

## 2023 IASI West Winter Regionals - 2/11/2023 to 2/12/2023

Prairie Meadows Pool, Sanction #: IA-23-050

Wellmark YMCA \* Des Moines, IA \* 25 yard course

Team Entries - Sunday Afternoon - 13 &amp; 14 / 15 &amp; Over

## Ames Cyclone Aquatics Club-IA

## 1 Fields, Clara - Female - Age: 17 - Ind/Rel: 3 / 0

#125 Girls 15&0 50 Free	28.99	3/1	#133 Girls 15&0 100 Back	1:14.25	2/7
#137 Girls 15&0 200 Free	2:18.37	2/3			

## 2 Hall, Kane - Male - Age: 13 - Ind/Rel: 4 / 1

#120 Boys 13-14 200 IM	NT	1/4	#124 Boys 13-14 50 Free	33.02	1/5
#132 Boys 13-14 100 Back	1:20.09	2/8	#136 Boys 13-14 200 Free	NT	1/10
#144 Boys 13-14 200 Free Relay (4)	2:03.88	1/7			

## 3 Hermesen, Mady - Female - Age: 14 - Ind/Rel: 2 / 0

#119 Girls 13-14 200 IM	2:30.74	3/4	#135 Girls 13-14 200 Free	2:12.71	4/6
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## 4 Kvach, Kiersten - Female - Age: 13 - Ind/Rel: 3 / 1

#123 Girls 13-14 50 Free	34.01	2/3	#131 Girls 13-14 100 Back	1:33.59	2/9
#135 Girls 13-14 200 Free	3:05.98	1/4	#143 Girls 13-14 200 Free Relay (2)	2:19.58L	1/8

## 5 MacLeod, Megan - Female - Age: 14 - Ind/Rel: 4 / 1

#119 Girls 13-14 200 IM	2:39.14	3/9	#123 Girls 13-14 50 Free	31.28	3/2
#135 Girls 13-14 200 Free	2:16.99	4/8	#143 Girls 13-14 200 Free Relay (4)	2:19.58L	1/8
#151 Mixed 13&0 1650 Free	20:41.69	1/5			

## 6 Miller, Ty - Male - Age: 13 - Ind/Rel: 4 / 0

#120 Boys 13-14 200 IM	3:14.76	1/5	#124 Boys 13-14 50 Free	33.71	1/4
#132 Boys 13-14 100 Back	NT	1/8	#136 Boys 13-14 200 Free	2:41.04	1/4

## 7 Mogard, Miah - Female - Age: 14 - Ind/Rel: 3 / 1

#123 Girls 13-14 50 Free	42.14L	1/3	#131 Girls 13-14 100 Back	1:28.88	2/3
#135 Girls 13-14 200 Free	NT	1/8	#143 Girls 13-14 200 Free Relay (1)	2:19.58L	1/8

## 8 Riley, Isabella - Female - Age: 14 - Ind/Rel: 4 / 1

#119 Girls 13-14 200 IM	3:16.03	2/9	#123 Girls 13-14 50 Free	32.15	2/6
#131 Girls 13-14 100 Back	1:19.51	3/4	#135 Girls 13-14 200 Free	2:39.24	2/4
#143 Girls 13-14 200 Free Relay (3)	2:19.58L	1/8			

## 9 Sexton, Haylee - Female - Age: 15 - Ind/Rel: 2 / 0

#125 Girls 15&0 50 Free	28.20	3/3	#133 Girls 15&0 100 Back	1:09.20	2/4
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## 10 Smith, Maysen - Female - Age: 15 - Ind/Rel: 3 / 0

#121 Girls 15&0 200 IM	2:30.34	1/7	#129 Girls 15&0 200 Breast	2:48.78	1/5
#133 Girls 15&0 100 Back	1:05.51	2/5			

## 11 Spillers, Raef - Male - Age: 13 - Ind/Rel: 3 / 1

#124 Boys 13-14 50 Free	32.16	2/10	#132 Boys 13-14 100 Back	1:35.92	1/4
#136 Boys 13-14 200 Free	2:56.51	1/8	#144 Boys 13-14 200 Free Relay (3)	2:03.88	1/7

## 12 Strosahl, Jonas - Male - Age: 13 - Ind/Rel: 3 / 1

#124 Boys 13-14 50 Free	28.48	2/5	#132 Boys 13-14 100 Back	1:10.68	3/7
#136 Boys 13-14 200 Free	2:15.17	2/4	#144 Boys 13-14 200 Free Relay (1)	2:03.88	1/7

## 13 Strosahl, Solomon - Male - Age: 16 - Ind/Rel: 2 / 0

#122 Boys 15&0 200 IM	2:17.25	1/6	#139 Mixed 13&0 200 Fly	2:16.03	1/5
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## 14 Thompson, Ky - Female - Age: 14 - Ind/Rel: 1 / 0

#135 Girls 13-14 200 Free	2:13.71	4/7			
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Wellmark YMCA \* Des Moines, IA \* 25 yard course

Team Entries - Sunday Afternoon - 13 &amp; 14 / 15 &amp; Over

**Ames Cyclone Aquatics Club-IA****15 Vos, Atticus - Male - Age: 13 - Ind/Rel: 4 / 1**

#120 Boys 13-14 200 IM	2:40.65	2/8	#128 Boys 13-14 200 Breast	2:56.61	1/4
#132 Boys 13-14 100 Back	1:17.67	3/1	#136 Boys 13-14 200 Free	2:54.22	1/3
#144 Boys 13-14 200 Free Relay (2)	2:03.88	1/7			

**Ames Cyclone Aquatics Club-IA Total Individual Entries: 45 - Total Relays: 0****Carroll Area Swim Team-IA****1 Borkowski, Alexis - Female - Age: 13 - Ind/Rel: 3 / 0**

