 13-14 400 Medley Relay	12	2	09:14 AM	_____
Break: 10 Minutes:					
Prelims	53 Girls 11-12 50 Butterfly	46	6	09:34 AM	_____
Prelims	54 Boys 11-12 50 Butterfly	21	3	09:39 AM	_____
Prelims	55 Girls 13-14 50 Butterfly	23	3	09:42 AM	_____
Prelims	56 Boys 13-14 50 Butterfly	18	3	09:47 AM	_____
Finals-S	57 Girls 11-12 200 Breaststroke	6	1	09:52 AM	_____
Finals-S	58 Boys 11-12 200 Breaststroke	4	1	09:55 AM	_____
Prelims	59 Girls 13-14 200 Breaststroke	18	3	09:59 AM	_____
Prelims	60 Boys 13-14 200 Breaststroke	20	3	10:08 AM	_____
Prelims	61 Girls 11-12 50 Freestyle	53	7	10:17 AM	_____
Prelims	62 Boys 11-12 50 Freestyle	30	4	10:24 AM	_____
Prelims	63 Girls 13-14 50 Freestyle	77	10	10:27 AM	_____
Prelims	64 Boys 13-14 50 Freestyle	67	9	10:35 AM	_____
Prelims	65 Girls 11-12 100 Backstroke	36	5	10:43 AM	_____
Prelims	66 Boys 11-12 100 Backstroke	18	3	10:52 AM	_____
Prelims	67 Girls 13-14 100 Backstroke	39	5	10:58 AM	_____
Prelims	68 Boys 13-14 100 Backstroke	37	5	11:07 AM	_____
Finals-S	69 Girls 11-12 400 Freestyle	11	2	11:16 AM	_____
Finals-S	70 Boys 11-12 400 Freestyle	12	2	11:27 AM	_____
Prelims	71 Girls 13-14 400 Freestyle	29	4	11:37 AM	_____
Prelims	72 Boys 13-14 400 Freestyle	33	5	11:58 AM	_____
Swimmers Counts for Warm-ups: 387		=====	=====		
Entry / Heat Totals:		645	92		
Finish Time				12:22 PM	_____

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Session: 6 Saturday 10&U Midday

Day of Meet: 3 Starts at 01:30 PM Heat Interval: 25 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	77 Girls 10 & Under 200 Medley Relay	9	2	01:30 PM	_____
Finals	78 Boys 10 & Under 200 Medley Relay	8	1	01:37 PM	_____
	Break: 15 Minutes: Awards: 400 FR, MED &				
Finals	79 Girls 10 & Under 50 Freestyle	20	3	01:55 PM	_____
Finals	80 Boys 10 & Under 50 Freestyle	22	3	01:58 PM	_____
	Break: 10 Minutes: Awards: 50 FR				
Finals	81 Girls 10 & Under 200 IM	12	2	02:11 PM	_____
Finals	82 Boys 10 & Under 200 IM	13	2	02:19 PM	_____
	Break: 10 Minutes: Awards: 200 IM				
Finals	83 Girls 10 & Under 100 Backstroke	16	2	02:36 PM	_____
Finals	84 Boys 10 & Under 100 Backstroke	15	2	02:40 PM	_____
	Break: 10 Minutes: Awards: 100 BK				
Finals	85 Girls 10 & Under 200 Freestyle	12	2	02:54 PM	_____
Finals	86 Boys 10 & Under 200 Freestyle	12	2	03:01 PM	_____
	Break: 10 Minutes: Awards: 200 FR				
Finals	87 Girls 10 & Under 100 Breaststroke	12	2	03:17 PM	_____
Finals	88 Boys 10 & Under 100 Breaststroke	13	2	03:21 PM	_____
	Break: 10 Minutes: Awards: 100 BR				
Finals	89 Girls 10 & Under 100 Butterfly	14	2	03:36 PM	_____
Finals	90 Boys 10 & Under 100 Butterfly	11	2	03:40 PM	_____
	Break: 10 Minutes: Awards: 100 FL				
	Swimmers Counts for Warm-ups: 89	=====	=====		
	Entry / Heat Totals:	189	29		
	Finish Time			03:53 PM	_____

