

2022 IA CIA BEAT THE HEAT - 6/24/2022 to 6/26/2022**Prairie Meadows Pool, Sanction #: IA-22-060****Wellmark YMCA * Des Moines, IA * 50 Meter Course****Results****Girls 8 & Under 50 LC Meter Freestyle****33.59 8&U AAA****39.89 8&U IASI**

Name	Age	Team	Seed Time	Finals Time	
1 Hackley, Annisten	8	Greater Des Moines YMCA-IA	39.74	38.02	IASI
2 Qualley, Reagan	7	Greater Des Moines YMCA-IA	44.66	44.55	
3 Tann, Madeline	8	Cool Swim Team-MV	NT	44.88	
4 Tudor, Ellery	8	Uss Destroyers Swim Club-IA	51.54	48.98	
5 Brons, Josie	8	Des Moines Swimming Federation-IA	46.00	49.47	
6 Davidson, Natalie	8	Central Iowa Aquatics-IA	1:22.47	1:00.34	
7 Draheim, Kinsley	8	Greater Des Moines YMCA-IA	1:04.51	1:03.31	
--- Tucker, Savvy	8	Iowa Flyers Swim Club-IA	1:00.57	NS	

Girls 8 & Under 50 LC Meter Freestyle**33.59 8&U AAA****39.89 8&U IASI**

Name	Age	Team	Seed Time	Finals Time	
1 Hackley, Annisten	8	Greater Des Moines YMCA-IA	39.74	39.58	IASI
2 Hornung, Harper	8	Central Iowa Aquatics-IA	43.58	45.52	
3 Peterson, Kendall	8	Dowling Catholic Riptide-IA	50.77	47.66	
4 Tann, Madeline	8	Cool Swim Team-MV	NT	47.96	
5 Geneser, Alice	8	Iowa Flyers Swim Club-IA	46.71	49.00	
6 Spear, Lilliana	7	Dowling Catholic Riptide-IA	49.40	55.33	
7 Davidson, Natalie	8	Central Iowa Aquatics-IA	1:22.47	1:02.58	
8 Schweers, Genevieve	7	Central Iowa Aquatics-IA	NT	1:09.72	

Girls 8 & Under 100 LC Meter Freestyle**1:14.49 8&U AAA****1:31.19 8&U IASI**

Name	Age	Team	Seed Time	Finals Time	
1 Hackley, Annisten	8	Greater Des Moines YMCA-IA	1:31.61	1:30.97	IASI
42.20	1:30.97 (48.77)				
2 Brons, Josie	8	Des Moines Swimming Federation-IA	1:44.67	1:42.75	
48.91	1:42.75 (53.84)				
3 Qualley, Reagan	7	Greater Des Moines YMCA-IA	1:42.09	1:43.13	
47.91	1:43.13 (55.22)				
4 Hornung, Harper	8	Central Iowa Aquatics-IA	1:43.54	1:49.32	
51.39	1:49.32 (57.93)				
5 Tudor, Ellery	8	Uss Destroyers Swim Club-IA	1:55.86	1:50.04	
6 Geneser, Alice	8	Iowa Flyers Swim Club-IA	1:50.81	1:56.67	
53.66	1:56.67 (1:03.01)				
7 Draheim, Kinsley	8	Greater Des Moines YMCA-IA	2:43.23	2:26.52	
--- Tucker, Savvy	8	Iowa Flyers Swim Club-IA	2:19.47	NS	

Girls 8 & Under 200 LC Meter Freestyle**2:41.99 8&U AAA****3:20.99 8&U IASI**

Name	Age	Team	Seed Time	Finals Time	
1 Hackley, Annisten	8	Greater Des Moines YMCA-IA	3:13.26	3:14.50	IASI
42.48	1:32.34 (49.86)	2:25.71 (53.37)	3:14.50 (48.79)		
2 Tudor, Ellery	8	Uss Destroyers Swim Club-IA	NT	4:01.07	
50.94	1:51.85 (1:00.91)	2:58.56 (1:06.71)	4:01.07 (1:02.51)		

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Name	Age	Team	Seed Time	Finals Time
1 Hackley, Annisten	8	Greater Des Moines YMCA-IA	6:41.87	6:29.39 IASI
			44.25 1:33.35 (49.10)	2:22.79 (49.44)
			4:02.12 (48.81)	4:52.73 (50.61) 5:40.45 (47.72) 6:29.39 (48.94)

