

2023 AAU Junior Olympic Games - 7/27/2023 to 7/30/2023**Prairie Meadows Pool, Sanction #: IA-23-099A****Wellmark YMCA * Des Moines, IA * 50 Meter Course****Session Report**

Session: 1 Thursday Evening

Day of Meet: 1 Starts at 06:00 PM Heat Interval: 25 Seconds / Back +25 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	1 Girls 11-12 400 Freestyle	8	1	06:00 PM	_____
Finals	2 Boys 11-12 400 Freestyle	8	1	06:07 PM	_____
	Break: 5 Minutes: awards				
Finals	7 Girls 13-14 1500 Freestyle	4	1	06:19 PM	_____
Finals	8 Boys 13-14 1500 Freestyle	7	1	06:43 PM	_____
	Break: 5 Minutes: awards				
Finals	9 Girls 15-18 1500 Freestyle	8	1	07:13 PM	_____
Finals	10 Boys 15-18 1500 Freestyle	8	1	07:34 PM	_____
	Break: 5 Minutes: awards				
	Swimmers Counts for Warm-ups: 43	=====	=====		
	Entry / Heat Totals:	43	6		
	Finish Time			07:59 PM	_____

Session: 2 Friday AM Prelims

Day of Meet: 2 Starts at 08:00 AM Heat Interval: 15 Seconds / Back +25 Seconds

Round	Event	Entries	Heats	Starts at	
Prelims	11 Girls 13-14 200 Freestyle	52	7	08:00 AM	_____
Prelims	12 Boys 13-14 200 Freestyle	40	5	08:24 AM	_____
Prelims	13 Girls 15-18 200 Freestyle	51	7	08:40 AM	_____
Prelims	14 Boys 15-18 200 Freestyle	80	10	09:01 AM	_____
Prelims	15 Girls 13-14 200 Breaststroke	28	4	09:28 AM	_____
Prelims	16 Boys 13-14 200 Breaststroke	20	3	09:46 AM	_____
Prelims	17 Girls 15-18 200 Breaststroke	35	5	09:59 AM	_____
Prelims	18 Boys 15-18 200 Breaststroke	39	5	10:19 AM	_____
Prelims	19 Girls 13-14 100 Butterfly	47	6	10:36 AM	_____
Prelims	20 Boys 13-14 100 Butterfly	34	5	10:48 AM	_____
Prelims	21 Girls 15-18 100 Butterfly	49	7	10:58 AM	_____
Prelims	22 Boys 15-18 100 Butterfly	77	10	11:09 AM	_____
Finals	3 Girls 13-14 400 IM	10	2	11:25 AM	_____
Finals	4 Boys 13-14 400 IM	6	1	11:38 AM	_____
Finals	5 Girls 15-18 400 IM	13	2	11:45 AM	_____
Finals	6 Boys 15-18 400 IM	11	2	11:58 AM	_____
	Break: 10 Minutes: awards				
	Swimmers Counts for Warm-ups: 294	=====	=====		
	Entry / Heat Totals:	592	81		
	Finish Time			12:20 PM	_____

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Session: 3 Friday PM Prelims