#119 Girls 13-14 200 IM	NT	1/5	#123 Girls 13-14 50 Free	34.71	2/10
#131 Girls 13-14 100 Back	1:39.69	1/5			

**2 Chaney, Charleigh - Female - Age: 13 - Ind/Rel: 2 / 0**

#123 Girls 13-14 50 Free	35.20	1/5	#131 Girls 13-14 100 Back	1:34.36	2/1
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**3 Lankford, Reef - Male - Age: 13 - Ind/Rel: 3 / 0**

#124 Boys 13-14 50 Free	29.29	2/4	#132 Boys 13-14 100 Back	1:20.90	2/2
#136 Boys 13-14 200 Free	2:29.16	2/9			

**4 Thomas, Ty - Male - Age: 16 - Ind/Rel: 2 / 0**

#126 Boys 15&0 50 Free	24.00	3/7	#134 Boys 15&0 100 Back	1:04.01	2/7
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**Carroll Area Swim Team-IA Total Individual Entries: 10 - Total Relays: 0**

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Wellmark YMCA \* Des Moines, IA \* 25 yard course

Team Entries - Sunday Afternoon - 13 &amp; 14 / 15 &amp; Over

## Central Iowa Aquatics-IA

## 1 Ernsperger, Isabel - Female - Age: 14 - Ind/Rel: 3 / 0

#119 Girls 13-14 200 IM	2:27.51	3/5	#127 Girls 13-14 200 Breast	2:53.23	1/6
#131 Girls 13-14 100 Back	1:08.85	4/5			

## 2 Gagov, Evan - Male - Age: 14 - Ind/Rel: 1 / 0

#132 Boys 13-14 100 Back	1:06.75	3/5			
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## 3 Hancock, Ellie - Female - Age: 14 - Ind/Rel: 3 / 0

#119 Girls 13-14 200 IM	2:28.91	3/6	#127 Girls 13-14 200 Breast	2:51.59	1/5
#135 Girls 13-14 200 Free	2:14.57	4/3			

## 4 Heitzman, Calvin - Male - Age: 13 - Ind/Rel: 3 / 0

#120 Boys 13-14 200 IM	2:31.41	2/6	#132 Boys 13-14 100 Back	1:14.14	3/8
#136 Boys 13-14 200 Free	2:19.00	2/3			

## 5 Hoss, Brooke - Female - Age: 13 - Ind/Rel: 4 / 1

#119 Girls 13-14 200 IM	2:44.60	3/10	#123 Girls 13-14 50 Free	29.70	4/1
#131 Girls 13-14 100 Back	1:13.90	4/3	#135 Girls 13-14 200 Free	2:23.75	3/6
#143 Girls 13-14 200 Free Relay (3)	1:55.33	1/5			

## 6 Kiekhaefer, Lucy - Female - Age: 15 - Ind/Rel: 3 / 0

#125 Girls 15&0 50 Free	31.94	2/1	#129 Girls 15&0 200 Breast	3:12.13	1/3
#137 Girls 15&0 200 Free	2:31.57	2/1			

## 7 Kramer, Marley - Female - Age: 13 - Ind/Rel: 4 / 1

#119 Girls 13-14 200 IM	2:34.30	3/8	#127 Girls 13-14 200 Breast	3:00.79	1/4
#135 Girls 13-14 200 Free	2:22.73	3/5	#139 Mixed 13&0 200 Fly	2:40.37	1/4
#143 Girls 13-14 200 Free Relay (4)	1:55.33	1/5			

## 8 Kramer, Nina - Female - Age: 16 - Ind/Rel: 3 / 0

#121 Girls 15&0 200 IM	2:36.79	1/2	#125 Girls 15&0 50 Free	28.20	3/8
#137 Girls 15&0 200 Free	2:15.55	2/7			

## 9 Loo, Ivy - Female - Age: 13 - Ind/Rel: 1 / 0

#135 Girls 13-14 200 Free	2:13.37	4/4			
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## 10 McRoberts, Ryen - Female - Age: 15 - Ind/Rel: 2 / 0

#125 Girls 15&0 50 Free	31.39	2/2	#137 Girls 15&0 200 Free	2:43.12	1/5
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## 11 Monaghan, John - Male - Age: 15 - Ind/Rel: 3 / 0

#122 Boys 15&0 200 IM	2:26.64	1/7	#126 Boys 15&0 50 Free	24.88	3/8
#138 Boys 15&0 200 Free	2:01.49	2/4			

## 12 Moore, Quentin - Male - Age: 15 - Ind/Rel: 3 / 0

#126 Boys 15&0 50 Free	27.85	2/9	#130 Boys 15&0 200 Breast	2:32.17	1/5
#138 Boys 15&0 200 Free	2:16.99	2/1			

## 13 Naylor, Carson - Male - Age: 13 - Ind/Rel: 2 / 0

#124 Boys 13-14 50 Free	30.33	2/2	#132 Boys 13-14 100 Back	1:12.66	3/3
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## 14 Reid, Abigail - Female - Age: 14 - Ind/Rel: 2 / 1

#119 Girls 13-14 200 IM	2:32.83	3/3	#135 Girls 13-14 200 Free	2:18.65	4/9
#143 Girls 13-14 200 Free Relay (1)	1:55.33	1/5			

## 15 Russell, Ava - Female - Age: 13 - Ind/Rel: 2 / 0

#123 Girls 13-14 50 Free	37.06	1/4	#131 Girls 13-14 100 Back	1:31.73	2/2
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**2023 IASI West Winter Regionals - 2/11/2023 to 2/12/2023****Prairie Meadows Pool, Sanction #: IA-23-050****Wellmark YMCA \* Des Moines, IA \* 25 yard course****Team Entries - Sunday Afternoon - 13 & 14 / 15 & Over****Central Iowa Aquatics-IA****16 Sexton, Claire - Female - Age: 13 - Ind/Rel: 2 / 0**