Girls 8 & Under 50 LC Meter Backstroke**39.59 8&U AAA****48.89 8&U IASI**

Name	Age	Team	Seed Time	Finals Time
1 Hackley, Annisten	8	Greater Des Moines YMCA-IA	46.85	46.21 IASI
2 Geneser, Alice	8	Iowa Flyers Swim Club-IA	49.60	52.41
3 Qualley, Reagan	7	Greater Des Moines YMCA-IA	54.71	54.73
4 Hornung, Harper	8	Central Iowa Aquatics-IA	50.62	55.38
5 Larson, Rachel	8	Greater Des Moines YMCA-IA	1:00.13	56.15
6 Brons, Josie	8	Des Moines Swimming Federation-IA	55.26	56.86
7 Tudor, Ellery	8	Uss Destroyers Swim Club-IA	58.88	58.13
8 Tann, Madeline	8	Cool Swim Team-MV	NT	1:01.80
--- Tucker, Savvy	8	Iowa Flyers Swim Club-IA	1:00.51	NS

Girls 8 & Under 50 LC Meter Backstroke**39.59 8&U AAA****48.89 8&U IASI**

Name	Age	Team	Seed Time	Finals Time
1 Hackley, Annisten	8	Greater Des Moines YMCA-IA	46.85	46.00 IASI
2 Peterson, Kendall	8	Dowling Catholic Riptide-IA	52.24	52.32
3 Hornung, Harper	8	Central Iowa Aquatics-IA	50.62	52.70
4 Geneser, Alice	8	Iowa Flyers Swim Club-IA	49.60	53.41
5 Spear, Lilliana	7	Dowling Catholic Riptide-IA	56.39	1:03.65
6 Davidson, Natalie	8	Central Iowa Aquatics-IA	1:12.08	1:06.78
--- Schweers, Genevieve	7	Central Iowa Aquatics-IA	NT	DQ

Shoulders past vertical toward breast

Girls 8 & Under 100 LC Meter Backstroke**1:26.29 8&U AAA****1:45.99 8&U IASI**

Name	Age	Team	Seed Time	Finals Time
1 Hackley, Annisten	8	Greater Des Moines YMCA-IA	1:41.61	1:40.82 IASI
			47.95 1:40.82 (52.87)	
2 Qualley, Reagan	7	Greater Des Moines YMCA-IA	1:57.61	1:52.78
			54.67 1:52.78 (58.11)	
3 Tudor, Ellery	8	Uss Destroyers Swim Club-IA	NT	1:57.13
			57.28 1:57.13 (59.85)	
4 Brons, Josie	8	Des Moines Swimming Federation-IA	1:56.00	2:01.77
			59.98 2:01.77 (1:01.79)	
5 Tann, Madeline	8	Cool Swim Team-MV	NT	2:07.67
--- Tucker, Savvy	8	Iowa Flyers Swim Club-IA	2:18.08	NS

2022 IA CIA BEAT THE HEAT - 6/24/2022 to 6/26/2022**Prairie Meadows Pool, Sanction #: IA-22-060****Wellmark YMCA * Des Moines, IA * 50 Meter Course****Results****Girls 8 & Under 50 LC Meter Breaststroke****43.89 8&U AAA****53.99 8&U IASI**

Name	Age	Team	Seed Time	Finals Time
1 Qualley, Reagan	7	Greater Des Moines YMCA-IA	1:02.62	1:00.49
2 Brons, Josie	8	Des Moines Swimming Federation-IA	1:03.70	1:05.82
3 Draheim, Kinsley	8	Greater Des Moines YMCA-IA	1:13.89	1:12.22
4 Davidson, Natalie	8	Central Iowa Aquatics-IA	1:24.89	1:17.57
5 Tann, Madeline	8	Cool Swim Team-MV	NT	1:19.61
--- Tucker, Savvy	8	Iowa Flyers Swim Club-IA	NT	NS