Day of Meet: 2 Starts at 01:00 PM Heat Interval: 25 Seconds / Back +25 Seconds

Round	Event	Entries	Heats	Starts at	
Prelims	27 Girls 11-12 200 Freestyle	33	5	01:00 PM	_____
Prelims	28 Boys 11-12 200 Freestyle	30	4	01:19 PM	_____
Finals	29 Girls 10 & Under 200 Freestyle	24	3	01:35 PM	_____
Finals	30 Boys 10 & Under 200 Freestyle	20	3	01:48 PM	_____
	Break: 5 Minutes: awards				
Prelims	31 Girls 11-12 100 Breaststroke	31	4	02:06 PM	_____
Prelims	32 Boys 11-12 100 Breaststroke	30	4	02:15 PM	_____
Finals	33 Girls 10 & Under 100 Breaststroke	29	4	02:25 PM	_____
Finals	34 Boys 10 & Under 100 Breaststroke	31	4	02:36 PM	_____
	Break: 5 Minutes: awards				
Prelims	35 Girls 11-12 50 Butterfly	45	6	02:52 PM	_____
Prelims	36 Boys 11-12 50 Butterfly	38	5	02:59 PM	_____
Finals	37 Girls 9-10 50 Butterfly	29	4	03:05 PM	_____
Finals	38 Boys 9-10 50 Butterfly	25	4	03:11 PM	_____
Finals	39 Girls 8 & Under 50 Butterfly	24	3	03:16 PM	_____
Finals	40 Boys 8 & Under 50 Butterfly	20	3	03:22 PM	_____
	Break: 10 Minutes: awards				
Finals	41 Girls 11-12 400 Medley Relay	6	1	03:37 PM	_____
Finals	42 Boys 11-12 400 Medley Relay	5	1	03:45 PM	_____
	Break: 5 Minutes: awards				
	Swimmers Counts for Warm-ups: 214	=====	=====		
	Entry / Heat Totals:	420	58		
	Finish Time			03:58 PM	_____

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Session: 4 Friday Finals

Day of Meet: 2 Starts at 05:30 PM Heat Interval: 60 Seconds / Back +25 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	23 Girls 13-14 400 Medley Relay	9	2 u	05:30 PM	_____
Finals	24 Boys 13-14 400 Medley Relay	7	1	05:47 PM	_____
Finals	25 Girls 15-18 400 Medley Relay	12	2	05:55 PM	_____
Finals	26 Boys 15-18 400 Medley Relay	15	2	06:11 PM	_____
	Break: 10 Minutes: awards				
Finals	27 Girls 11-12 200 Freestyle	16	2 u	06:36 PM	_____
Finals	28 Boys 11-12 200 Freestyle	16	2 u	06:43 PM	_____
Finals	11 Girls 13-14 200 Freestyle	16	2	06:50 PM	_____
Finals	12 Boys 13-14 200 Freestyle	16	2	06:57 PM	_____
Finals	13 Girls 15-18 200 Freestyle	16	2	07:04 PM	_____
Finals	14 Boys 15-18 200 Freestyle	16	2	07:11 PM	_____
	Break: 15 Minutes: awards				
Finals	31 Girls 11-12 100 Breaststroke	16	2 u	07:32 PM	_____
Finals	32 Boys 11-12 100 Breaststroke	16	2 u	07:38 PM	_____
Finals	15 Girls 13-14 200 Breaststroke	8	1	07:43 PM	_____
Finals	16 Boys 13-14 200 Breaststroke	8	1	07:47 PM	_____
Finals	17 Girls 15-18 200 Breaststroke	8	1	07:51 PM	_____
Finals	18 Boys 15-18 200 Breaststroke	8	1	07:56 PM	_____
	Break: 15 Minutes: awards				
Finals	35 Girls 11-12 50 Butterfly	16	2 u	08:14 PM	_____
Finals	36 Boys 11-12 50 Butterfly	16	2 u	08:18 PM	_____
Finals	19 Girls 13-14 100 Butterfly	16	2	08:21 PM	_____
Finals	20 Boys 13-14 100 Butterfly	16	2	08:25 PM	_____
Finals	21 Girls 15-18 100 Butterfly	16	2	08:30 PM	_____
Finals	22 Boys 15-18 100 Butterfly	16	2	08:34 PM	_____
	Break: 15 Minutes: awards				
	Swimmers Counts for Warm-ups: 226	=====	=====		
	Entry / Heat Totals:	299	39		
	Finish Time			08:54 PM	_____

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Session: 5 Saturday AM Prelims

