

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

Meet Program - Saturday Evening - 13 & 14 / 15 & Over

Event 59 Girls 13-14 100 Yard Freestyle

1:00.49 Q Champ Qualifying

Meet Qualifying: Slower than 1:00.49

Lane	Name	Age	Team	Seed Time
Heat 1 of 4 Finals Starts at 05:00 PM				
1	Nalan, Emily	14	NSST-IA	1:41.90
2	Kearn, Zoella	14	NSST-IA	1:20.72
3	Bylund, Amelia	14	DMSF-IA	1:17.23
4	Lebeck, Jocelyn	13	DMSF-IA	1:15.64
5	Prendergast, Claire	13	NSST-IA	1:13.80
6	Ocheltree, Hayden	13	DSMY-IA	1:15.15
7	Bloom, Ellie	14	FAST-IA	1:16.86
8	Mootz, Natalie	14	RSC-IA	1:19.67
9	Steinbach, Eleanor	13	NSST-IA	1:24.15
10				
Heat 2 of 4 Finals Starts at 05:03 PM				
1	Kruger, Olivia	13	BLAZ-IA	1:13.37
2	Prichard, Avery	13	DSMY-IA	1:12.86
3	Reyes, Abigail	13	NSST-IA	1:11.64
4	Sexton, Claire	13	CIA-IA	1:11.17
5	Riley, Isabella	14	ACAC-IA	1:09.10
6	Rice, Mary	14	NSST-IA	1:09.61
7	Conn, Lillie	14	RSC-IA	1:11.56
8	Herrick, Lilli	13	RSC-IA	1:12.29
9	Subbert, Kambelle	14	SSA-IA	1:13.11
10	Middlekauff, Alivia	13	RIP-IA	1:13.72
Heat 3 of 4 Finals Starts at 05:04 PM				
1	Kinnison, Amanda	13	RIP-IA	1:07.64
2	Beauchamp, Maddy	13	DSMY-IA	1:07.27
3	Yedake, Anika	14	DSMY-IA	1:05.89
4	Hoss, Brooke	13	CIA-IA	1:05.33
5	Seckington, Tillie	13	DMSF-IA	1:04.18
6	Stone, Kylee	13	DSMY-IA	1:05.12
7	Vallas, Finley	14	CIA-IA	1:05.79
8	Cook, Mallory	13	MCSC-IA	1:06.59
9	Shenouda, Esther	13	RIP-IA	1:07.62
10	Rohloff, Kate	14	DSMY-IA	1:09.05
Heat 4 of 4 Finals Starts at 05:06 PM				
1	Dunham, Keegan	14	DSMY-IA	1:02.92
2	Stec, Sienna	14	DMSF-IA	1:02.13
3	Reid, Abigail	14	CIA-IA	1:01.17
4	Thompson, Ky	14	ACAC-IA	1:00.97
5	Hermesen, Mady	14	ACAC-IA	1:00.68
6	Cline, Haven	14	DSMY-IA	1:00.85
7	Lubensky, Kylene	13	FAST-IA	1:01.02
8	Powell, Izzy	13	DMSF-IA	1:01.67
9	Kramer, Marley	13	CIA-IA	1:02.25
10	Davis, Ava	14	DMSF-IA	1:03.34