#127 Girls 13-14 200 Breast	3:05.68	1/3	#135 Girls 13-14 200 Free	2:35.86	3/10
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**17 Vallas, Finley - Female - Age: 14 - Ind/Rel: 3 / 1**

#123 Girls 13-14 50 Free	29.46	4/8	#131 Girls 13-14 100 Back	1:14.40	4/2
#135 Girls 13-14 200 Free	2:27.99	3/7	#143 Girls 13-14 200 Free Relay (2)	1:55.33	1/5

**Central Iowa Aquatics-IA Total Individual Entries: 44 - Total Relays: 0**

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Wellmark YMCA \* Des Moines, IA \* 25 yard course

## Team Entries - Sunday Afternoon - 13 &amp; 14 / 15 &amp; Over

## Des Moines Swimming Federation-IA

## 1 Allen, Dylan - Male - Age: 13 - Ind/Rel: 3 / 1

#120 Boys 13-14 200 IM	2:38.74	2/3	#132 Boys 13-14 100 Back	1:17.72	3/10
#136 Boys 13-14 200 Free	2:32.33	2/10	#144 Boys 13-14 200 Free Relay (4)	1:52.08	1/5

## 2 Artikov, Isaac - Male - Age: 13 - Ind/Rel: 3 / 1

#128 Boys 13-14 200 Breast	2:44.34	1/5	#132 Boys 13-14 100 Back	1:07.80	3/6
#144 Boys 13-14 200 Free Relay (3)	1:52.08	1/5	#147 Mixed 13&O 1000 Free	11:48.36	1/5

## 3 Bylund, Amelia - Female - Age: 14 - Ind/Rel: 3 / 0

#119 Girls 13-14 200 IM	3:05.66	2/8	#123 Girls 13-14 50 Free	31.94	3/1
#131 Girls 13-14 100 Back	1:26.55	2/7			

## 4 Chase, Anna - Female - Age: 16 - Ind/Rel: 2 / 0

#121 Girls 15&O 200 IM	2:36.40	1/8	#125 Girls 15&O 50 Free	28.47	3/2
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## 5 Davis, Ava - Female - Age: 14 - Ind/Rel: 4 / 1

#119 Girls 13-14 200 IM	2:36.28	3/2	#123 Girls 13-14 50 Free	29.58	4/9
#131 Girls 13-14 100 Back	1:14.33	4/8	#135 Girls 13-14 200 Free	2:17.52	4/2
#143 Girls 13-14 200 Free Relay (2)	1:58.52	1/4			

## 6 DeJong, Eli - Male - Age: 15 - Ind/Rel: 1 / 0

#130 Boys 15&O 200 Breast	3:08.99L	1/3			
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## 7 Edgington, Tate - Male - Age: 13 - Ind/Rel: 1 / 0

#120 Boys 13-14 200 IM	2:31.05	2/5			
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## 8 Emanuel, Drew - Male - Age: 15 - Ind/Rel: 3 / 1

#126 Boys 15&O 50 Free	24.70	3/3	#138 Boys 15&O 200 Free	1:56.76	2/5
#139 Mixed 13&O 200 Fly	2:48.57L	1/7	#146 Boys 15&O 200 Free Relay (2)	1:39.17	1/5

## 9 Grimes, Nolan - Male - Age: 16 - Ind/Rel: 3 / 0

#126 Boys 15&O 50 Free	26.73	2/6	#134 Boys 15&O 100 Back	1:10.16	2/9
#138 Boys 15&O 200 Free	2:21.91	1/6			

## 10 Honkamp, Andrew - Male - Age: 15 - Ind/Rel: 2 / 1

#126 Boys 15&O 50 Free	23.82	3/5	#134 Boys 15&O 100 Back	59.13	2/6
#146 Boys 15&O 200 Free Relay (1)	1:39.17	1/5			

## 11 LaMasters, Peter - Male - Age: 14 - Ind/Rel: 2 / 1

#124 Boys 13-14 50 Free	27.00	3/6	#136 Boys 13-14 200 Free	2:05.75	2/5
#144 Boys 13-14 200 Free Relay (1)	1:52.08	1/5			

## 12 Lebeck, Jocelyn - Female - Age: 13 - Ind/Rel: 3 / 0

#123 Girls 13-14 50 Free	34.13	2/2	#131 Girls 13-14 100 Back	1:23.76	3/10
#135 Girls 13-14 200 Free	2:42.73	2/3			

## 13 LeGrant, Levi - Male - Age: 14 - Ind/Rel: 3 / 0

#124 Boys 13-14 50 Free	30.00	2/3	#132 Boys 13-14 100 Back	1:18.37	2/7
#136 Boys 13-14 200 Free	2:21.25	2/8			

## 14 Mengel, Maddie - Female - Age: 15 - Ind/Rel: 3 / 0

#125 Girls 15&O 50 Free	30.53	2/4	#133 Girls 15&O 100 Back	1:14.76	2/8
#137 Girls 15&O 200 Free	2:20.83	2/8			

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## Team Entries - Sunday Afternoon - 13 &amp; 14 / 15 &amp; Over

## Des Moines Swimming Federation-IA

## 15 Otis, Hudson - Male - Age: 15 - Ind/Rel: 3 / 1

#122 Boys 15&0 200 IM	2:12.55	1/5	#134 Boys 15&0 100 Back	58.63	2/5
#138 Boys 15&0 200 Free	2:01.26	2/6	#146 Boys 15&0 200 Free Relay (3)	1:39.17	1/5

## 16 Powell, Izzy - Female - Age: 13 - Ind/Rel: 3 / 1

#123 Girls 13-14 50 Free	28.79	4/4	#135 Girls 13-14 200 Free	2:12.42	4/5
#143 Girls 13-14 200 Free Relay (1)	1:58.52	1/4	#147 Mixed 13&0 1000 Free	12:27.97	1/6