Day of Meet: 3 Starts at 08:00 AM Heat Interval: 15 Seconds / Back +25 Seconds

Round	Event	Entries	Heats	Starts at	
Prelims	43 Girls 13-14 50 Freestyle	71	9 u	08:00 AM	_____
Prelims	44 Boys 13-14 50 Freestyle	51	7 u	08:08 AM	_____
Prelims	45 Girls 15-18 50 Freestyle	83	11 u	08:14 AM	_____
Prelims	46 Boys 15-18 50 Freestyle	109	14 u	08:23 AM	_____
Prelims	47 Girls 13-14 200 IM	47	6 u	08:33 AM	_____
Prelims	48 Boys 13-14 200 IM	29	4 u	08:53 AM	_____
Prelims	49 Girls 15-18 200 IM	46	6 u	09:08 AM	_____
Prelims	50 Boys 15-18 200 IM	68	9 u	09:29 AM	_____
Prelims	51 Girls 13-14 100 Backstroke	61	8 u	09:56 AM	_____
Prelims	52 Boys 13-14 100 Backstroke	43	6 u	10:14 AM	_____
Prelims	53 Girls 15-18 100 Backstroke	59	8 u	10:27 AM	_____
Prelims	54 Boys 15-18 100 Backstroke	75	10 u	10:44 AM	_____
Finals-S	55 Girls 13-14 400 Freestyle	5	1 u	11:05 AM	_____
Finals-S	56 Boys 13-14 400 Freestyle	1	1 u	11:11 AM	_____
Finals-S	57 Girls 15-18 400 Freestyle	18	3 u	11:17 AM	_____
Finals-S	58 Boys 15-18 400 Freestyle	21	3 u	11:35 AM	_____
	Break: 10 Minutes: awards				
	Swimmers Counts for Warm-ups: 343	=====	=====		
	Entry / Heat Totals:	787	106		
	Finish Time			12:02 PM	_____

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Session: 6 Saturday PM Prelims

Day of Meet: 3 Starts at 01:00 PM Heat Interval: 25 Seconds / Back +25 Seconds

Round	Event	Entries	Heats	Starts at	
Prelims	65 Girls 11-12 50 Freestyle	61	8 u	01:00 PM	_____
Prelims	66 Boys 11-12 50 Freestyle	53	7 u	01:09 PM	_____
Finals	67 Girls 9-10 50 Freestyle	38	5 u	01:16 PM	_____
Finals	68 Boys 9-10 50 Freestyle	39	5 u	01:22 PM	_____
Finals	69 Girls 8 & Under 50 Freestyle	31	4 u	01:28 PM	_____
Finals	70 Boys 8 & Under 50 Freestyle	25	4 u	01:34 PM	_____
	Break: 10 Minutes: awards				
Prelims	71 Girls 11-12 200 IM	34	5 u	01:50 PM	_____
Prelims	72 Boys 11-12 200 IM	30	4 u	02:11 PM	_____
Finals	73 Girls 10 & Under 200 IM	21	3 u	02:27 PM	_____
Finals	74 Boys 10 & Under 200 IM	18	3 u	02:41 PM	_____
	Break: 5 Minutes: awards				
Prelims	75 Girls 11-12 50 Backstroke	48	6 u	03:00 PM	_____
Prelims	76 Boys 11-12 50 Backstroke	44	6 u	03:10 PM	_____
Finals	77 Girls 9-10 50 Backstroke	34	5 u	03:19 PM	_____
Finals	78 Boys 9-10 50 Backstroke	32	4 u	03:28 PM	_____
Finals	79 Girls 8 & Under 50 Backstroke	30	4 u	03:35 PM	_____
Finals	80 Boys 8 & Under 50 Backstroke	24	3 u	03:43 PM	_____
	Break: 10 Minutes: awards				
Finals	81 Girls 11-12 400 Freestyle Relay	4	1 u	03:59 PM	_____
Finals	82 Boys 11-12 400 Freestyle Relay	3	1 u	04:08 PM	_____
	Break: 5 Minutes: awards				
	Swimmers Counts for Warm-ups: 253	=====	=====		
	Entry / Heat Totals:	569	78		
	Finish Time			04:21 PM	_____