Event 60 Boys 13-14 100 Yard Freestyle

56.39 Q Champ Qualifying

Meet Qualifying: Slower than 56.39

Lane	Name	Age	Team	Seed Time
Heat 1 of 4 Finals Starts at 05:07 PM				
1				
2				
3				
4	Williams, Blake	13	NSST-IA	1:27.07
5	Briggs, Cooper	13	NSST-IA	1:19.28
6	Buck, Garrett	14	BLAZ-IA	1:20.11
7	Clark, Hunter	14	BLAZ-IA	2:17.97
8				
9				
10				
Heat 2 of 4 Finals Starts at 05:10 PM				
1	Miller, Ty	13	ACAC-IA	1:13.29
2	Paul, Levi Paul	13	BLAZ-IA	1:11.17
3	Hall, Kane	13	ACAC-IA	1:09.86
4	Heddinger, Tommy	13	RIP-IA	1:07.70
5	Oosterhuis, Evan	14	NSST-IA	1:07.11
6	Ortega, Ijah	13	RSC-IA	1:07.23
7	Baker, Henry	14	BLAZ-IA	1:09.61
8	Cornwell, Connor	14	NSST-IA	1:10.62
9	Disterhoft, Fisher	14	NSST-IA	1:12.55
10	Savransky, Michael	14	RIP-IA	1:15.44
Heat 3 of 4 Finals Starts at 05:11 PM				
1	Vos, Atticus	13	ACAC-IA	1:06.86
2	Lankford, Reef	13	CAST-IA	1:05.78
3	Punt, Caleb	14	SEA-IA	1:05.18
4	Gatzionis, Gregory	13	DSMY-IA	1:04.16
5	Willrich, Ben	14	DMSF-IA	1:00.26
6	Strosahl, Jonas	13	ACAC-IA	1:03.06
7	Gray, Dominic	13	DSMY-IA	1:05.05
8	Cauterucci, Kole	14	NSST-IA	1:05.22
9	Leder, Charlie	13	RIP-IA	1:06.01
10	Naylor, Carson	13	CIA-IA	1:07.06
Heat 4 of 4 Finals Starts at 05:13 PM				
1	Artikov, Isaac	13	DMSF-IA	1:00.00
2	Harris, Gage	13	DSMY-IA	59.47
3	LaMasters, Peter	14	DMSF-IA	58.69
4	Lai, Joseph	13	NSST-IA	57.76
5	Hanafi, Zayd	13	MCSC-IA	56.46
6	Otis, Kasen	13	DMSF-IA	56.64
7	Heitzman, Calvin	13	CIA-IA	58.00
8	Heffernan, Blake	13	DSMY-IA	58.87
9	Voynov, Clive	13	DMSF-IA	59.91
10	Arnold, Westin	14	RIP-IA	1:00.07

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Wellmark YMCA * Des Moines, IA * 25 yard course

Meet Program - Saturday Evening - 13 & 14 / 15 & Over

Event 61 Girls 15 & Over 100 Yard Freestyle

57.39 Q Champ Qualifying

Meet Qualifying: Slower than 57.39

Lane	Name	Age	Team	Seed Time
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Heat 1 of 2 Finals Starts at 05:14 PM

1	Sargent, Audrey	15	NSST-IA	1:45.26
2	Sethi, Milie	15	BLAZ-IA	1:16.97
3	Kent, Avery	15	NSST-IA	1:14.46
4	Kiekhaefer, Lucy	15	CIA-IA	1:08.24
5	Mengel, Maddie	15	DMSF-IA	1:06.43
6	Cunningham, Clara	15	NSST-IA	1:06.64
7	Labresh, Joella	15	NSST-IA	1:08.53
8	Schafer, Sophia	15	NSST-IA	1:15.08
9	Braun, Nelah	15	RSC-IA	1:23.26

10

Heat 2 of 2 Finals Starts at 05:16 PM

1	Dvorak, Layla	15	BLAZ-IA	1:02.72
2	Penne, Addison	17	CIA-IA	1:02.18
3	Chase, Anna	16	DMSF-IA	1:01.64
4	Brown, Ella	16	RIP-IA	1:00.85
5	Smith, Kiley	16	DMSF-IA	58.40
6	Hedding, Ginny	15	RIP-IA	58.75
7	Kramer, Nina	16	CIA-IA	1:01.54
8	Ballenger-Hudson, Aquila	17	NSST-IA	1:02.09
9	Fields, Clara	17	ACAC-IA	1:02.40
10	Reisdorf, Olivia	16	RIP-IA	1:06.28

Event 62 Boys 15 & Over 100 Yard Freestyle

51.89 Q Champ Qualifying

Meet Qualifying: Slower than 51.89

Lane	Name	Age	Team	Seed Time
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Heat 1 of 2 Finals Starts at 05:18 PM

1				
2	Duran Oropeza, Cesar	15	RIP-IA	NT
3	Green, Easton	16	RSC-IA	1:04.31
4	Smith, Kaleb	15	DMSF-IA	1:00.74
5	Sisul, Jac	16	SEA-IA	59.77
6	Moore, Quentin	15	CIA-IA	1:00.61
7	Rexroat, Tyson	17	NSST-IA	1:01.49
8	Disterhoft, Uriah	16	NSST-IA	1:08.39

