

2023 IA Winter Regional and 8 & Under Champs - 2/11/2023 to 2/12/2023**Prairie Meadows Pool, Sanction #: IA-23-050****Wellmark YMCA * Des Moines, IA * 25 yard course****Session Report**

Session: 1 Saturday Morning - 10 & Under / 11 & 12

Day of Meet: 1 Starts at 08:30 AM Heat Interval: 20 Seconds / Back +15 Seconds

| Round | Event | Entries | Heats | Starts at | |
|--------|--------------------------------------|---------|-------|-----------|-------|
| Finals | 1 Girls 11-12 100 Freestyle | 65 | 7 | 08:30 AM | _____ |
| Finals | 2 Boys 11-12 100 Freestyle | 41 | 5 | 08:43 AM | _____ |
| Finals | 3 Girls 11-12 400 IM | 0 | 0 | 08:53 AM | _____ |
| Finals | 4 Boys 11-12 400 IM | 0 | 0 | 08:53 AM | _____ |
| Finals | 5 Girls 10 & Under 100 Freestyle | 43 | 5 | 08:53 AM | _____ |
| Finals | 6 Boys 10 & Under 100 Freestyle | 32 | 4 | 09:04 AM | _____ |
| Finals | 7 Girls 11-12 100 Breaststroke | 34 | 4 | 09:12 AM | _____ |
| Finals | 8 Boys 11-12 100 Breaststroke | 26 | 3 | 09:21 AM | _____ |
| Finals | 9 Girls 10 & Under 50 Breaststroke | 43 | 5 | 09:28 AM | _____ |
| Finals | 10 Boys 10 & Under 50 Breaststroke | 25 | 3 | 09:35 AM | _____ |
| Finals | 11 Girls 11-12 200 Backstroke | 7 | 1 | 09:39 AM | _____ |
| Finals | 12 Boys 11-12 200 Backstroke | 6 | 1 | 09:43 AM | _____ |
| Finals | 13 Girls 10 & Under 100 Backstroke | 31 | 4 | 09:47 AM | _____ |
| Finals | 14 Boys 10 & Under 100 Backstroke | 20 | 2 | 09:57 AM | _____ |
| Finals | 15 Girls 11-12 50 Butterfly | 34 | 4 | 10:02 AM | _____ |
| Finals | 16 Boys 11-12 50 Butterfly | 23 | 3 | 10:07 AM | _____ |
| Finals | 17 Girls 10 & Under 50 Butterfly | 26 | 3 | 10:11 AM | _____ |
| Finals | 18 Boys 10 & Under 50 Butterfly | 17 | 2 | 10:14 AM | _____ |
| Finals | 19 Girls 11-12 100 IM | 46 | 5 | 10:17 AM | _____ |
| Finals | 20 Boys 11-12 100 IM | 24 | 3 | 10:28 AM | _____ |
| Finals | 21 Girls 10 & Under 100 IM | 42 | 5 | 10:34 AM | _____ |
| Finals | 22 Boys 10 & Under 100 IM | 23 | 3 | 10:45 AM | _____ |
| Finals | 23 Girls 11-12 50 Backstroke | 64 | 7 | 10:52 AM | _____ |
| Finals | 24 Boys 11-12 50 Backstroke | 45 | 5 | 11:02 AM | _____ |
| Finals | 25 Girls 11-12 200 Butterfly | 0 | 0 | 11:09 AM | _____ |
| Finals | 26 Boys 11-12 200 Butterfly | 0 | 0 | 11:09 AM | _____ |
| Finals | 27 Girls 10 & Under 200 Medley Relay | 11 | 2 | 11:09 AM | _____ |
| Finals | 28 Boys 10 & Under 200 Medley Relay | 7 | 1 | 11:18 AM | _____ |
| Finals | 29 Girls 11-12 200 Medley Relay | 15 | 2 | 11:23 AM | _____ |
| Finals | 30 Boys 11-12 200 Medley Relay | 6 | 1 | 11:30 AM | _____ |
| Finals | 31 Girls 10 & Under 500 Freestyle | 3 | 1 | 11:34 AM | _____ |
| Finals | 32 Boys 10 & Under 500 Freestyle | 2 | 1 | 11:43 AM | _____ |
| Finals | 33 Girls 11-12 500 Freestyle | 3 | 1 | 11:52 AM | _____ |
| Finals | 34 Boys 11-12 500 Freestyle | 3 | 1 | 11:59 AM | _____ |
| | Swimmers Counts for Warm-ups: 251 | ==== | ==== | | |
| | Entry / Heat Totals: | 767 | 94 | | |
| | Finish Time | | | 12:07 PM | _____ |