## 17 Ruppert, Millie - Female - Age: 13 - Ind/Rel: 3 / 1

#123 Girls 13-14 50 Free	30.85	3/7	#131 Girls 13-14 100 Back	1:20.54	3/8
#135 Girls 13-14 200 Free	2:32.80	3/9	#143 Girls 13-14 200 Free Relay (4)	1:58.52	1/4

## 18 Seckington, Tillie - Female - Age: 13 - Ind/Rel: 2 / 1

#123 Girls 13-14 50 Free	29.30	4/3	#135 Girls 13-14 200 Free	2:22.35	4/10
#143 Girls 13-14 200 Free Relay (3)	1:58.52	1/4			

## 19 Smith, Kaleb - Male - Age: 15 - Ind/Rel: 3 / 0

#126 Boys 15&0 50 Free	27.07	2/7	#134 Boys 15&0 100 Back	1:11.25	1/5
#138 Boys 15&0 200 Free	2:14.12	2/9			

## 20 Smith, Kiley - Female - Age: 16 - Ind/Rel: 3 / 0

#121 Girls 15&0 200 IM	2:23.44	1/6	#125 Girls 15&0 50 Free	26.95	3/4
#137 Girls 15&0 200 Free	2:08.60	2/4			

## 21 Spracklin, Ethan - Male - Age: 15 - Ind/Rel: 4 / 1

#122 Boys 15&0 200 IM	2:32.17	1/8	#126 Boys 15&0 50 Free	25.45	3/2
#130 Boys 15&0 200 Breast	2:39.89	1/6	#134 Boys 15&0 100 Back	1:12.96	1/4
#146 Boys 15&0 200 Free Relay (4)	1:39.17	1/5			

## 22 Stec, Sienna - Female - Age: 14 - Ind/Rel: 2 / 0

#127 Girls 13-14 200 Breast	3:03.01	1/7	#135 Girls 13-14 200 Free	2:21.61	4/1
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## 23 Voynov, Clive - Male - Age: 13 - Ind/Rel: 2 / 1

#124 Boys 13-14 50 Free	27.33	3/3	#139 Mixed 13&0 200 Fly	2:29.73	1/6
#144 Boys 13-14 200 Free Relay (2)	1:52.08	1/5			

## 24 Willrich, Ben - Male - Age: 14 - Ind/Rel: 2 / 0

#124 Boys 13-14 50 Free	27.98	3/2	#132 Boys 13-14 100 Back	1:15.68	3/2
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Des Moines Swimming Federation-IA Total Individual Entries: 63 - Total Relays: 0

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Wellmark YMCA \* Des Moines, IA \* 25 yard course

## Team Entries - Sunday Afternoon - 13 &amp; 14 / 15 &amp; Over

## Dowling Catholic Riptide-IA

## 1 Arnold, Westin - Male - Age: 14 - Ind/Rel: 2 / 1

#124 Boys 13-14 50 Free	27.11	3/4	#136 Boys 13-14 200 Free	NT	1/1
#144 Boys 13-14 200 Free Relay (4)	1:57.34	1/4			

## 2 Brown, Ella - Female - Age: 16 - Ind/Rel: 2 / 1

#121 Girls 15&0 200 IM	2:31.82	1/3	#125 Girls 15&0 50 Free	27.81	3/7
#145 Girls 15&0 200 Free Relay (1)	1:54.64	1/5			

## 3 Chance, Charlotte - Female - Age: 16 - Ind/Rel: 3 / 0

#121 Girls 15&0 200 IM	2:24.81	1/4	#125 Girls 15&0 50 Free	26.55	3/5
#137 Girls 15&0 200 Free	2:07.54	2/6			

## 4 Coonan, Quinn - Male - Age: 13 - Ind/Rel: 3 / 1

#120 Boys 13-14 200 IM	3:01.82	2/9	#124 Boys 13-14 50 Free	33.50	1/6
#132 Boys 13-14 100 Back	1:28.75	2/10	#144 Boys 13-14 200 Free Relay (3)	1:57.34	1/4

## 5 Corwin, Briley - Female - Age: 16 - Ind/Rel: 2 / 1

#125 Girls 15&0 50 Free	26.93	3/6	#133 Girls 15&0 100 Back	1:06.07	2/6
#145 Girls 15&0 200 Free Relay (4)	1:54.64	1/5			

## 6 Duran Oropeza, Cesar - Male - Age: 15 - Ind/Rel: 1 / 0

#126 Boys 15&0 50 Free	NT	1/4			
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## 7 Eure, Veronica - Female - Age: 14 - Ind/Rel: 2 / 0

#119 Girls 13-14 200 IM	3:08.83	2/2	#131 Girls 13-14 100 Back	1:23.83	2/5
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## 8 Griffin, Jayden - Male - Age: 13 - Ind/Rel: 3 / 1

#124 Boys 13-14 50 Free	27.81	3/8	#132 Boys 13-14 100 Back	1:15.90	3/9
#136 Boys 13-14 200 Free	2:30.93	2/1	#144 Boys 13-14 200 Free Relay (1)	1:57.34	1/4

## 9 Heddinger, Tommy - Male - Age: 13 - Ind/Rel: 2 / 1

#124 Boys 13-14 50 Free	28.92	2/6	#128 Boys 13-14 200 Breast	3:07.79	1/3
#144 Boys 13-14 200 Free Relay (2)	1:57.34	1/4			

## 10 Jacobs, Kate - Female - Age: 13 - Ind/Rel: 2 / 1

#123 Girls 13-14 50 Free	32.03	2/5	#131 Girls 13-14 100 Back	1:20.75	3/9
#143 Girls 13-14 200 Free Relay (2)	2:01.48	1/7			