9

10

Heat 2 of 2 Finals Starts at 05:19 PM

1	Young, Tanner	16	NSST-IA	59.47
2	Rupprecht, Cooper	16	SEA-IA	57.84
3	Grimes, Nolan	16	DMSF-IA	57.22
4	Shcharansky, George	15	LIFE-IA	56.51
5	Otis, Hudson	15	DMSF-IA	52.95
6	Monaghan, John	15	CIA-IA	54.10
7	Briggs, Colby	15	NSST-IA	57.04
8	Ortega, Zion	15	RSC-IA	57.62
9	Oosterhuis, Alec	15	NSST-IA	59.04
10	Spracklin, Ethan	15	DMSF-IA	59.59

Event 63 Mixed 13 & Over 400 Yard IM

5:17.09 13-14M Q Champ Qualifying

5:24.69 13-14W Q Champ Qualifying

5:48.89 13-14M REG Regional Qualifying

5:57.19 13-14W REG Regional Qualifying

4:42.09 15&OM Q Champ Qualifying

5:06.49 15&OW Q Champ Qualifying

5:10.39 15&OM REG Regional Qualifying

5:37.19 15&OW REG Regional Qualifying

Meet Qualifying 13-14: 5:24.70 - 5:57.19

Meet Qualifying 15&O: 5:06.50 - 5:37.19

Meet Qualifying 13-14: 5:17.10 - 5:48.89

Meet Qualifying 15&O: 4:42.10 - 5:10.39

Lane	Name	Age	Team	Seed Time
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Heat 1 of 1 Finals Starts at 05:20 PM

1				
2				
3	MacLeod, Megan	W14	ACAC-IA	5:38.26 REG
4	Otis, Kasen	M13	DMSF-IA	5:17.74 REG
5	Otis, Hudson	M15	DMSF-IA	4:51.00 REG
6	Corwin, Briley	W16	RIP-IA	5:08.46 REG
7	Cunningham, Corban	M13	NSST-IA	5:19.27 REG
8				
9				
10				

Event 67 Girls 13-14 100 Yard Breaststroke

1:18.59 Q Champ Qualifying

Meet Qualifying: Slower than 1:18.59

Lane	Name	Age	Team	Seed Time
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Heat 1 of 3 Finals Starts at 05:26 PM

1	Steinbach, Eleanor	13	NSST-IA	NT
2	Herrick, Lilli	13	RSC-IA	1:57.93
3	Bylund, Amelia	14	DMSF-IA	1:47.58
4	Rice, Mary	14	NSST-IA	1:43.73
5	Prendergast, Claire	13	NSST-IA	1:40.19
6	Conn, Lillie	14	RSC-IA	1:41.13
7	Middlekauff, Alivia	13	RIP-IA	1:45.64
8	Lebeck, Jocelyn	13	DMSF-IA	1:50.41
9	Ocheltree, Hayden	13	DSMY-IA	NT

10

Heat 2 of 3 Finals Starts at 05:29 PM

1	Rohloff, Kate	14	DSMY-IA	1:39.27
2	Kinnison, Amanda	13	RIP-IA	1:37.27
3	Subbert, Kambelle	14	SSA-IA	1:36.43
4	Kruger, Olivia	13	BLAZ-IA	1:32.89
5	Murray, Keira	14	MCSC-IA	1:29.04
6	Hoss, Brooke	13	CIA-IA	1:29.73
7	Jacobs, Kate	13	RIP-IA	1:33.53
8	Bloom, Ellie	14	FAST-IA	1:36.86
9	Shenouda, Esther	13	RIP-IA	1:37.35
10	Riley, Isabella	14	ACAC-IA	1:39.36

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Wellmark YMCA * Des Moines, IA * 25 yard course

Meet Program - Saturday Evening - 13 & 14 / 15 & Over

Heat 3 Finals (#67 Girls 13-14 100 Yard Breaststroke)

1	Prichard, Avery	13	DSMY-IA	1:27.72
2	Damge, Evelyn	14	NSST-IA	1:26.71
3	Stec, Sienna	14	DMSF-IA	1:24.28
4	Kramer, Marley	13	CIA-IA	1:23.53
5	Damge, Camryn	14	NSST-IA	1:20.13
6	Ernsperger, Isabel	14	CIA-IA	1:21.03
7	Thompson, Ky	14	ACAC-IA	1:24.26
8	Sexton, Claire	13	CIA-IA	1:25.53
9	Davis, Ava	14	DMSF-IA	1:26.75
10	Yedake, Anika	14	DSMY-IA	1:28.32

