

2024 IA Midwest All Stars - 1/6/2024 to 1/7/2024
Prairie Meadows Pool, Sanction #: IA-24-026
Wellmark YMCA * Des Moines, IA * 25 Yard Course
Session Report

Session: 1 Saturday AM

Day of Meet: 1 Starts at 09:00 AM Heat Interval: 30 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	1 Girls 10 & Under 200 Freestyle	24	3	09:00 AM	_____
Finals	2 Boys 10 & Under 200 Freestyle	26	3	09:10 AM	_____
Finals	3 Girls 11-12 200 Freestyle	32	4	09:20 AM	_____
Finals	4 Boys 11-12 200 Freestyle	31	4	09:31 AM	_____
Finals	5 Girls 13-14 200 Freestyle	45	5	09:42 AM	_____
Finals	6 Boys 13-14 200 Freestyle	37	4	09:55 AM	_____
Finals	7 Girls 10 & Under 100 Breaststroke	26	3	10:05 AM	_____
Finals	8 Boys 10 & Under 100 Breaststroke	25	3	10:11 AM	_____
Finals	9 Girls 11-12 100 Breaststroke	28	3	10:18 AM	_____
Finals	10 Boys 11-12 100 Breaststroke	24	3	10:23 AM	_____
Finals	11 Girls 13-14 200 Breaststroke	27	3	10:29 AM	_____
Finals	12 Boys 13-14 200 Breaststroke	26	3	10:39 AM	_____
Finals	13 Girls 10 & Under 50 Butterfly	29	3	10:48 AM	_____
Finals	14 Boys 10 & Under 50 Butterfly	27	3	10:51 AM	_____
Finals	15 Girls 11-12 50 Butterfly	32	4	10:55 AM	_____
Finals	16 Boys 11-12 50 Butterfly	42	5	10:59 AM	_____
Finals	17 Girls 13-14 100 Butterfly	39	4	11:04 AM	_____
Finals	18 Boys 13-14 100 Butterfly	27	3	11:11 AM	_____
Finals	19 Girls 10 & Under 100 Backstroke	24	3	11:15 AM	_____
Finals	20 Boys 10 & Under 100 Backstroke	28	3	11:22 AM	_____
Finals	21 Girls 11-12 100 Backstroke	32	4	11:28 AM	_____
Finals	22 Boys 11-12 100 Backstroke	31	4	11:36 AM	_____
Finals	23 Girls 13-14 200 Backstroke	32	4	11:44 AM	_____
Finals	24 Boys 13-14 200 Backstroke	23	3	11:56 AM	_____
Finals	25 Girls 10 & Under 200 Medley Relay	11	2	12:06 PM	_____
Finals	26 Boys 10 & Under 200 Medley Relay	13	2	12:12 PM	_____
Finals	27 Girls 11-12 200 Medley Relay	16	2	12:19 PM	_____
Finals	28 Boys 11-12 200 Medley Relay	16	2	12:25 PM	_____
Finals	29 Girls 13-14 400 Medley Relay	18	2	12:31 PM	_____
Finals	30 Boys 13-14 400 Medley Relay	15	2	12:41 PM	_____
	Swimmers Counts for Warm-ups: 374	=====	=====		
	Entry / Heat Totals:	806	96		
	Finish Time			12:52 PM	_____