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Session: 7 Saturday Finals
Day of Meet: 3 Starts at 05:00 PM Heat Interval: 60 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	73 Girls 11-12 200 Medley Relay	12	2	05:00 PM	_____
Finals	74 Boys 11-12 200 Medley Relay	11	2	05:08 PM	_____
Finals	75 Girls 13-14 200 Medley Relay	12	2	05:15 PM	_____
Finals	76 Boys 13-14 200 Medley Relay	12	2	05:24 PM	_____
Break: 15 Minutes: Awards: 200 FL, 100 FL,					
Finals	53 Girls 11-12 50 Butterfly	16	2 u	05:48 PM	_____
Finals	54 Boys 11-12 50 Butterfly	16	2 u	05:51 PM	_____
Finals	55 Girls 13-14 50 Butterfly	16	2 u	05:54 PM	_____
Finals	56 Boys 13-14 50 Butterfly	16	2 u	05:58 PM	_____
Finals-1	57 Girls 11-12 200 Breaststroke	8	1	06:03 PM	_____
Finals-1	58 Boys 11-12 200 Breaststroke	8	1	06:07 PM	_____
Finals	59 Girls 13-14 200 Breaststroke	16	2 u	06:11 PM	_____
Finals	60 Boys 13-14 200 Breaststroke	16	2 u	06:18 PM	_____
Finals	61 Girls 11-12 50 Freestyle	16	2 u	06:25 PM	_____
Finals	62 Boys 11-12 50 Freestyle	16	2 u	06:28 PM	_____
Finals	63 Girls 13-14 50 Freestyle	16	2 u	06:31 PM	_____
Finals	64 Boys 13-14 50 Freestyle	16	2 u	06:34 PM	_____
Break: 15 Minutes: Awards: 50 FL, 200 BR, 100 FR					
Finals	65 Girls 11-12 100 Backstroke	16	2 u	06:52 PM	_____
Finals	66 Boys 11-12 100 Backstroke	16	2 u	06:57 PM	_____
Finals	67 Girls 13-14 100 Backstroke	16	2 u	07:02 PM	_____
Finals	68 Boys 13-14 100 Backstroke	16	2 u	07:07 PM	_____
Finals-1	69 Girls 11-12 400 Freestyle	8	1	07:11 PM	_____
Finals-1	70 Boys 11-12 400 Freestyle	8	1	07:17 PM	_____
Finals	71 Girls 13-14 400 Freestyle	16	2 u	07:23 PM	_____
Finals	72 Boys 13-14 400 Freestyle	16	2 u	07:34 PM	_____
Break: 10 Minutes: Awards: 100 BK, 400 FR					
Swimmers Counts for Warm-ups: 225		=====	=====		
Entry / Heat Totals:		335	44		
Finish Time				07:55 PM	_____