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Session: 7 Saturday Finals

Day of Meet: 3 Starts at 05:30 PM Heat Interval: 60 Seconds / Back +25 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	59 Girls 13-14 400 Freestyle Relay	5	1 u	05:30 PM	_____
Finals	60 Boys 13-14 400 Freestyle Relay	3	1 u	05:38 PM	_____
Finals	61 Girls 15-18 400 Freestyle Relay	6	1 u	05:46 PM	_____
Finals	62 Boys 15-18 400 Freestyle Relay	6	1 u	05:54 PM	_____
	Break: 10 Minutes: awards				
Finals	65 Girls 11-12 50 Freestyle	16	2 u	06:12 PM	_____
Finals	66 Boys 11-12 50 Freestyle	16	2 u	06:15 PM	_____
Finals	43 Girls 13-14 50 Freestyle	16	2 u	06:18 PM	_____
Finals	44 Boys 13-14 50 Freestyle	16	2 u	06:21 PM	_____
Finals	45 Girls 15-18 50 Freestyle	16	2 u	06:24 PM	_____
Finals	46 Boys 15-18 50 Freestyle	16	2 u	06:27 PM	_____
	Break: 15 Minutes: awards				
Finals	71 Girls 11-12 200 IM	16	2 u	06:45 PM	_____
Finals	72 Boys 11-12 200 IM	16	2 u	06:53 PM	_____
Finals	47 Girls 13-14 200 IM	16	2 u	07:01 PM	_____
Finals	48 Boys 13-14 200 IM	16	2 u	07:09 PM	_____
Finals	49 Girls 15-18 200 IM	16	2 u	07:16 PM	_____
Finals	50 Boys 15-18 200 IM	16	2 u	07:24 PM	_____
	Break: 15 Minutes: awards				
Finals	75 Girls 11-12 50 Backstroke	16	2 u	07:45 PM	_____
Finals	76 Boys 11-12 50 Backstroke	16	2 u	07:49 PM	_____
Finals	51 Girls 13-14 100 Backstroke	16	2 u	07:54 PM	_____
Finals	52 Boys 13-14 100 Backstroke	16	2 u	07:59 PM	_____
Finals	53 Girls 15-18 100 Backstroke	16	2 u	08:04 PM	_____
Finals	54 Boys 15-18 100 Backstroke	16	2 u	08:10 PM	_____
	Break: 15 Minutes: awards				
Finals-1	55 Girls 13-14 400 Freestyle	8	1 u	08:30 PM	_____
Finals-1	56 Boys 13-14 400 Freestyle	8	1 u	08:37 PM	_____
Finals-1	57 Girls 15-18 400 Freestyle	8	1 u	08:44 PM	_____
Finals-1	58 Boys 15-18 400 Freestyle	8	1 u	08:51 PM	_____
	Break: 10 Minutes: awards				
	Swimmers Counts for Warm-ups: 207	=====	=====		
	Entry / Heat Totals:	340	44		
	Finish Time			09:07 PM	_____

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Session: 8 Sunday AM Prelims