## 11 Kinnison, Amanda - Female - Age: 13 - Ind/Rel: 3 / 1

#123 Girls 13-14 50 Free	30.05	3/4	#131 Girls 13-14 100 Back	1:15.68	4/10
#135 Girls 13-14 200 Free	2:26.08	3/4	#143 Girls 13-14 200 Free Relay (1)	2:01.48	1/7

## 12 Lock, Meg - Female - Age: 14 - Ind/Rel: 3 / 1

#123 Girls 13-14 50 Free	29.94	3/5	#131 Girls 13-14 100 Back	1:17.65	3/5
#135 Girls 13-14 200 Free	2:30.06	3/8	#143 Girls 13-14 200 Free Relay (4)	2:01.48	1/7

## 13 Middlekauff, Alivia - Female - Age: 13 - Ind/Rel: 2 / 0

#123 Girls 13-14 50 Free	34.19	2/9	#131 Girls 13-14 100 Back	1:28.91	2/8
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## 14 Nguyen, David - Male - Age: 15 - Ind/Rel: 1 / 0

#130 Boys 15&0 200 Breast	2:40.87	1/4			
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## 15 Reisdorf, Olivia - Female - Age: 16 - Ind/Rel: 3 / 0

#125 Girls 15&0 50 Free	29.99	2/5	#129 Girls 15&0 200 Breast	3:11.57	1/7
#137 Girls 15&0 200 Free	2:24.92	2/2			

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Prairie Meadows Pool, Sanction #: IA-23-050

Wellmark YMCA \* Des Moines, IA \* 25 yard course

Team Entries - Sunday Afternoon - 13 &amp; 14 / 15 &amp; Over

**Dowling Catholic Riptide-IA****16 Ruan, Catherine - Female - Age: 14 - Ind/Rel: 3 / 1**

#123 Girls 13-14 50 Free	31.16	3/8	#131 Girls 13-14 100 Back	1:20.48	3/3
#135 Girls 13-14 200 Free	3:03.91	1/6	#143 Girls 13-14 200 Free Relay (3)	2:01.48	1/7

**17 Savransky, Michael - Male - Age: 14 - Ind/Rel: 1 / 0**

#124 Boys 13-14 50 Free	36.42	1/8			
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**18 Vaske, Audrey - Female - Age: 15 - Ind/Rel: 2 / 1**

#125 Girls 15&0 50 Free	30.45	2/6	#133 Girls 15&0 100 Back	1:17.25	2/2
#145 Girls 15&0 200 Free Relay (3)	1:54.64	1/5			

**19 Wigant, Kadence - Female - Age: 17 - Ind/Rel: 3 / 1**

#121 Girls 15&0 200 IM	2:38.94	1/9	#125 Girls 15&0 50 Free	29.45	3/10
#129 Girls 15&0 200 Breast	2:49.30	1/6	#145 Girls 15&0 200 Free Relay (2)	1:54.64	1/5

**20 Wigant, Kaegan - Male - Age: 15 - Ind/Rel: 3 / 0**

#126 Boys 15&0 50 Free	28.56	1/5	#130 Boys 15&0 200 Breast	2:41.57	1/7
#134 Boys 15&0 100 Back	1:12.96	1/6			

**Dowling Catholic Riptide-IA Total Individual Entries: 46 - Total Relays: 0****Fort Dodge Area Swim Team-IA****1 Bloom, Ellie - Female - Age: 14 - Ind/Rel: 3 / 0**

#119 Girls 13-14 200 IM	NT	1/4	#123 Girls 13-14 50 Free	32.17	2/7
#135 Girls 13-14 200 Free	3:02.95	1/5			

**Fort Dodge Area Swim Team-IA Total Individual Entries: 3 - Total Relays: 0****Greater Des Moines YMCA-IA****1 Dunham, Keegan - Female - Age: 14 - Ind/Rel: 3 / 0**

#119 Girls 13-14 200 IM	2:31.94	3/7	#123 Girls 13-14 50 Free	28.39	4/5
#131 Girls 13-14 100 Back	1:10.71	4/7			

**2 Gatzionis, Gregory - Male - Age: 13 - Ind/Rel: 2 / 0**

#124 Boys 13-14 50 Free	28.05	3/9	#128 Boys 13-14 200 Breast	3:00.05	1/7
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**3 Stone, Kylee - Female - Age: 13 - Ind/Rel: 3 / 0**

#123 Girls 13-14 50 Free	28.58	4/6	#131 Girls 13-14 100 Back	1:09.79	4/6
#135 Girls 13-14 200 Free	2:38.36	2/6			

**Greater Des Moines YMCA-IA Total Individual Entries: 8 - Total Relays: 0**

## 2023 IASI West Winter Regionals - 2/11/2023 to 2/12/2023

Prairie Meadows Pool, Sanction #: IA-23-050

Wellmark YMCA \* Des Moines, IA \* 25 yard course

Team Entries - Sunday Afternoon - 13 &amp; 14 / 15 &amp; Over

**Johnston Blaze Swim Club-IA****1 Buck, Garrett - Male - Age: 14 - Ind/Rel: 3 / 0**

#124 Boys 13-14 50 Free	34.98	1/7	#132 Boys 13-14 100 Back	1:33.56	1/6
#136 Boys 13-14 200 Free	3:05.22	1/2			

**2 Clark, Hunter - Male - Age: 14 - Ind/Rel: 2 / 0**

#124 Boys 13-14 50 Free	NT	1/1	#132 Boys 13-14 100 Back	2:23.82	1/3
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**3 Croll, Molly - Female - Age: 13 - Ind/Rel: 2 / 0**

#119 Girls 13-14 200 IM	3:21.10	2/1	#135 Girls 13-14 200 Free	2:52.90	2/10
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**4 Dvorak, Layla - Female - Age: 15 - Ind/Rel: 2 / 0**