Girls 8 & Under 50 LC Meter Breaststroke**43.89 8&U AAA****53.99 8&U IASI**

Name	Age	Team	Seed Time	Finals Time
1 Hackley, Annisten	8	Greater Des Moines YMCA-IA	57.62	56.29
2 Hornung, Harper	8	Central Iowa Aquatics-IA	NT	1:03.86
3 Geneser, Alice	8	Iowa Flyers Swim Club-IA	59.47	1:05.03
4 Peterson, Kendall	8	Dowling Catholic Riptide-IA	1:08.20	1:11.67
5 Davidson, Natalie	8	Central Iowa Aquatics-IA	1:24.89	1:14.96
--- Tann, Madeline	8	Cool Swim Team-MV	NT	DQ
Two strokes under water				
--- Schweers, Genevieve	7	Central Iowa Aquatics-IA	NT	DQ
Non-simultaneous arms				

Girls 8 & Under 100 LC Meter Breaststroke**1:36.89 8&U AAA****1:59.79 8&U IASI**

Name	Age	Team	Seed Time	Finals Time
1 Qualley, Reagan	7	Greater Des Moines YMCA-IA	2:19.55	2:16.00
1:06.33				2:16.00 (1:09.67)
2 Geneser, Alice	8	Iowa Flyers Swim Club-IA	2:15.01	2:17.50
1:05.96				2:17.50 (1:11.54)
3 Brons, Josie	8	Des Moines Swimming Federation-IA	2:16.95	2:18.11
1:07.82				2:18.11 (1:10.29)
4 Larson, Rachel	8	Greater Des Moines YMCA-IA	2:16.10	2:19.03
1:05.89				2:19.03 (1:13.14)
5 Draheim, Kinsley	8	Greater Des Moines YMCA-IA	NT	2:31.89
1:14.59				2:31.89 (1:17.30)
--- Tann, Madeline	8	Cool Swim Team-MV	NT	DQ
Arms past hipline				
1:28.73				DQ (1:33.88)

Girls 8 & Under 50 LC Meter Butterfly**37.79 8&U AAA****47.09 8&U IASI**

Name	Age	Team	Seed Time	Finals Time
1 Hackley, Annisten	8	Greater Des Moines YMCA-IA	48.95	48.55
2 Geneser, Alice	8	Iowa Flyers Swim Club-IA	53.15	56.54
3 Hornung, Harper	8	Central Iowa Aquatics-IA	58.71	1:00.44
4 Peterson, Kendall	8	Dowling Catholic Riptide-IA	1:04.92	1:01.89

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Name	Age	Team	Seed Time	Finals Time
--- Spear, Lilliana Non-simultaneous arms	7	Dowling Catholic Riptide-IA	NT	DQ

Girls 8 & Under 50 LC Meter Butterfly

37.79 8&U AAA

47.09 8&U IASI

Name	Age	Team	Seed Time	Finals Time
1 Hackley, Annisten	8	Greater Des Moines YMCA-IA	48.95	48.51
2 Geneser, Alice	8	Iowa Flyers Swim Club-IA	53.15	52.41
3 Qualley, Reagan	7	Greater Des Moines YMCA-IA	NT	59.65
4 Hornung, Harper	8	Central Iowa Aquatics-IA	58.71	1:00.53
5 Brons, Josie	8	Des Moines Swimming Federation-IA	1:07.88	1:02.22
6 Tann, Madeline	8	Cool Swim Team-MV	NT	1:05.78
--- Larson, Rachel Kick breaststroke type	8	Greater Des Moines YMCA-IA	53.04	DQ

Girls 8 & Under 100 LC Meter Butterfly

1:26.99 8&U AAA

1:52.99 8&U IASI

Name	Age	Team	Seed Time	Finals Time
1 Tudor, Ellery	8	Uss Destroyers Swim Club-IA	NT	2:43.26

Girls 8 & Under 200 LC Meter IM

3:02.89 8&U AAA

3:43.19 8&U IASI

Name	Age	Team	Seed Time	Finals Time
1 Hackley, Annisten	8	Greater Des Moines YMCA-IA	3:43.68	3:38.86 IASI
			51.28 1:45.76 (54.48) 2:52.92 (1:07.16) 3:38.86 (45.94)	
2 Brons, Josie	8	Des Moines Swimming Federation-IA	4:15.02	4:24.63
			1:10.86 2:19.25 (1:08.39) 3:31.99 (1:12.74) 4:24.63 (52.64)	