2023 IA Winter Regional and 8 & Under Champs - 2/11/2023 to 2/12/2023**Prairie Meadows Pool, Sanction #: IA-23-050****Wellmark YMCA * Des Moines, IA * 25 yard course****Session Report**

Session: 2 Saturday Afternoon - 8 & Under Championships

Day of Meet: 1 Starts at 01:00 PM Heat Interval: 20 Seconds / Back +15 Seconds

| Round | Event | Entries | Heats | Starts at | |
|--------|---|---------|-------|-----------|-------|
| Finals | 35 Girls 8 & Under 100 Medley Relay | 12 | 2 | 01:00 PM | _____ |
| Finals | 36 Boys 8 & Under 100 Medley Relay | 7 | 1 | 01:06 PM | _____ |
| | Break: 5 Minutes: | | | | |
| Finals | 37 Girls 8 & Under 100 Freestyle | 14 | 2 | 01:14 PM | _____ |
| Finals | 38 Boys 8 & Under 100 Freestyle | 15 | 2 | 01:18 PM | _____ |
| | Break: 5 Minutes: Awards: Events 35 - 38 | | | | |
| Finals | 39 Girls 8 & Under 25 Breaststroke | 38 | 5 | 01:28 PM | _____ |
| Finals | 40 Boys 8 & Under 25 Breaststroke | 20 | 3 | 01:33 PM | _____ |
| | Break: 5 Minutes: | | | | |
| Finals | 41 Girls 8 & Under 50 Backstroke | 32 | 4 | 01:41 PM | _____ |
| Finals | 42 Boys 8 & Under 50 Backstroke | 23 | 3 | 01:47 PM | _____ |
| | Break: 5 Minutes: Awards: Events 39 - 42 | | | | |
| Finals | 43 Girls 8 & Under 25 Butterfly | 27 | 4 | 01:57 PM | _____ |
| Finals | 44 Boys 8 & Under 25 Butterfly | 13 | 2 | 02:01 PM | _____ |
| | Break: 5 Minutes: | | | | |
| Finals | 45 Girls 8 & Under 50 Freestyle | 44 | 6 | 02:08 PM | _____ |
| Finals | 46 Boys 8 & Under 50 Freestyle | 29 | 4 | 02:16 PM | _____ |
| | Break: 5 Minutes: Awards: Events 43 - 46 | | | | |
| Finals | 47 Girls 8 & Under 100 IM | 12 | 2 | 02:27 PM | _____ |
| Finals | 48 Boys 8 & Under 100 IM | 6 | 1 | 02:32 PM | _____ |
| | Break: 5 Minutes: | | | | |
| Finals | 49 Girls 8 & Under 50 Breaststroke | 13 | 2 | 02:39 PM | _____ |
| Finals | 50 Boys 8 & Under 50 Breaststroke | 9 | 2 | 02:43 PM | _____ |
| | Break: 5 Minutes: Awards: Events 47 - 50 | | | | |
| Finals | 51 Girls 8 & Under 25 Backstroke | 57 | 8 | 02:51 PM | _____ |
| Finals | 52 Boys 8 & Under 25 Backstroke | 32 | 4 | 03:00 PM | _____ |
| | Break: 5 Minutes: | | | | |
| Finals | 53 Girls 8 & Under 50 Butterfly | 6 | 1 | 03:09 PM | _____ |
| Finals | 54 Boys 8 & Under 50 Butterfly | 3 | 1 | 03:11 PM | _____ |
| | Break: 5 Minutes: Awards: Events 51 - 54 | | | | |
| Finals | 55 Girls 8 & Under 25 Freestyle | 62 | 8 | 03:17 PM | _____ |
| Finals | 56 Boys 8 & Under 25 Freestyle | 33 | 5 | 03:23 PM | _____ |
| | Break: 5 Minutes: | | | | |
| Finals | 57 Girls 8 & Under 100 Freestyle Relay | 12 | 2 | 03:33 PM | _____ |
| Finals | 58 Boys 8 & Under 100 Freestyle Relay | 7 | 1 | 03:37 PM | _____ |
| | Break: 10 Minutes: Awards: Events 55 - 58 | | | | |
| | Swimmers Counts for Warm-ups: 111 | ==== | ==== | | |
| | Entry / Heat Totals: | 526 | 75 | | |
| | Finish Time | | | 03:49 PM | _____ |