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Session Report

Session: 8 Sunday 11-14 Prelims
Day of Meet: 4 Starts at 08:40 AM Heat Interval: 20 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	91 Girls 11-12 400 Freestyle Relay	12	2	08:40 AM	_____
Finals	92 Boys 11-12 400 Freestyle Relay	10	2	08:50 AM	_____
Finals	93 Girls 13-14 400 Freestyle Relay	12	2	09:00 AM	_____
Finals	94 Boys 13-14 400 Freestyle Relay	12	2	09:10 AM	_____
	Break: 10 Minutes:				
Prelims	95 Girls 11-12 100 Butterfly	21	3	09:28 AM	_____
Prelims	96 Boys 11-12 100 Butterfly	17	3	09:33 AM	_____
Prelims	97 Girls 13-14 200 Butterfly	12	2	09:38 AM	_____
Prelims	98 Boys 13-14 200 Butterfly	15	2	09:44 AM	_____
Finals-S	99 Girls 11-12 200 Backstroke	10	2	09:49 AM	_____
Finals-S	100 Boys 11-12 200 Backstroke	5	1	09:57 AM	_____
Prelims	101 Girls 13-14 200 Backstroke	17	3	10:00 AM	_____
Prelims	102 Boys 13-14 200 Backstroke	22	3	10:10 AM	_____
Prelims	103 Girls 11-12 50 Breaststroke	24	3	10:19 AM	_____
Prelims	104 Boys 11-12 50 Breaststroke	19	3	10:22 AM	_____
Prelims	105 Girls 13-14 50 Breaststroke	25	4	10:25 AM	_____
Prelims	106 Boys 13-14 50 Breaststroke	22	3	10:32 AM	_____
Prelims	107 Girls 11-12 200 Freestyle	20	3	10:37 AM	_____
Prelims	108 Boys 11-12 200 Freestyle	18	3	10:45 AM	_____
Prelims	109 Girls 13-14 100 Freestyle	77	10	10:54 AM	_____
Prelims	110 Boys 13-14 100 Freestyle	70	9	11:08 AM	_____
	Swimmers Counts for Warm-ups: 325	=====	=====		
	Entry / Heat Totals:	440	65		
	Finish Time			11:20 AM	_____

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Session Report

Session: 9 Sunday 13-14 1500s
Day of Meet: 4 Starts at 12:20 PM Heat Interval: 30 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	111 Girls 13-14 1500 Freestyle	16	2	12:20 PM	_____
Finals	112 Boys 13-14 1500 Freestyle	19	3	01:00 PM	_____
	Break: 10 Minutes: Awards: 1500 FR				
	Swimmers Counts for Warm-ups: 35	====	====		
	Entry / Heat Totals:	35	5		
	Finish Time			02:06 PM	_____

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Session Report

Session: 10 Sunday Finals
Day of Meet: 4 Starts at 04:00 PM Heat Interval: 60 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	96 Boys 11-12 100 Butterfly	16	2 u	04:00 PM	_____
Finals	95 Girls 11-12 100 Butterfly	16	2 u	04:05 PM	_____
Finals	97 Girls 13-14 200 Butterfly	12	2 u	04:09 PM	_____
Finals	98 Boys 13-14 200 Butterfly	15	2 u	04:16 PM	_____
Break: 10 Minutes: Awards: 400 Fr Relay, 100 Fr Relay					
Finals-1	99 Girls 11-12 200 Backstroke	8	1	04:33 PM	_____
Finals-1	100 Boys 11-12 200 Backstroke	8	1	04:37 PM	_____
Finals	101 Girls 13-14 200 Backstroke	16	2 u	04:41 PM	_____
Finals	102 Boys 13-14 200 Backstroke	16	2 u	04:48 PM	_____
Break: 10 Minutes: Awards: 200 BK					
Finals	103 Girls 11-12 50 Breaststroke	16	2 u	05:05 PM	_____
Finals	104 Boys 11-12 50 Breaststroke	16	2 u	05:08 PM	_____
Finals	105 Girls 13-14 50 Breaststroke	16	2 u	05:12 PM	_____
Finals	106 Boys 13-14 50 Breaststroke	16	2 u	05:16 PM	_____
Finals	107 Girls 11-12 200 Freestyle	16	2 u	05:20 PM	_____
Finals	108 Boys 11-12 200 Freestyle	16	2 u	05:27 PM	_____
Finals	109 Girls 13-14 100 Freestyle	16	2 u	05:34 PM	_____
Finals	110 Boys 13-14 100 Freestyle	16	2 u	05:38 PM	_____
Break: 20 Minutes: Awards: 50 BR, 100 & 200 Freestyle					
Swimmers Counts for Warm-ups: 188		=====	=====		
Entry / Heat Totals:		235	30		
Finish Time				06:02 PM	_____

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