

2023 IA Midwest All Stars - 1/14/2023 to 1/15/2023**Prairie Meadows Pool, Sanction #: IA-23-027****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 | 30 | 3 | 09:00 AM | _____ |
| Finals | 2 Boys 10 & Under 200 Freestyle | 26 | 3 | 09:10 AM | _____ |
| Finals | 3 Girls 11-12 200 Freestyle | 36 | 4 | 09:20 AM | _____ |
| Finals | 4 Boys 11-12 200 Freestyle | 32 | 4 | 09:31 AM | _____ |
| Finals | 5 Girls 13-14 200 Freestyle | 46 | 5 | 09:42 AM | _____ |
| Finals | 6 Boys 13-14 200 Freestyle | 37 | 4 | 09:55 AM | _____ |
| Finals | 7 Girls 10 & Under 100 Breaststroke | 29 | 3 | 10:05 AM | _____ |
| Finals | 8 Boys 10 & Under 100 Breaststroke | 21 | 3 | 10:12 AM | _____ |
| Finals | 9 Girls 11-12 100 Breaststroke | 31 | 4 | 10:18 AM | _____ |
| Finals | 10 Boys 11-12 100 Breaststroke | 25 | 3 | 10:26 AM | _____ |
| Finals | 11 Girls 13-14 200 Breaststroke | 25 | 3 | 10:31 AM | _____ |
| Finals | 12 Boys 13-14 200 Breaststroke | 20 | 2 | 10:41 AM | _____ |
| Finals | 13 Girls 10 & Under 50 Butterfly | 30 | 3 | 10:47 AM | _____ |
| Finals | 14 Boys 10 & Under 50 Butterfly | 25 | 3 | 10:51 AM | _____ |
| Finals | 15 Girls 11-12 50 Butterfly | 32 | 4 | 10:54 AM | _____ |
| Finals | 16 Boys 11-12 50 Butterfly | 27 | 3 | 10:58 AM | _____ |
| Finals | 17 Girls 13-14 100 Butterfly | 34 | 4 | 11:01 AM | _____ |
| Finals | 18 Boys 13-14 100 Butterfly | 24 | 3 | 11:08 AM | _____ |
| Finals | 19 Girls 10 & Under 100 Backstroke | 27 | 3 | 11:12 AM | _____ |
| Finals | 20 Boys 10 & Under 100 Backstroke | 28 | 3 | 11:19 AM | _____ |
| Finals | 21 Girls 11-12 100 Backstroke | 31 | 4 | 11:25 AM | _____ |
| Finals | 22 Boys 11-12 100 Backstroke | 24 | 3 | 11:33 AM | _____ |
| Finals | 23 Girls 13-14 200 Backstroke | 29 | 3 | 11:39 AM | _____ |
| Finals | 24 Boys 13-14 200 Backstroke | 26 | 3 | 11:48 AM | _____ |
| Finals | 25 Girls 10 & Under 200 Medley Relay | 14 | 2 | 11:58 AM | _____ |
| Finals | 26 Boys 10 & Under 200 Medley Relay | 13 | 2 | 12:04 PM | _____ |
| Finals | 27 Girls 11-12 200 Medley Relay | 16 | 2 | 12:11 PM | _____ |
| Finals | 28 Boys 11-12 200 Medley Relay | 14 | 2 | 12:17 PM | _____ |
| Finals | 29 Girls 13-14 400 Medley Relay | 17 | 2 | 12:23 PM | _____ |
| Finals | 30 Boys 13-14 400 Medley Relay | 13 | 2 | 12:33 PM | _____ |
| | Swimmers Counts for Warm-ups: 363 | ===== | ===== | | |
| | Entry / Heat Totals: | 782 | 92 | | |
| | Finish Time | | | 12:43 PM | _____ |