2023 IA Winter Regional and 8 & Under Champs - 2/11/2023 to 2/12/2023**Prairie Meadows Pool, Sanction #: IA-23-050****Wellmark YMCA * Des Moines, IA * 25 yard course****Session Report**

Session: 3 Saturday Evening - 13 & 14 / 15 & Over

Day of Meet: 1 Starts at 05:00 PM Heat Interval: 20 Seconds / Back +15 Seconds

| Round | Event | Entries | Heats | Starts at | |
|--------|-------------------------------------|---------|-------|-----------|-------|
| Finals | 59 Girls 13-14 100 Freestyle | 40 | 4 | 05:00 PM | _____ |
| Finals | 60 Boys 13-14 100 Freestyle | 35 | 4 | 05:07 PM | _____ |
| Finals | 61 Girls 15 & Over 100 Freestyle | 19 | 2 | 05:14 PM | _____ |
| Finals | 62 Boys 15 & Over 100 Freestyle | 18 | 2 | 05:17 PM | _____ |
| Finals | 63 Girls 13-14 400 IM | 1 | 1 | 05:20 PM | _____ |
| Finals | 64 Boys 13-14 400 IM | 2 | 1 | 05:26 PM | _____ |
| Finals | 65 Girls 15 & Over 400 IM | 1 | 1 | 05:32 PM | _____ |
| Finals | 66 Boys 15 & Over 400 IM | 1 | 1 | 05:37 PM | _____ |
| Finals | 67 Girls 13-14 100 Breaststroke | 29 | 3 | 05:43 PM | _____ |
| Finals | 68 Boys 13-14 100 Breaststroke | 20 | 2 | 05:49 PM | _____ |
| Finals | 69 Girls 15 & Over 100 Breaststroke | 12 | 2 | 05:53 PM | _____ |
| Finals | 70 Boys 15 & Over 100 Breaststroke | 12 | 2 | 05:58 PM | _____ |
| Finals | 71 Girls 13-14 200 Backstroke | 9 | 1 | 06:01 PM | _____ |
| Finals | 72 Boys 13-14 200 Backstroke | 6 | 1 | 06:05 PM | _____ |
| Finals | 73 Girls 15 & Over 200 Backstroke | 3 | 1 | 06:08 PM | _____ |
| Finals | 74 Boys 15 & Over 200 Backstroke | 3 | 1 | 06:11 PM | _____ |
| Finals | 75 Girls 13-14 100 Butterfly | 22 | 3 | 06:14 PM | _____ |
| Finals | 76 Boys 13-14 100 Butterfly | 14 | 2 | 06:21 PM | _____ |
| Finals | 77 Girls 15 & Over 100 Butterfly | 8 | 1 | 06:24 PM | _____ |
| Finals | 78 Boys 15 & Over 100 Butterfly | 16 | 2 | 06:26 PM | _____ |
| Finals | 79 Girls 13-14 200 Medley Relay | 6 | 1 | 06:29 PM | _____ |
| Finals | 80 Boys 13-14 200 Medley Relay | 5 | 1 | 06:33 PM | _____ |
| Finals | 81 Girls 15 & Over 200 Medley Relay | 2 | 1 | 06:36 PM | _____ |
| Finals | 82 Boys 15 & Over 200 Medley Relay | 2 | 1 | 06:39 PM | _____ |
| Finals | 83 Girls 13-14 500 Freestyle | 8 | 1 | 06:41 PM | _____ |
| Finals | 84 Boys 13-14 500 Freestyle | 7 | 1 | 06:48 PM | _____ |
| Finals | 85 Girls 15 & Over 500 Freestyle | 5 | 1 | 06:55 PM | _____ |
| Finals | 86 Boys 15 & Over 500 Freestyle | 2 | 1 | 07:01 PM | _____ |
| | Swimmers Counts for Warm-ups: 133 | ===== | ===== | | |
| | Entry / Heat Totals: | 308 | 45 | | |
| | Finish Time | | | 07:07 PM | _____ |

2023 IA Winter Regional and 8 & Under Champs - 2/11/2023 to 2/12/2023**Prairie Meadows Pool, Sanction #: IA-23-050****Wellmark YMCA * Des Moines, IA * 25 yard course****Session Report**