Event 68 Boys 13-14 100 Yard Breaststroke

1:15.49 Q Champ Qualifying

Meet Qualifying: Slower than 1:15.49

Lane	Name	Age	Team	Seed Time
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Heat 1 of 2 Finals Starts at 05:33 PM

1	Hall, Kane	13	ACAC-IA	NT
2	Miller, Ty	13	ACAC-IA	1:54.74
3	Baker, Henry	14	BLAZ-IA	1:36.58
4	Leder, Charlie	13	RIP-IA	1:30.52
5	Cauterucci, Kole	14	NSST-IA	1:27.78
6	Ortega, Ijah	13	RSC-IA	1:28.69
7	Naylor, Carson	13	CIA-IA	1:32.61
8	Savransky, Michael	14	RIP-IA	1:38.37
9	Williams, Blake	13	NSST-IA	2:00.12
10	Buck, Garrett	14	BLAZ-IA	NT

Heat 2 of 2 Finals Starts at 05:35 PM

1	Heddinger, Tommy	13	RIP-IA	1:24.89
2	Vos, Atticus	13	ACAC-IA	1:22.40
3	LaMasters, Peter	14	DMSF-IA	1:20.47
4	Lai, Joseph	13	NSST-IA	1:17.10
5	Artikov, Isaac	13	DMSF-IA	1:16.17
6	Hanafi, Zayd	13	MCSC-IA	1:17.00
7	Heffernan, Blake	13	DSMY-IA	1:18.26
8	Oosterhuis, Evan	14	NSST-IA	1:20.78
9	Gatzionis, Gregory	13	DSMY-IA	1:22.76
10	Willrich, Ben	14	DMSF-IA	1:25.80

Event 69 Girls 15 & Over 100 Yard Breaststroke

1:14.49 Q Champ Qualifying

Meet Qualifying: Slower than 1:14.49

Lane	Name	Age	Team	Seed Time
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Heat 1 of 2 Finals Starts at 05:37 PM

1				
2				
3				
4	Sargent, Audrey	15	NSST-IA	2:21.09
5	Kent, Avery	15	NSST-IA	1:40.44
6	Braun, Nelah	15	RSC-IA	1:49.08
7				
8				
9				
10				

Heat 2 of 2 Finals Starts at 05:39 PM

1				
2	Dvorak, Layla	15	BLAZ-IA	1:33.07
3	Ballenger-Hudson, Aquila	17	NSST-IA	1:30.95
4	Penne, Addison	17	CIA-IA	1:25.13
5	Braun, Jenna	18	MCSC-IA	1:14.52
6	Reisdorf, Olivia	16	RIP-IA	1:24.98
7	Kiekhaefer, Lucy	15	CIA-IA	1:28.98
8	Sethi, Milie	15	BLAZ-IA	1:31.48
9	Mengel, Maddie	15	DMSF-IA	1:37.42
10				

Event 70 Boys 15 & Over 100 Yard Breaststroke

1:06.49 Q Champ Qualifying

Meet Qualifying: Slower than 1:06.49

Lane	Name	Age	Team	Seed Time
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Heat 1 of 2 Finals Starts at 05:41 PM

1				
2				
3				
4	Green, Easton	16	RSC-IA	1:33.08
5	Sisul, Jac	16	SEA-IA	1:23.82
6	Oosterhuis, Alec	15	NSST-IA	1:26.27
7				
8				
9				
10				

Heat 2 of 2 Finals Starts at 05:43 PM

1	Grimes, Nolan	16	DMSF-IA	1:23.15
2	Rexroat, Tyson	17	NSST-IA	1:14.95
3	Monaghan, John	15	CIA-IA	1:12.02
4	DeJong, Eli	15	DMSF-IA	1:10.74
5	Rupprecht, Cooper	16	SEA-IA	1:08.95
6	Moore, Quentin	15	CIA-IA	1:09.15
7	Otis, Hudson	15	DMSF-IA	1:11.59
8	Nguyen, David	15	RIP-IA	1:12.85
9	Ortega, Zion	15	RSC-IA	1:21.79
10				