#121 Girls 15&0 200 IM	2:55.12	1/10	#125 Girls 15&0 50 Free	28.94	3/9
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**5 Kruger, Olivia - Female - Age: 13 - Ind/Rel: 2 / 0**

#119 Girls 13-14 200 IM	3:03.72	2/3	#131 Girls 13-14 100 Back	1:23.96	2/6
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**6 LaGier, Andy - Male - Age: 13 - Ind/Rel: 2 / 0**

#124 Boys 13-14 50 Free	31.10	2/9	#132 Boys 13-14 100 Back	1:17.84	2/5
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**7 Paul, Levi Paul - Male - Age: 13 - Ind/Rel: 1 / 0**

#124 Boys 13-14 50 Free	31.39	2/1			
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**8 Sethi, Milie - Female - Age: 15 - Ind/Rel: 1 / 0**

#125 Girls 15&0 50 Free	31.85	2/9			
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**9 Stravers, Kinsley - Female - Age: 13 - Ind/Rel: 3 / 0**

#123 Girls 13-14 50 Free	34.42	2/1	#131 Girls 13-14 100 Back	1:20.85	3/1
#135 Girls 13-14 200 Free	2:40.77	2/7			

**Johnston Blaze Swim Club-IA Total Individual Entries: 18 - Total Relays: 0****Life Time Iowa Swim Team-IA****1 Shcharansky, George - Male - Age: 15 - Ind/Rel: 2 / 0**

#126 Boys 15&0 50 Free	27.36	2/3	#134 Boys 15&0 100 Back	1:08.57	2/2
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**Life Time Iowa Swim Team-IA Total Individual Entries: 2 - Total Relays: 0****Mason City Swim Club-IA****1 Cook, Mallory - Female - Age: 13 - Ind/Rel: 2 / 0**

#123 Girls 13-14 50 Free	29.77	4/10	#131 Girls 13-14 100 Back	1:18.33	3/6
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**Mason City Swim Club-IA Total Individual Entries: 2 - Total Relays: 0**

## 2023 IASI West Winter Regionals - 2/11/2023 to 2/12/2023

Prairie Meadows Pool, Sanction #: IA-23-050

Wellmark YMCA \* Des Moines, IA \* 25 yard course

## Team Entries - Sunday Afternoon - 13 &amp; 14 / 15 &amp; Over

## North Side Swim Team-IA

## 1 Briggs, Colby - Male - Age: 15 - Ind/Rel: 4 / 1

#122 Boys 15&O 200 IM	2:28.26	1/3	#126 Boys 15&O 50 Free	27.02	2/4
#134 Boys 15&O 100 Back	1:06.17	2/3	#138 Boys 15&O 200 Free	2:01.82	2/7
#146 Boys 15&O 200 Free Relay (4)	1:49.26	1/6			

## 2 Cauterucci, Kole - Male - Age: 14 - Ind/Rel: 3 / 1

#120 Boys 13-14 200 IM	2:46.36	2/2	#132 Boys 13-14 100 Back	1:17.92	2/4
#136 Boys 13-14 200 Free	2:25.98	2/2	#144 Boys 13-14 200 Free Relay (3)	1:54.31	1/6

## 3 Cornwell, Connor - Male - Age: 14 - Ind/Rel: 3 / 1

#120 Boys 13-14 200 IM	3:21.08	1/6	#132 Boys 13-14 100 Back	1:29.31	1/5
#136 Boys 13-14 200 Free	2:45.39	1/7	#144 Boys 13-14 200 Free Relay (1)	2:13.59	1/3

## 4 Cunningham, Clara - Female - Age: 15 - Ind/Rel: 3 / 1

#121 Girls 15&O 200 IM	2:45.37	1/1	#129 Girls 15&O 200 Breast	2:59.85	1/4
#137 Girls 15&O 200 Free	2:29.28	2/9	#145 Girls 15&O 200 Free Relay (4)	1:59.92	1/6

## 5 Cunningham, Corban - Male - Age: 13 - Ind/Rel: 3 / 1

#120 Boys 13-14 200 IM	2:38.63	2/7	#124 Boys 13-14 50 Free	27.22	3/7
#136 Boys 13-14 200 Free	2:16.02	2/7	#144 Boys 13-14 200 Free Relay (4)	1:54.31	1/6

## 6 Damage, Camryn - Female - Age: 14 - Ind/Rel: 3 / 1

#119 Girls 13-14 200 IM	2:40.70	3/1	#131 Girls 13-14 100 Back	1:10.52	4/4
#135 Girls 13-14 200 Free	2:32.12	3/2	#143 Girls 13-14 200 Free Relay (1)	1:57.61	1/6

## 7 Damage, Evelyn - Female - Age: 14 - Ind/Rel: 3 / 1

#119 Girls 13-14 200 IM	2:45.90	2/5	#127 Girls 13-14 200 Breast	3:05.72	1/8
#131 Girls 13-14 100 Back	1:14.77	4/9	#143 Girls 13-14 200 Free Relay (4)	1:57.61	1/6

## 8 Disterhoft, Fisher - Male - Age: 14 - Ind/Rel: 2 / 1

#124 Boys 13-14 50 Free	30.29	2/8	#132 Boys 13-14 100 Back	1:21.89	2/9
#144 Boys 13-14 200 Free Relay (4)	2:13.59	1/3			

## 9 Disterhoft, Uriaiah - Male - Age: 16 - Ind/Rel: 1 / 1

#126 Boys 15&O 50 Free	28.84	1/6	#146 Boys 15&O 200 Free Relay (2)	1:49.26	1/6
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## 10 Ha, Norman - Male - Age: 13 - Ind/Rel: 3 / 1