Girls 9-10 50 LC Meter Freestyle

33.59 9-10 AAA

39.89 9-10 IASI

Name	Age	Team	Seed Time	Finals Time
1 Fenton, Aspen	9	Greater Des Moines YMCA-IA	36.11	34.62 IASI
2 Dismang, Brinley	9	Iowa Flyers Swim Club-IA	36.86	36.67 IASI
3 Frantum, Maddie	10	Central Iowa Aquatics-IA	37.74	37.89 IASI
4 Parson, Annie	10	Uss Destroyers Swim Club-IA	39.15	38.36 IASI
5 Rowlette, Lily	10	Iowa Flyers Swim Club-IA	38.71	38.94 IASI
6 Filmer, Lauren	10	Greater Des Moines YMCA-IA	38.98	39.01 IASI
7 Landon, Elsie	9	Iowa Flyers Swim Club-IA	39.15	39.24 IASI
8 Geneser, Nelly	10	Iowa Flyers Swim Club-IA	38.07	39.50 IASI
9 Hutzell, Rowen	9	Greater Des Moines YMCA-IA	39.86	39.90
10 Gerke, Gabi	10	Iowa Flyers Swim Club-IA	39.63	41.07
11 Ludwig, Mia	9	Greater Des Moines YMCA-IA	43.32	42.09
12 Pekarek, Anna	10	Rams Swim Club-IA	43.25	43.09
13 Drugg, Marina	10	Iowa Flyers Swim Club-IA	47.81	44.87
14 Carroll, Mia	10	Des Moines Swimming Federation-IA	48.64	46.57
15 Brislaw, Abby	10	Linn-Mar-IA	53.27	51.34
16 Weaver, Molly	10	Linn-Mar-IA	54.22	53.07

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Name	Age	Team	Seed Time	Finals Time
17 Berg, Tegan	10	Linn-Mar-IA	59.59	54.92
18 Shenouda, Elizabeth	10	Dowling Catholic Riptide-IA	58.12	58.47
19 Kopriva, Tinley	9	Des Moines Swimming Federation-IA	1:06.69	1:05.11
20 Klesel, Ayla	9	Central Iowa Aquatics-IA	NT	1:06.72
--- Nguyen, Marianne	10	Unattached-IA	38.58	NS
--- Connolly, Grace	9	Greater Des Moines YMCA-IA	45.13	NS

Girls 9-10 50 LC Meter Freestyle**33.59 9-10 AAA****39.89 9-10 IASI**

Name	Age	Team	Seed Time	Finals Time	
1 Burns, Ashlyn	10	Greater Des Moines YMCA-IA	34.09	34.52	IASI
2 Smith, Kinzlee	10	Iowa Flyers Swim Club-IA	35.99	35.99	IASI
3 Dismang, Brinley	9	Iowa Flyers Swim Club-IA	36.86	37.86	IASI
4 Bykova, Sasha	9	Des Moines Swimming Federation-IA	44.15	39.59	IASI
5 Gerke, Gabi	10	Iowa Flyers Swim Club-IA	39.63	41.64	
6 Hanson, Aubrey	9	Central Iowa Aquatics-IA	44.22	41.80	
7 Pham, Emmie	9	Greater Des Moines YMCA-IA	44.02	43.92	
8 Dacey, Alivia	10	Central Iowa Aquatics-IA	43.27	44.53	
9 Nguyen, Sophia	9	Iowa Flyers Swim Club-IA	46.54	44.93	
10 Chen, Leighton	10	Des Moines Swimming Federation-IA	44.01	45.62	
11 Books, Malia	9	Uss Destroyers Swim Club-IA	NT	45.97	
12 Stoeckel, Madigan	9	Central Iowa Aquatics-IA	44.35	46.06	
13 Pham, HaiLy	10	Greater Des Moines YMCA-IA	46.58	47.04	
14 Duncan, Taylor	9	Kansas City Blue Wave Swim Tea-MV	NT	47.53	
15 Stiles, Regan	10	Iowa Flyers Swim Club-IA	44.42	47.57	
16 Ortman, Haleigh	9	Iowa City Eels-IA	53.44	47.75	
17 Walston, Lucy	9	Des Moines Swimming Federation-IA	48.48	52.24	
18 Brislawn, Abby	10	Linn-Mar-IA	53.27	54.21	
19 Moon, Nora	10	Des Moines Swimming Federation-IA	57.67	54.27	
20 Horak, Brinley	10	Linn-Mar-IA	1:00.00	54.85	
21 Cole, Kenedy	9	Central Iowa Aquatics-IA	54.90	56.47	
22 Weaver, Molly	10	Linn-Mar-IA	54.22	57.78	
23 Baxter, Amelia	9	Central Iowa Aquatics-IA	1:12.40	1:05.63	
--- Ammar, Marioma	10	Greater Des Moines YMCA-IA	1:22.23	NS	
--- Harrington, Hazel	9	Greater Des Moines YMCA-IA	NT	NS	