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Session Report

Session: 2 Saturday PM

Day of Meet: 1 Starts at 05:30 PM Heat Interval: 30 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	31 Girls 11-12 500 Freestyle	24	3	05:30 PM	_____
Finals	32 Boys 11-12 500 Freestyle	28	3	05:50 PM	_____
Finals	33 Girls 10 & Under 100 IM	34	4	06:10 PM	_____
Finals	34 Boys 10 & Under 100 IM	30	3	06:17 PM	_____
Finals	35 Girls 11-12 100 IM	36	4	06:23 PM	_____
Finals	36 Boys 11-12 100 IM	34	4	06:30 PM	_____
Finals	37 Girls 13-14 200 IM	46	5	06:37 PM	_____
Finals	38 Boys 13-14 200 IM	35	4	06:51 PM	_____
Finals	39 Girls 10 & Under 50 Backstroke	29	3	07:02 PM	_____
Finals	40 Boys 10 & Under 50 Backstroke	39	4	07:06 PM	_____
Finals	41 Girls 11-12 50 Backstroke	28	3	07:12 PM	_____
Finals	42 Boys 11-12 50 Backstroke	27	3	07:16 PM	_____
Finals	43 Girls 13-14 100 Backstroke	29	3	07:20 PM	_____
Finals	44 Boys 13-14 100 Backstroke	22	3	07:25 PM	_____
Finals	45 Girls 10 & Under 50 Freestyle	35	4	07:31 PM	_____
Finals	46 Boys 10 & Under 50 Freestyle	37	4	07:35 PM	_____
Finals	47 Girls 11-12 50 Freestyle	39	4	07:39 PM	_____
Finals	48 Boys 11-12 50 Freestyle	38	4	07:43 PM	_____
Finals	49 Girls 13-14 50 Freestyle	40	4	07:47 PM	_____
Finals	50 Boys 13-14 50 Freestyle	29	3	07:51 PM	_____
	Break: 5 Minutes:				
Finals	51 Girls 13-14 500 Freestyle	29	3	07:59 PM	_____
	H1 combined with E52 H1				
Finals	52 Boys 13-14 500 Freestyle	28	3	08:17 PM	_____
	** H1 will swim in E51 H1**				
	Swimmers Counts for Warm-ups: 365	=====	=====		
	Entry / Heat Totals:	716	78		
	Finish Time			08:35 PM	_____

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Session Report

Session: 3 Sunday AM

Day of Meet: 2 Starts at 09:00 AM Heat Interval: 30 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	53 Girls 10 & Under 200 IM	25	3	09:00 AM	_____
Finals	54 Boys 10 & Under 200 IM	25	3	09:11 AM	_____
Finals	55 Girls 11-12 200 IM	34	4	09:22 AM	_____
Finals	56 Boys 11-12 200 IM	32	4	09:34 AM	_____
Finals	57 Girls 13-14 400 IM	32	4	09:46 AM	_____
Finals	58 Boys 13-14 400 IM	33	4	10:09 AM	_____
Finals	59 Girls 10 & Under 100 Freestyle	27	3	10:31 AM	_____
Finals	60 Boys 10 & Under 100 Freestyle	33	4	10:36 AM	_____
Finals	61 Girls 11-12 100 Freestyle	38	4	10:43 AM	_____
Finals	62 Boys 11-12 100 Freestyle	41	5	10:49 AM	_____
Finals	63 Girls 13-14 100 Freestyle	51	6	10:57 AM	_____
Finals	64 Boys 13-14 100 Freestyle	39	4	11:05 AM	_____
Finals	65 Girls 10 & Under 50 Breaststroke	29	3	11:11 AM	_____
Finals	66 Boys 10 & Under 50 Breaststroke	22	3	11:15 AM	_____
Finals	67 Girls 11-12 50 Breaststroke	24	3	11:19 AM	_____
Finals	68 Boys 11-12 50 Breaststroke	24	3	11:22 AM	_____
Finals	69 Girls 13-14 100 Breaststroke	34	4	11:26 AM	_____
Finals	70 Boys 13-14 100 Breaststroke	26	3	11:33 AM	_____
Finals	71 Girls 10 & Under 100 Butterfly	22	3	11:38 AM	_____
Finals	72 Boys 10 & Under 100 Butterfly	21	3	11:44 AM	_____
Finals	73 Girls 11-12 100 Butterfly	26	3	11:50 AM	_____
Finals	74 Boys 11-12 100 Butterfly	27	3	11:55 AM	_____
Finals	75 Girls 13-14 200 Butterfly	21	3	12:00 PM	_____
Finals	76 Boys 13-14 200 Butterfly	17	2	12:09 PM	_____
Finals	77 Girls 10 & Under 200 Freestyle Relay	12	2	12:15 PM	_____
Finals	78 Boys 10 & Under 200 Freestyle Relay	13	2	12:20 PM	_____
Finals	79 Girls 11-12 200 Freestyle Relay	16	2	12:26 PM	_____
Finals	80 Boys 11-12 200 Freestyle Relay	16	2	12:31 PM	_____
Finals	81 Girls 13-14 400 Freestyle Relay	18	2	12:36 PM	_____
Finals	82 Boys 13-14 400 Freestyle Relay	15	2	12:45 PM	_____
	Break: 15 Minutes: Awards and High Point Presenta				
	Swimmers Counts for Warm-ups: 374	=====	=====		
	Entry / Heat Totals:	793	96		
	Finish Time			01:08 PM	_____