#120 Boys 13-14 200 IM	2:36.36	2/4	#124 Boys 13-14 50 Free	28.06	3/1
#132 Boys 13-14 100 Back	1:10.52	3/4	#144 Boys 13-14 200 Free Relay (1)	1:54.31	1/6

## 11 Kearn, Zoella - Female - Age: 14 - Ind/Rel: 3 / 0

#123 Girls 13-14 50 Free	36.81	1/6	#131 Girls 13-14 100 Back	1:36.22	2/10
#135 Girls 13-14 200 Free	3:18.06	1/7			

## 12 Kent, Avery - Female - Age: 15 - Ind/Rel: 3 / 1

#125 Girls 15&O 50 Free	32.82	1/5	#133 Girls 15&O 100 Back	1:28.65	1/5
#137 Girls 15&O 200 Free	2:50.54	1/6	#145 Girls 15&O 200 Free Relay (2)	1:59.92	1/6

## 13 Labresh, Joella - Female - Age: 15 - Ind/Rel: 3 / 1

#125 Girls 15&O 50 Free	30.83	2/3	#133 Girls 15&O 100 Back	1:14.51	2/3
#137 Girls 15&O 200 Free	2:33.53	2/10	#145 Girls 15&O 200 Free Relay (1)	1:59.92	1/6

## 14 Nalan, Emily - Female - Age: 14 - Ind/Rel: 3 / 0

#123 Girls 13-14 50 Free	41.65	1/7	#131 Girls 13-14 100 Back	1:53.41	1/4
#135 Girls 13-14 200 Free	3:35.58	1/3			

## 2023 IASI West Winter Regionals - 2/11/2023 to 2/12/2023

Prairie Meadows Pool, Sanction #: IA-23-050

Wellmark YMCA \* Des Moines, IA \* 25 yard course

## Team Entries - Sunday Afternoon - 13 &amp; 14 / 15 &amp; Over

## North Side Swim Team-IA

## 15 Oosterhuis, Alec - Male - Age: 15 - Ind/Rel: 3 / 1

#122 Boys 15&0 200 IM	2:37.42	1/1	#126 Boys 15&0 50 Free	25.93	3/1
#138 Boys 15&0 200 Free	2:18.48	2/10	#146 Boys 15&0 200 Free Relay (1)	1:49.26	1/6

## 16 Oosterhuis, Evan - Male - Age: 14 - Ind/Rel: 3 / 1

#128 Boys 13-14 200 Breast	2:53.74	1/6	#132 Boys 13-14 100 Back	1:18.81	2/3
#136 Boys 13-14 200 Free	2:38.63	1/6	#144 Boys 13-14 200 Free Relay (2)	1:54.31	1/6

## 17 Prendergast, Claire - Female - Age: 13 - Ind/Rel: 2 / 0

#123 Girls 13-14 50 Free	34.09	2/8	#135 Girls 13-14 200 Free	2:36.33	2/5
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## 18 Rexroat, Tyson - Male - Age: 17 - Ind/Rel: 2 / 1

#126 Boys 15&0 50 Free	27.47	2/8	#134 Boys 15&0 100 Back	1:17.62	1/3
#146 Boys 15&0 200 Free Relay (3)	1:49.26	1/6			

## 19 Reyes, Abigail - Female - Age: 13 - Ind/Rel: 3 / 1

#123 Girls 13-14 50 Free	29.50	4/2	#131 Girls 13-14 100 Back	1:40.71	1/6
#135 Girls 13-14 200 Free	2:52.36	2/1	#143 Girls 13-14 200 Free Relay (2)	1:57.61	1/6

## 20 Rice, Mary - Female - Age: 14 - Ind/Rel: 3 / 1

#119 Girls 13-14 200 IM	2:54.15	2/4	#131 Girls 13-14 100 Back	1:19.88	3/7
#135 Girls 13-14 200 Free	2:35.34	3/1	#143 Girls 13-14 200 Free Relay (3)	1:57.61	1/6

## 21 Sargent, Audrey - Female - Age: 15 - Ind/Rel: 3 / 0

#125 Girls 15&0 50 Free	50.28	1/4	#133 Girls 15&0 100 Back	1:59.52	1/4
#137 Girls 15&0 200 Free	3:50.58	1/8			

## 22 Schafer, Sophia - Female - Age: 15 - Ind/Rel: 3 / 1

#125 Girls 15&0 50 Free	31.29	2/8	#133 Girls 15&0 100 Back	1:28.55	2/1
#137 Girls 15&0 200 Free	3:00.96	1/7	#145 Girls 15&0 200 Free Relay (3)	1:59.92	1/6

## 23 Topf, Tiernan - Male - Age: 13 - Ind/Rel: 2 / 1

#124 Boys 13-14 50 Free	35.53	1/3	#132 Boys 13-14 100 Back	1:47.99	1/7
#144 Boys 13-14 200 Free Relay (3)	2:13.59	1/3			

## 24 Troyer, Austin - Male - Age: 16 - Ind/Rel: 3 / 0

#122 Boys 15&0 200 IM	2:23.66	1/4	#134 Boys 15&0 100 Back	1:06.26	2/8
#138 Boys 15&0 200 Free	2:05.99	2/8			

## 25 Williams, Blake - Male - Age: 13 - Ind/Rel: 2 / 1

#124 Boys 13-14 50 Free	37.26	1/2	#136 Boys 13-14 200 Free	3:34.30	1/9
#144 Boys 13-14 200 Free Relay (2)	2:13.59	1/3			