Girls 9-10 100 LC Meter Freestyle**1:14.49 9-10 AAA****1:31.19 9-10 IASI**

Name	Age	Team	Seed Time	Finals Time	
1 Burns, Ashlyn	10	Greater Des Moines YMCA-IA	1:16.73	1:18.72	IASI
				36.21	1:18.72 (42.51)
2 Assaad, Dana	10	Central Iowa Aquatics-IA	1:17.04	1:19.07	IASI
				38.04	1:19.07 (41.03)
3 Smith, Kinzlee	10	Iowa Flyers Swim Club-IA	1:21.29	1:22.85	IASI
				38.77	1:22.85 (44.08)
4 Rowlette, Lily	10	Iowa Flyers Swim Club-IA	1:27.99	1:24.23	IASI
				40.53	1:24.23 (43.70)

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	Name	Age	Team	Seed Time	Finals Time	
5	Dismang, Brinley 40.62	9	Iowa Flyers Swim Club-IA	1:25.39	1:24.64	IASI
					1:24.64 (44.02)	
6	Boevers, Makenna 42.04	10	Uss Destroyers Swim Club-IA	1:26.66	1:26.68	IASI
					1:26.68 (44.64)	
7	Filmer, Lauren 41.48	10	Greater Des Moines YMCA-IA	1:29.98	1:26.71	IASI
					1:26.71 (45.23)	
8	Frantum, Maddie 41.46	10	Central Iowa Aquatics-IA	1:22.44	1:27.33	IASI
					1:27.33 (45.87)	
9	Textor, Hannah 42.23	10	Des Moines Swimming Federation-IA	1:26.19	1:28.74	IASI
					1:28.74 (46.51)	
10	Geneser, Nelly 42.96	10	Iowa Flyers Swim Club-IA	1:29.35	1:28.93	IASI
					1:28.93 (45.97)	
11	Bykova, Sasha 42.48	9	Des Moines Swimming Federation-IA	1:29.04	1:29.31	IASI
					1:29.31 (46.83)	
12	Gerke, Gabi 43.12	10	Iowa Flyers Swim Club-IA	1:29.22	1:31.24	
					1:31.24 (48.12)	
13	Hutzell, Rowen 43.10	9	Greater Des Moines YMCA-IA	1:31.79	1:34.96	
					1:34.96 (51.86)	
14	Dacey, Alivia 46.95	10	Central Iowa Aquatics-IA	1:38.96	1:37.54	
					1:37.54 (50.59)	
15	Hanson, Aubrey 47.06	9	Central Iowa Aquatics-IA	1:41.04	1:37.56	
					1:37.56 (50.50)	
16	Chen, Leighton 46.45	10	Des Moines Swimming Federation-IA	1:43.49	1:38.16	
					1:38.16 (51.71)	
17	Duncan, Taylor 48.13	9	Kansas City Blue Wave Swim Tea-MV	NT	1:41.78	
					1:41.78 (53.65)	
18	Pekarek, Anna 48.28	10	Rams Swim Club-IA	1:45.08	1:43.17	
					1:43.17 (54.89)	
19	Stoeckel, Madigan	9	Central Iowa Aquatics-IA	1:47.71	1:43.38	
20	Ortman, Haleigh 46.74	9	Iowa City Eels-IA	2:00.13	1:45.60	
					1:45.60 (58.86)	
21	Nguyen, Sophia 49.73	9	Iowa Flyers Swim Club-IA	1:45.68	1:46.21	
					1:46.21 (56.48)	
22	Books, Malia 47.86	9	Uss Destroyers Swim Club-IA	NT	1:47.54	
					1:47.54 (59.68)	
23	Drugg, Marina 49.33	10	Iowa Flyers Swim Club-IA	1:52.89	1:49.16	
					1:49.16 (59.83)	
24	Walston, Lucy 55.15	9	Des Moines Swimming Federation-IA	1:49.57	1:55.12	
					1:55.12 (59.97)	
25	Connolly, Grace 55.98	9	Greater Des Moines YMCA-IA	1:55.59	2:00.84	
					2:00.84 (1:04.86)	
26	Cole, Kenedy 57.16	9	Central Iowa Aquatics-IA	NT	2:01.27	
					2:01.27 (1:04.11)	
27	Chidister, Savannah 58.64	9	Iowa Flyers Swim Club-IA	2:00.84	2:03.04	
					2:03.04 (1:04.40)	
28	Moon, Nora 1:03.82	10	Des Moines Swimming Federation-IA	2:03.87	2:04.03	
					2:04.03 (1:00.21)	
29	Brislawn, Abby 57.44	10	Linn-Mar-IA	2:11.37	2:08.57	
					2:08.57 (1:11.13)	
30	Brown, Eleanor 59.62	9	Des Moines Swimming Federation-IA	NT	2:10.48	
					2:10.48 (1:10.86)	