Event 71 Girls 13-14 200 Yard Backstroke

2:28.99 Q Champ Qualifying

2:51.39 REG Regional Qualifying

Meet Qualifying: 2:29.00 - 2:51.39

Lane	Name	Age	Team	Seed Time
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Heat 1 of 1 Finals Starts at 05:45 PM

1	Riley, Isabella	14	ACAC-IA	2:51.01	REG
2	Dunham, Keegan	14	DSMY-IA	2:38.50	REG
3	Damge, Camryn	14	NSST-IA	2:34.70	REG
4	Stone, Kylee	13	DSMY-IA	2:33.38	REG
5	Kramer, Marley	13	CIA-IA	2:30.36	REG
6	Powell, Izzy	13	DMSF-IA	2:32.20	REG
7	MacLeod, Megan	14	ACAC-IA	2:33.75	REG
8	Hermesen, Mady	14	ACAC-IA	2:34.94	REG
9	Vallas, Finley	14	CIA-IA	2:41.69	REG
10					

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

Meet Program - Saturday Evening - 13 & 14 / 15 & Over

Event 72 Boys 13-14 200 Yard Backstroke

2:25.09 Q Champ Qualifying

2:46.89 REG Regional Qualifying

Meet Qualifying: 2:25.10 - 2:46.89

Lane	Name	Age	Team	Seed Time
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Heat 1 of 1 Finals Starts at 05:48 PM

1				
2				
3	Strosahl, Jonas	13	ACAC-IA	2:38.54 REG
4	Heffernan, Blake	13	DSMY-IA	2:29.77 REG
5	Edgington, Tate	13	DMSF-IA	2:27.56 REG
6	Gray, Dominic	13	DSMY-IA	2:29.66 REG
7	Ha, Norman	13	NSST-IA	2:35.83 REG
8	Arnold, Westin	14	RIP-IA	2:59.63L REG
9				
10				

Event 73 Mixed 15 & Over 200 Yard Backstroke

2:13.89 15&OM Q Champ Qualifying

2:22.29 15&OW Q Champ Qualifying

2:33.99 15&OM REG Regional Qualifying

2:43.69 15&OW REG Regional Qualifying

Meet Qualifying 15&O: 2:22.30 - 2:43.69

Meet Qualifying 15&O: 2:13.90 - 2:33.99

Lane	Name	Age	Team	Seed Time
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Heat 1 of 1 Finals Starts at 05:52 PM

1				
2				
3	Cunningham, Clara	W15	NSST-IA	2:35.36 REG
4	Gleason, Britt	M17	DMSF-IA	2:23.26 REG
5	Briggs, Colby	M15	NSST-IA	2:21.00 REG
6	Smith, Kiley	W16	DMSF-IA	2:22.66 REG
7	Smith, Kaleb	M15	DMSF-IA	2:32.05 REG
8	Fields, Clara	W17	ACAC-IA	2:38.93 REG
9				
10				

Event 75 Girls 13-14 100 Yard Butterfly

1:08.19 Q Champ Qualifying

Meet Qualifying: Slower than 1:08.19

Lane	Name	Age	Team	Seed Time
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Heat 1 of 3 Finals Starts at 05:55 PM

1				
2				
3				
4	Shenouda, Esther	13	RIP-IA	NT
5	Kearn, Zoella	14	NSST-IA	1:57.67
6	Nalan, Emily	14	NSST-IA	2:18.16
7				
8				
9				
10				

Heat 2 of 3 Finals Starts at 05:57 PM

1				
2	Prichard, Avery	13	DSMY-IA	1:28.02
3	Vallas, Finley	14	CIA-IA	1:23.28
4	Beauchamp, Maddy	13	DSMY-IA	1:22.81
5	MacLeod, Megan	14	ACAC-IA	1:22.02
6	Riley, Isabella	14	ACAC-IA	1:22.19
7	Eure, Veronica	14	RIP-IA	1:23.20
8	Rice, Mary	14	NSST-IA	1:24.49
9	Mootz, Natalie	14	RSC-IA	1:38.10
10				