Day of Meet: 4 Starts at 08:00 AM Heat Interval: 15 Seconds / Back +25 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	85 Girls 13-14 200 Freestyle Relay	5	1 u	08:00 AM	_____
Finals	86 Boys 13-14 200 Freestyle Relay	3	1 u	08:04 AM	_____
Finals	87 Girls 15-18 200 Freestyle Relay	6	1 u	08:07 AM	_____
Finals	88 Boys 15-18 200 Freestyle Relay	6	1 u	08:10 AM	_____
	Break: 10 Minutes: awards				
Prelims	89 Girls 13-14 200 Backstroke	31	4 u	08:23 AM	_____
Prelims	90 Boys 13-14 200 Backstroke	21	3 u	08:40 AM	_____
Prelims	91 Girls 15-18 200 Backstroke	33	5 u	08:52 AM	_____
Prelims	92 Boys 15-18 200 Backstroke	37	5 u	09:10 AM	_____
Prelims	93 Girls 13-14 100 Breaststroke	53	7 u	09:28 AM	_____
Prelims	94 Boys 13-14 100 Breaststroke	36	5 u	09:42 AM	_____
Prelims	95 Girls 15-18 100 Breaststroke	50	7 u	09:53 AM	_____
Prelims	96 Boys 15-18 100 Breaststroke	76	10 u	10:06 AM	_____
Prelims	97 Girls 13-14 200 Butterfly	13	2 u	10:24 AM	_____
Prelims	98 Boys 13-14 200 Butterfly	8	1 u	10:32 AM	_____
Prelims	99 Girls 15-18 200 Butterfly	14	2 u	10:36 AM	_____
Prelims	100 Boys 15-18 200 Butterfly	17	3 u	10:42 AM	_____
Prelims	101 Girls 13-14 100 Freestyle	73	10 u	10:53 AM	_____
Prelims	102 Boys 13-14 100 Freestyle	53	7 u	11:08 AM	_____
Prelims	103 Girls 15-18 100 Freestyle	84	11 u	11:19 AM	_____
Prelims	104 Boys 15-18 100 Freestyle	112	14 u	11:36 AM	_____
	Swimmers Counts for Warm-ups: 337	====	====		
	Entry / Heat Totals:	731	100		
	Finish Time			11:56 AM	_____

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Session: 9 Sunday PM Prelims

Day of Meet: 4 Starts at 01:00 PM Heat Interval: 25 Seconds / Back +25 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	111 Girls 8 & Under 200 Freestyle Relay	2	1 u	01:00 PM	_____
	Events 111 and 112 combined				
Finals	112 Boys 8 & Under 200 Freestyle Relay	3	1 u	01:05 PM	_____
	Events 111 and 112 combined				
Finals	113 Girls 9-10 200 Freestyle Relay	2	1 u	01:09 PM	_____
	Events 113 and 114 combined				
Finals	114 Boys 9-10 200 Freestyle Relay	4	1 u	01:13 PM	_____
	Events 113 and 114 combined				
Finals	115 Girls 11-12 200 Freestyle Relay	4	1 u	01:17 PM	_____
Finals	116 Boys 11-12 200 Freestyle Relay	3	1 u	01:21 PM	_____
	Break: 15 Minutes: awards				
Prelims	117 Girls 11-12 100 Backstroke	36	5 u	01:40 PM	_____
Prelims	118 Boys 11-12 100 Backstroke	28	4 u	01:52 PM	_____
Finals	119 Girls 10 & Under 100 Backstroke	34	5 u	02:03 PM	_____
Finals	120 Boys 10 & Under 100 Backstroke	30	4 u	02:17 PM	_____
	Break: 5 Minutes: awards				
Prelims	121 Girls 11-12 50 Breaststroke	39	5 u	02:35 PM	_____
Prelims	122 Boys 11-12 50 Breaststroke	31	4 u	02:41 PM	_____
Finals	123 Girls 9-10 50 Breaststroke	26	4 u	02:46 PM	_____
Finals	124 Boys 9-10 50 Breaststroke	30	4 u	02:53 PM	_____
Finals	125 Girls 8 & Under 50 Breaststroke	25	4 u	02:58 PM	_____
Finals	126 Boys 8 & Under 50 Breaststroke	21	3 u	03:06 PM	_____
	Break: 10 Minutes: awards				
Prelims	127 Girls 11-12 100 Butterfly	22	3 u	03:22 PM	_____
Prelims	128 Boys 11-12 100 Butterfly	21	3 u	03:29 PM	_____
Finals	129 Girls 10 & Under 100 Butterfly	14	2 u	03:35 PM	_____
Finals	130 Boys 10 & Under 100 Butterfly	8	1 u	03:40 PM	_____
	Break: 5 Minutes: awards				
Prelims	131 Girls 11-12 100 Freestyle	47	6 u	03:48 PM	_____
Prelims	132 Boys 11-12 100 Freestyle	47	6 u	03:59 PM	_____
Finals	133 Girls 10 & Under 100 Freestyle	42	6 u	04:10 PM	_____
Finals	134 Boys 10 & Under 100 Freestyle	46	6 u	04:24 PM	_____
	Break: 5 Minutes: awards				
Finals	135 Girls 10 & Under 200 Medley Relay	4	1 u	04:43 PM	_____
Finals	136 Boys 10 & Under 200 Medley Relay	5	1 u	04:48 PM	_____
Finals	137 Girls 11-12 200 Medley Relay	4	1 u	04:52 PM	_____
Finals	138 Boys 11-12 200 Medley Relay	3	1 u	04:57 PM	_____
	Break: 10 Minutes: awards				
	Swimmers Counts for Warm-ups: 240	====	====		
	Entry / Heat Totals:	581	85		
	Finish Time			05:11 PM	_____