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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 | 27 | 3 | 05:30 PM | _____ |
| Finals | 32 Boys 11-12 500 Freestyle | 21 | 3 | 05:50 PM | _____ |
| Finals | 33 Girls 10 & Under 100 IM | 44 | 5 | 06:10 PM | _____ |
| Finals | 34 Boys 10 & Under 100 IM | 33 | 4 | 06:20 PM | _____ |
| Finals | 35 Girls 11-12 100 IM | 42 | 5 | 06:28 PM | _____ |
| Finals | 36 Boys 11-12 100 IM | 28 | 3 | 06:36 PM | _____ |
| Finals | 37 Girls 13-14 200 IM | 35 | 4 | 06:41 PM | _____ |
| Finals | 38 Boys 13-14 200 IM | 29 | 3 | 06:53 PM | _____ |
| Finals | 39 Girls 10 & Under 50 Backstroke | 37 | 4 | 07:01 PM | _____ |
| Finals | 40 Boys 10 & Under 50 Backstroke | 34 | 4 | 07:07 PM | _____ |
| Finals | 41 Girls 11-12 50 Backstroke | 25 | 3 | 07:13 PM | _____ |
| Finals | 42 Boys 11-12 50 Backstroke | 27 | 3 | 07:17 PM | _____ |
| Finals | 43 Girls 13-14 100 Backstroke | 26 | 3 | 07:20 PM | _____ |
| Finals | 44 Boys 13-14 100 Backstroke | 28 | 3 | 07:26 PM | _____ |
| Finals | 45 Girls 10 & Under 50 Freestyle | 36 | 4 | 07:31 PM | _____ |
| Finals | 46 Boys 10 & Under 50 Freestyle | 38 | 4 | 07:36 PM | _____ |
| Finals | 47 Girls 11-12 50 Freestyle | 38 | 4 | 07:40 PM | _____ |
| Finals | 48 Boys 11-12 50 Freestyle | 34 | 4 | 07:44 PM | _____ |
| Finals | 49 Girls 13-14 50 Freestyle | 45 | 5 | 07:48 PM | _____ |
| Finals | 50 Boys 13-14 50 Freestyle | 30 | 3 | 07:52 PM | _____ |
| | Break: 5 Minutes: | | | | |
| Finals | 51 Girls 13-14 500 Freestyle | 33 | 4 | 08:00 PM | _____ |
| | **H1 combined with E52 H1** | | | | |
| Finals | 52 Boys 13-14 500 Freestyle | 21 | 3 | 08:25 PM | _____ |
| | ** H1 will swim in E51 H1** | | | | |
| | Swimmers Counts for Warm-ups: 365 | ===== | ===== | | |
| | Entry / Heat Totals: | 711 | 81 | | |
| | Finish Time | | | 08:43 PM | _____ |

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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 | 24 | 3 u | 09:00 AM | _____ |
| Finals | 54 Boys 10 & Under 200 IM | 24 | 3 u | 09:11 AM | _____ |
| Finals | 55 Girls 11-12 200 IM | 34 | 4 u | 09:22 AM | _____ |
| Finals | 56 Boys 11-12 200 IM | 27 | 3 u | 09:34 AM | _____ |
| Finals | 57 Girls 13-14 400 IM | 31 | 4 u | 09:44 AM | _____ |
| Finals | 58 Boys 13-14 400 IM | 25 | 3 u | 10:07 AM | _____ |
| Finals | 59 Girls 10 & Under 100 Freestyle | 37 | 4 u | 10:23 AM | _____ |
| Finals | 60 Boys 10 & Under 100 Freestyle | 34 | 4 u | 10:30 AM | _____ |
| Finals | 61 Girls 11-12 100 Freestyle | 39 | 4 u | 10:37 AM | _____ |
| Finals | 62 Boys 11-12 100 Freestyle | 35 | 4 u | 10:43 AM | _____ |
| Finals | 63 Girls 13-14 100 Freestyle | 48 | 5 u | 10:49 AM | _____ |
| Finals | 64 Boys 13-14 100 Freestyle | 39 | 4 u | 10:56 AM | _____ |
| Finals | 65 Girls 10 & Under 50 Breaststroke | 30 | 3 u | 11:02 AM | _____ |
| Finals | 66 Boys 10 & Under 50 Breaststroke | 22 | 3 u | 11:06 AM | _____ |
| Finals | 67 Girls 11-12 50 Breaststroke | 25 | 3 u | 11:10 AM | _____ |
| Finals | 68 Boys 11-12 50 Breaststroke | 24 | 3 u | 11:13 AM | _____ |
| Finals | 69 Girls 13-14 100 Breaststroke | 29 | 3 u | 11:16 AM | _____ |
| Finals | 70 Boys 13-14 100 Breaststroke | 22 | 3 u | 11:22 AM | _____ |
| Finals | 71 Girls 10 & Under 100 Butterfly | 23 | 3 u | 11:27 AM | _____ |
| Finals | 72 Boys 10 & Under 100 Butterfly | 22 | 3 u | 11:33 AM | _____ |
| Finals | 73 Girls 11-12 100 Butterfly | 31 | 4 u | 11:39 AM | _____ |
| Finals | 74 Boys 11-12 100 Butterfly | 25 | 3 u | 11:46 AM | _____ |
| Finals | 75 Girls 13-14 200 Butterfly | 21 | 3 u | 11:51 AM | _____ |
| Finals | 76 Boys 13-14 200 Butterfly | 15 | 2 u | 12:00 PM | _____ |
| Finals | 77 Girls 10 & Under 200 Freestyle Relay | 14 | 2 u | 12:05 PM | _____ |
| Finals | 78 Boys 10 & Under 200 Freestyle Relay | 12 | 2 u | 12:11 PM | _____ |
| Finals | 79 Girls 11-12 200 Freestyle Relay | 16 | 2 u | 12:16 PM | _____ |
| Finals | 80 Boys 11-12 200 Freestyle Relay | 14 | 2 u | 12:21 PM | _____ |
| Finals | 81 Girls 13-14 400 Freestyle Relay | 17 | 2 u | 12:26 PM | _____ |
| Finals | 82 Boys 13-14 400 Freestyle Relay | 13 | 2 u | 12:35 PM | _____ |
| | Break: 15 Minutes: Awards and High Point Presenta | | | | |
| | Swimmers Counts for Warm-ups: 367 | ==== | ==== | | |
| | Entry / Heat Totals: | 772 | 93 | | |
| | Finish Time | | | 12:59 PM | _____ |