Heat 3 of 3 Finals Starts at 05:59 PM

1	Hoss, Brooke	13	CIA-IA	1:19.21
2	Ocheltree, Hayden	13	DSMY-IA	1:17.24
3	Damge, Evelyn	14	NSST-IA	1:16.07
4	Stone, Kylee	13	DSMY-IA	1:09.98
5	Kramer, Marley	13	CIA-IA	1:08.45
6	Dunham, Keegan	14	DSMY-IA	1:09.15
7	Seckington, Tillie	13	DMSF-IA	1:13.75
8	Davis, Ava	14	DMSF-IA	1:16.91
9	Yedake, Anika	14	DSMY-IA	1:17.42
10	Damge, Camryn	14	NSST-IA	1:21.20

Event 76 Boys 13-14 100 Yard Butterfly

1:06.09 Q Champ Qualifying

Meet Qualifying: Slower than 1:06.09

Lane	Name	Age	Team	Seed Time
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Heat 1 of 2 Finals Starts at 06:01 PM

1				
2				
3				
4	Cornwell, Connor	14	NSST-IA	1:31.80
5	Paul, Levi Paul	13	BLAZ-IA	1:23.18
6	Punt, Caleb	14	SEA-IA	1:23.85
7	Miller, Ty	13	ACAC-IA	1:38.17
8				
9				
10				

Heat 2 of 2 Finals Starts at 06:03 PM

1	Cauterucci, Kole	14	NSST-IA	1:19.58
2	Heffernan, Blake	13	DSMY-IA	1:14.46
3	Lai, Joseph	13	NSST-IA	1:10.84
4	Edgington, Tate	13	DMSF-IA	1:08.41
5	Harris, Gage	13	DSMY-IA	1:06.47
6	Voynov, Clive	13	DMSF-IA	1:06.52
7	Cunningham, Corban	13	NSST-IA	1:10.27
8	Heitzman, Calvin	13	CIA-IA	1:13.62
9	Ha, Norman	13	NSST-IA	1:16.22
10	Vos, Atticus	13	ACAC-IA	1:21.95

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

Meet Program - Saturday Evening - 13 & 14 / 15 & Over

Event 77 Girls 15 & Over 100 Yard Butterfly

1:04.09 Q Champ Qualifying

Meet Qualifying: Slower than 1:04.09

Lane	Name	Age	Team	Seed Time
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Heat 1 of 1 Finals Starts at 06:05 PM

1				
2	Labresh, Joella	15	NSST-IA	1:24.29
3	Dvorak, Layla	15	BLAZ-IA	1:21.18
4	Chase, Anna	16	DMSF-IA	1:16.97
5	Brown, Ella	16	RIP-IA	1:05.58
6	Kramer, Nina	16	CIA-IA	1:11.67
7	Cunningham, Clara	15	NSST-IA	1:18.63
8	Ballenger-Hudson, Aquila	17	NSST-IA	1:24.21
9				
10				

Event 78 Boys 15 & Over 100 Yard Butterfly

57.89 Q Champ Qualifying

Meet Qualifying: Slower than 57.89

Lane	Name	Age	Team	Seed Time
------	------	-----	------	-----------

Heat 1 of 2 Finals Starts at 06:07 PM

1				
2				
3	Duran Oropeza, Cesar	15	RIP-IA	NT
4	Green, Easton	16	RSC-IA	1:23.76
5	Smith, Kaleb	15	DMSF-IA	1:13.54
6	Moore, Quentin	15	CIA-IA	1:21.38
7	Shcharansky, George	15	LIFE-IA	NT
8				
9				
10				

Heat 2 of 2 Finals Starts at 06:08 PM

1	Sisul, Jac	16	SEA-IA	1:08.44
2	Oosterhuis, Alec	15	NSST-IA	1:06.90
3	Otis, Hudson	15	DMSF-IA	1:04.93
4	DeJong, Eli	15	DMSF-IA	1:01.58
5	Monaghan, John	15	CIA-IA	59.73
6	Strosahl, Solomon	16	ACAC-IA	1:00.18
7	Jean, Brock	15	DSMY-IA	1:02.75
8	Young, Tanner	16	NSST-IA	1:05.61
9	Gleason, Britt	17	DMSF-IA	1:08.01
10	Grimes, Nolan	16	DMSF-IA	1:09.88

Event 79 Girls 13-14 200 Yard Medley Relay

Lane	Team	Relay	Seed Time
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Heat 1 of 1 Finals Starts at 06:10 PM