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Session: 10 Sunday Finals

Day of Meet: 4 Starts at 05:30 PM Heat Interval: 60 Seconds / Back +25 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	105 Girls 13-14 200 Medley Relay	5	1 u	05:30 PM	_____
Finals	106 Boys 13-14 200 Medley Relay	3	1 u	05:35 PM	_____
Finals	107 Girls 15-18 200 Medley Relay	6	1 u	05:40 PM	_____
Finals	108 Boys 15-18 200 Medley Relay	7	1 u	05:45 PM	_____
	Break: 10 Minutes: awards				
Finals	117 Girls 11-12 100 Backstroke	16	2 u	05:59 PM	_____
Finals	118 Boys 11-12 100 Backstroke	16	2 u	06:05 PM	_____
Finals	89 Girls 13-14 200 Backstroke	8	1 u	06:11 PM	_____
Finals	90 Boys 13-14 200 Backstroke	8	1 u	06:15 PM	_____
Finals	91 Girls 15-18 200 Backstroke	8	1 u	06:19 PM	_____
Finals	92 Boys 15-18 200 Backstroke	8	1 u	06:23 PM	_____
	Break: 15 Minutes: awards				
Finals	121 Girls 11-12 50 Breaststroke	16	2 u	06:42 PM	_____
Finals	122 Boys 11-12 50 Breaststroke	16	2 u	06:45 PM	_____
Finals	93 Girls 13-14 100 Breaststroke	16	2 u	06:49 PM	_____
Finals	94 Boys 13-14 100 Breaststroke	16	2 u	06:53 PM	_____
Finals	95 Girls 15-18 100 Breaststroke	16	2 u	06:58 PM	_____
Finals	96 Boys 15-18 100 Breaststroke	16	2 u	07:03 PM	_____
	Break: 15 Minutes: awards				
Finals	127 Girls 11-12 100 Butterfly	16	2 u	07:23 PM	_____
Finals	128 Boys 11-12 100 Butterfly	16	2 u	07:28 PM	_____
Finals	97 Girls 13-14 200 Butterfly	8	1 u	07:32 PM	_____
Finals	98 Boys 13-14 200 Butterfly	8	1 u	07:36 PM	_____
Finals	99 Girls 15-18 200 Butterfly	8	1 u	07:40 PM	_____
Finals	100 Boys 15-18 200 Butterfly	8	1 u	07:44 PM	_____
	Break: 15 Minutes: awards				
Finals	131 Girls 11-12 100 Freestyle	16	2 u	08:02 PM	_____
Finals	132 Boys 11-12 100 Freestyle	16	2 u	08:07 PM	_____
Finals	101 Girls 13-14 100 Freestyle	16	2 u	08:11 PM	_____
Finals	102 Boys 13-14 100 Freestyle	16	2 u	08:15 PM	_____
Finals	103 Girls 15-18 100 Freestyle	16	2 u	08:19 PM	_____
Finals	104 Boys 15-18 100 Freestyle	16	2 u	08:23 PM	_____
	Break: 15 Minutes:				
	Swimmers Counts for Warm-ups: 187	=====	=====		
	Entry / Heat Totals:	341	44		
	Finish Time			08:42 PM	_____
	Finish Time			06:30 PM	_____
	Finish Time			07:00 PM	_____