North Side Swim Team-IA Total Individual Entries: 69 - Total Relays: 0

## 2023 IASI West Winter Regionals - 2/11/2023 to 2/12/2023

Prairie Meadows Pool, Sanction #: IA-23-050

Wellmark YMCA \* Des Moines, IA \* 25 yard course

## Team Entries - Sunday Afternoon - 13 &amp; 14 / 15 &amp; Over

## Rams Swim Club-IA

## 1 Braun, Nelah - Female - Age: 15 - Ind/Rel: 3 / 0

#125 Girls 15&0 50 Free	39.38	1/6	#133 Girls 15&0 100 Back	1:43.60	1/6
#137 Girls 15&0 200 Free	3:05.21	1/3			

## 2 Conn, Lillie - Female - Age: 14 - Ind/Rel: 2 / 1

#123 Girls 13-14 50 Free	32.15	2/4	#135 Girls 13-14 200 Free	2:45.10	2/9
#143 Girls 13-14 200 Free Relay (3)	2:03.21	1/3			

## 3 Fertig, Jack - Male - Age: 17 - Ind/Rel: 2 / 0

#126 Boys 15&0 50 Free	23.98	3/4	#138 Boys 15&0 200 Free	2:05.40	2/3
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## 4 Fertig, Jodi - Female - Age: 13 - Ind/Rel: 2 / 1

#123 Girls 13-14 50 Free	29.13	4/7	#135 Girls 13-14 200 Free	2:28.93	3/3
#143 Girls 13-14 200 Free Relay (4)	2:03.21	1/3			

## 5 Fertig, Jonah - Male - Age: 14 - Ind/Rel: 2 / 0

#124 Boys 13-14 50 Free	26.83	3/5	#136 Boys 13-14 200 Free	2:09.91	2/6
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## 6 Fertig, Jordan - Female - Age: 15 - Ind/Rel: 2 / 0

#121 Girls 15&0 200 IM	2:22.44	1/5	#137 Girls 15&0 200 Free	2:07.27	2/5
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## 7 Herrick, Lilli - Female - Age: 13 - Ind/Rel: 3 / 1

#119 Girls 13-14 200 IM	NT	1/6	#123 Girls 13-14 50 Free	31.92	3/9
#135 Girls 13-14 200 Free	2:44.29	2/2	#143 Girls 13-14 200 Free Relay (2)	2:03.21	1/3

## 8 Kimmel, Teaghyn - Female - Age: 13 - Ind/Rel: 3 / 1

#119 Girls 13-14 200 IM	2:53.02	2/6	#123 Girls 13-14 50 Free	30.01	3/6
#131 Girls 13-14 100 Back	1:15.55	4/1	#143 Girls 13-14 200 Free Relay (1)	2:03.21	1/3

## 9 Ortega, Cooper - Male - Age: 16 - Ind/Rel: 2 / 0

#126 Boys 15&0 50 Free	23.95	3/6	#134 Boys 15&0 100 Back	1:02.62	2/4
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## 10 Ortega, Ijah - Male - Age: 13 - Ind/Rel: 2 / 0

#124 Boys 13-14 50 Free	29.47	2/7	#132 Boys 13-14 100 Back	1:23.95	2/1
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## 11 Ortega, Zion - Male - Age: 15 - Ind/Rel: 2 / 0

#126 Boys 15&0 50 Free	25.66	3/9	#134 Boys 15&0 100 Back	1:15.10	1/7
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Rams Swim Club-IA Total Individual Entries: 25 - Total Relays: 0

## 2023 IASI West Winter Regionals - 2/11/2023 to 2/12/2023

Prairie Meadows Pool, Sanction #: IA-23-050

Wellmark YMCA \* Des Moines, IA \* 25 yard course

Team Entries - Sunday Afternoon - 13 &amp; 14 / 15 &amp; Over

**South East Aquatics-IA****1 Gaulke, Mason - Male - Age: 15 - Ind/Rel: 4 / 0**

#122 Boys 15&O 200 IM	2:35.95	1/9	#126 Boys 15&O 50 Free	27.52	2/2
#134 Boys 15&O 100 Back	1:11.16	2/10	#138 Boys 15&O 200 Free	2:23.80	1/4

**2 Nedder, Julia - Female - Age: 13 - Ind/Rel: 4 / 0**

#119 Girls 13-14 200 IM	3:00.77	2/7	#123 Girls 13-14 50 Free	31.00	3/3
#131 Girls 13-14 100 Back	1:20.59	3/2	#135 Girls 13-14 200 Free	2:42.82	2/8

**3 Punt, Caleb - Male - Age: 14 - Ind/Rel: 3 / 0**

#124 Boys 13-14 50 Free	28.07	3/10	#132 Boys 13-14 100 Back	1:17.91	2/6
#136 Boys 13-14 200 Free	2:33.60	1/5			

**4 Punt, Chloe - Female - Age: 15 - Ind/Rel: 3 / 0**

#125 Girls 15&O 50 Free	30.81	2/7	#133 Girls 15&O 100 Back	1:23.62	2/9
#137 Girls 15&O 200 Free	2:59.19	1/4			

**5 Rupprecht, Cooper - Male - Age: 16 - Ind/Rel: 2 / 0**

#126 Boys 15&O 50 Free	26.10	3/10	#138 Boys 15&O 200 Free	2:14.00	2/2
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**6 Sisul, Jac - Male - Age: 16 - Ind/Rel: 4 / 0**

#122 Boys 15&O 200 IM	2:32.57	1/2	#126 Boys 15&O 50 Free	26.57	2/5
#134 Boys 15&O 100 Back	1:10.90	2/1	#138 Boys 15&O 200 Free	2:20.56	1/5

**South East Aquatics-IA Total Individual Entries: 20 - Total Relays: 0****Swordfish Academy-IA****1 Subbert, Kambelle - Female - Age: 14 - Ind/Rel: 2 / 0**

#123 Girls 13-14 50 Free	31.97	3/10	#131 Girls 13-14 100 Back	1:25.04	2/4
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**Swordfish Academy-IA Total Individual Entries: 2 - Total Relays: 0**