1			
2			
3	RSC-IA	A	2:32.57
4	NSST-IA	A	2:16.98
5	DMSF-IA	A	2:14.31
6	CIA-IA	A	2:14.39
7	RIP-IA	A	2:28.72
8	NSST-IA	B	2:54.87
9			
10			

Event 80 Boys 13-14 200 Yard Medley Relay

Lane	Team	Relay	Seed Time
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Heat 1 of 1 Finals Starts at 06:13 PM

1			
2			
3	NSST-IA	B	2:39.56
4	ACAC-IA	A	2:27.81
5	DMSF-IA	A	2:04.24
6	NSST-IA	A	2:07.95
7	RIP-IA	A	2:39.19
8			
9			
10			

Event 81 Girls 15 & Over 200 Yard Medley Relay

Lane	Team	Relay	Seed Time
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Heat 1 of 1 Finals Starts at 06:17 PM

1			
2			
3			
4			
5	RIP-IA	A	2:06.64
6	NSST-IA	A	2:19.58
7			
8			
9			
10			

Event 82 Boys 15 & Over 200 Yard Medley Relay

Lane	Team	Relay	Seed Time
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Heat 1 of 1 Finals Starts at 06:20 PM

1			
2			
3			
4			
5	DMSF-IA	A	1:50.10
6	NSST-IA	A	1:57.38
7			
8			
9			
10			

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

Meet Program - Saturday Evening - 13 & 14 / 15 & Over

Event 83 Girls 13-14 500 Yard Freestyle

5:49.59 Q Champ Qualifying

6:24.59 REG Regional Qualifying

Meet Qualifying: 5:49.60 - 6:24.59

Lane	Name	Age	Team	Seed Time
Heat 1 of 1 Finals Starts at 06:22 PM				
1				
2	MacLeod, Megan	14	ACAC-IA	6:22.23 REG
3	Thompson, Ky	14	ACAC-IA	6:09.70 REG
4	Hermesen, Mady	14	ACAC-IA	6:05.97 REG
5	Cline, Haven	14	DSMY-IA	5:52.43 REG
6	Powell, Izzy	13	DMSF-IA	5:54.41 REG
7	Davis, Ava	14	DMSF-IA	6:06.86 REG
8	Dunham, Keegan	14	DSMY-IA	6:12.79 REG
9	Stec, Sienna	14	DMSF-IA	5:37.74L REG
10				

Event 84 Boys 13-14 500 Yard Freestyle

5:33.89 Q Champ Qualifying

6:07.29 REG Regional Qualifying

Meet Qualifying: 5:33.90 - 6:07.29

Lane	Name	Age	Team	Seed Time
Heat 1 of 1 Finals Starts at 06:29 PM				
1				
2	Naylor, Carson	13	CIA-IA	5:32.85L REG
3	Strosahl, Jonas	13	ACAC-IA	6:03.71 REG
4	Voynov, Clive	13	DMSF-IA	5:49.96 REG
5	Gagov, Evan	14	CIA-IA	5:34.60 REG
6	LaMasters, Peter	14	DMSF-IA	5:38.99 REG
7	Artikov, Isaac	13	DMSF-IA	5:51.72 REG
8	Gray, Dominic	13	DSMY-IA	6:07.26 REG
9				
10				

Event 85 Mixed 15 & Over 500 Yard Freestyle

5:15.99 15&OM Q Champ Qualifying

5:39.99 15&OW Q Champ Qualifying

5:47.59 15&OM REG Regional Qualifying

6:13.99 15&OW REG Regional Qualifying

Meet Qualifying 15&O: 5:40.00 - 6:13.99

Meet Qualifying 15&O: 5:16.00 - 5:47.59

Lane	Name	Age	Team	Seed Time
Heat 1 of 1 Finals Starts at 06:35 PM				
1				
2	Fields, Clara	W17	ACAC-IA	6:06.43 REG
3	Kramer, Nina	W16	CIA-IA	5:51.06 REG
4	Smith, Kiley	W16	DMSF-IA	5:45.42 REG
5	Strosahl, Solomon	M16	ACAC-IA	5:31.56 REG
6	Jean, Brock	M15	DSMY-IA	5:37.22 REG
7	Braun, Jenna	W18	MCSC-IA	5:45.64 REG
8	Penne, Addison	W17	CIA-IA	5:57.35 REG
9				
10				