Session: 4 Sunday Morning - 10 & Under / 11 & 12

Day of Meet: 2 Starts at 08:30 AM Heat Interval: 20 Seconds / Back +15 Seconds

| Round | Event | Entries | Heats | Starts at | |
|--------|--|---------|-------|-----------|-------|
| Finals | 87 Girls 11-12 50 Freestyle | 70 | 7 | 08:30 AM | _____ |
| Finals | 88 Boys 11-12 50 Freestyle | 37 | 4 | 08:38 AM | _____ |
| Finals | 89 Girls 10 & Under 50 Freestyle | 69 | 7 | 08:42 AM | _____ |
| Finals | 90 Boys 10 & Under 50 Freestyle | 45 | 5 | 08:50 AM | _____ |
| Finals | 91 Girls 11-12 200 IM | 12 | 2 | 08:56 AM | _____ |
| Finals | 92 Boys 11-12 200 IM | 4 | 1 | 09:03 AM | _____ |
| Finals | 93 Girls 10 & Under 200 IM | 7 | 1 | 09:06 AM | _____ |
| Finals | 94 Boys 10 & Under 200 IM | 5 | 1 | 09:10 AM | _____ |
| Finals | 95 Girls 11-12 200 Breaststroke | 10 | 1 | 09:14 AM | _____ |
| Finals | 96 Boys 11-12 200 Breaststroke | 2 | 1 | 09:18 AM | _____ |
| Finals | 97 Girls 10 & Under 100 Breaststroke | 32 | 4 | 09:22 AM | _____ |
| Finals | 98 Boys 10 & Under 100 Breaststroke | 21 | 3 | 09:32 AM | _____ |
| Finals | 99 Girls 11-12 100 Backstroke | 42 | 5 | 09:39 AM | _____ |
| Finals | 100 Boys 11-12 100 Backstroke | 32 | 4 | 09:50 AM | _____ |
| Finals | 101 Girls 10 & Under 50 Backstroke | 63 | 7 | 10:00 AM | _____ |
| Finals | 102 Boys 10 & Under 50 Backstroke | 39 | 4 | 10:11 AM | _____ |
| Finals | 103 Girls 11-12 100 Butterfly | 7 | 1 | 10:17 AM | _____ |
| Finals | 104 Boys 11-12 100 Butterfly | 5 | 1 | 10:19 AM | _____ |
| Finals | 105 Girls 10 & Under 100 Butterfly | 4 | 1 | 10:21 AM | _____ |
| Finals | 106 Boys 10 & Under 100 Butterfly | 4 | 1 | 10:23 AM | _____ |
| Finals | 107 Girls 11-12 200 Freestyle | 24 | 3 | 10:25 AM | _____ |
| Finals | 108 Boys 11-12 200 Freestyle | 16 | 2 | 10:36 AM | _____ |
| Finals | 109 Girls 10 & Under 200 Freestyle | 17 | 2 | 10:43 AM | _____ |
| Finals | 110 Boys 10 & Under 200 Freestyle | 12 | 2 | 10:52 AM | _____ |
| Finals | 111 Girls 11-12 50 Breaststroke | 51 | 6 | 11:00 AM | _____ |
| Finals | 112 Boys 11-12 50 Breaststroke | 28 | 3 | 11:08 AM | _____ |
| Finals | 113 Girls 10 & Under 200 Freestyle Relay | 11 | 2 | 11:12 AM | _____ |
| Finals | 114 Boys 10 & Under 200 Freestyle Relay | 7 | 1 | 11:19 AM | _____ |
| Finals | 115 Girls 11-12 200 Freestyle Relay | 14 | 2 | 11:23 AM | _____ |
| Finals | 116 Boys 11-12 200 Freestyle Relay | 5 | 1 | 11:29 AM | _____ |
| Finals | 117 Girls 11-12 1000 Freestyle | 0 | 0 | 11:32 AM | _____ |
| Finals | 118 Boys 11-12 1000 Freestyle | 4 | 1 | 11:32 AM | _____ |
| | Swimmers Counts for Warm-ups: 260 | ===== | ===== | | |
| | Entry / Heat Totals: | 699 | 86 | | |
| | Finish Time | | | 11:47 AM | _____ |

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Session: 5 Sunday Afternoon - 13 & 14 / 15 & Over

Day of Meet: 2 Starts at 01:00 PM Heat Interval: 20 Seconds / Back +15 Seconds

| Round | Event | Entries | Heats | Starts at | |
|--------|---|---------|-------|-----------|-------|
| Finals | 119 Girls 13-14 200 IM | 22 | 3 | 01:00 PM | _____ |
| Finals | 120 Boys 13-14 200 IM | 11 | 2 | 01:11 PM | _____ |
| Finals | 121 Girls 15 & Over 200 IM | 11 | 2 | 01:18 PM | _____ |
| Finals | 122 Boys 15 & Over 200 IM | 9 | 1 | 01:24 PM | _____ |
| Finals | 123 Girls 13-14 50 Freestyle | 35 | 4 | 01:27 PM | _____ |
| Finals | 124 Boys 13-14 50 Freestyle | 28 | 3 | 01:31 PM | _____ |
| Finals | 125 Girls 15 & Over 50 Freestyle | 23 | 3 | 01:33 PM | _____ |
| Finals | 126 Boys 15 & Over 50 Freestyle | 21 | 3 | 01:36 PM | _____ |
| Finals | 127 Girls 13-14 200 Breaststroke | 6 | 1 | 01:38 PM | _____ |
| Finals | 128 Boys 13-14 200 Breaststroke | 5 | 1 | 01:42 PM | _____ |
| Finals | 129 Girls 15 & Over 200 Breaststroke | 5 | 1 | 01:45 PM | _____ |
| Finals | 130 Boys 15 & Over 200 Breaststroke | 5 | 1 | 01:49 PM | _____ |
| Finals | 131 Girls 13-14 100 Backstroke | 33 | 4 | 01:52 PM | _____ |
| Finals | 132 Boys 13-14 100 Backstroke | 26 | 3 | 02:01 PM | _____ |
| Finals | 133 Girls 15 & Over 100 Backstroke | 13 | 2 | 02:07 PM | _____ |
| Finals | 134 Boys 15 & Over 100 Backstroke | 15 | 2 | 02:12 PM | _____ |
| Finals | 135 Girls 13-14 200 Freestyle | 36 | 4 | 02:16 PM | _____ |
| Finals | 136 Boys 13-14 200 Freestyle | 20 | 2 | 02:29 PM | _____ |
| Finals | 137 Girls 15 & Over 200 Freestyle | 16 | 2 | 02:35 PM | _____ |
| Finals | 138 Boys 15 & Over 200 Freestyle | 14 | 2 | 02:42 PM | _____ |
| Finals | 139 Girls 13-14 200 Butterfly | 1 | 1 | 02:48 PM | _____ |
| Finals | 140 Boys 13-14 200 Butterfly | 1 | 1 | 02:51 PM | _____ |
| Finals | 141 Girls 15 & Over 200 Butterfly | 0 | 0 | 02:54 PM | _____ |
| Finals | 142 Boys 15 & Over 200 Butterfly | 2 | 1 | 02:54 PM | _____ |
| Finals | 143 Girls 13-14 200 Freestyle Relay | 6 | 1 | 02:57 PM | _____ |
| Finals | 144 Boys 13-14 200 Freestyle Relay | 5 | 1 | 02:59 PM | _____ |
| Finals | 145 Girls 15 & Over 200 Freestyle Relay | 2 | 1 | 03:02 PM | _____ |
| Finals | 146 Boys 15 & Over 200 Freestyle Relay | 2 | 1 | 03:04 PM | _____ |
| Finals | 147 Girls 13-14 1000 Freestyle | 1 | 1 | 03:06 PM | _____ |
| Finals | 148 Boys 13-14 1000 Freestyle | 1 | 1 | 03:19 PM | _____ |
| Finals | 149 Girls 15 & Over 1000 Freestyle | 0 | 0 | 03:31 PM | _____ |
| Finals | 150 Boys 15 & Over 1000 Freestyle | 0 | 0 | 03:31 PM | _____ |
| Finals | 151 Girls 13-14 1650 Freestyle | 1 | 1 | 03:31 PM | _____ |
| Finals | 152 Boys 13-14 1650 Freestyle | 0 | 0 | 03:52 PM | _____ |
| Finals | 153 Girls 15 & Over 1650 Freestyle | 0 | 0 | 03:52 PM | _____ |
| Finals | 154 Boys 15 & Over 1650 Freestyle | 0 | 0 | 03:52 PM | _____ |
| | Swimmers Counts for Warm-ups: 140 | ===== | ===== | | |
| | Entry / Heat Totals: | 376 | 56 | | |
| | Finish Time | | | 03:52 PM | _____ |