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Name	Age	Team	Seed Time	Finals Time
31 Weaver, Molly	10	Linn-Mar-IA	1:55.55	2:16.92
			1:03.06	2:16.92 (1:13.86)
32 Horak, Brinley	10	Linn-Mar-IA	3:01.01	2:35.09
--- Harrington, Hazel	9	Greater Des Moines YMCA-IA	NT	NS

Girls 9-10 200 LC Meter Freestyle**2:41.99 9-10 AAA****3:20.99 9-10 IASI**

Name	Age	Team	Seed Time	Finals Time
1 Assaad, Dana	10	Central Iowa Aquatics-IA	2:48.37	2:48.24 IASI
			38.29	1:20.69 (42.40)
				2:05.16 (44.47)
				2:48.24 (43.08)
2 Fenton, Aspen	9	Greater Des Moines YMCA-IA	2:54.71	2:50.22 IASI
			38.20	1:23.52 (45.32)
				2:08.78 (45.26)
				2:50.22 (41.44)
3 Smith, Kinzlee	10	Iowa Flyers Swim Club-IA	2:54.01	2:56.45 IASI
			37.56	1:22.94 (45.38)
				2:10.04 (47.10)
				2:56.45 (46.41)
4 Dismang, Brinley	9	Iowa Flyers Swim Club-IA	3:03.19	2:59.52 IASI
			39.08	1:26.27 (47.19)
				2:13.96 (47.69)
				2:59.52 (45.56)
5 Rowlette, Lily	10	Iowa Flyers Swim Club-IA	3:06.63	3:00.14 IASI
			40.55	1:26.65 (46.10)
				2:14.54 (47.89)
				3:00.14 (45.60)
6 Frantum, Maddie	10	Central Iowa Aquatics-IA	3:03.53	3:00.94 IASI
			41.27	1:27.77 (46.50)
				2:15.78 (48.01)
				3:00.94 (45.16)
7 Filmer, Lauren	10	Greater Des Moines YMCA-IA	3:13.40	3:05.06 IASI
			42.54	1:30.00 (47.46)
				2:19.12 (49.12)
				3:05.06 (45.94)
8 Boevers, Makenna	10	Uss Destroyers Swim Club-IA	3:15.77	3:06.18 IASI
			42.69	1:31.43 (48.74)
				2:22.83 (51.40)
				3:06.18 (43.35)
9 Geneser, Nelly	10	Iowa Flyers Swim Club-IA	3:46.57	3:12.21 IASI
			43.32	1:33.22 (49.90)
				2:24.78 (51.56)
				3:12.21 (47.43)
10 Bykova, Sasha	9	Des Moines Swimming Federation-IA	3:17.41	3:12.43 IASI
			41.42	1:32.18 (50.76)
				2:24.04 (51.86)
				3:12.43 (48.39)
11 Parson, Annie	10	Uss Destroyers Swim Club-IA	3:13.67	3:14.29 IASI
			44.21	1:35.62 (51.41)
				2:27.37 (51.75)
				3:14.29 (46.92)
12 Gerke, Gabi	10	Iowa Flyers Swim Club-IA	3:17.44	3:21.29
			44.98	1:37.61 (52.63)
				2:30.82 (53.21)
				3:21.29 (50.47)
13 Chen, Leighton	10	Des Moines Swimming Federation-IA	4:03.23	3:37.20
			46.64	1:45.73 (59.09)
				2:40.98 (55.25)
				3:37.20 (56.22)
14 Duncan, Taylor	9	Kansas City Blue Wave Swim Tea-MV	NT	3:41.83
			51.20	1:48.72 (57.52)
				2:47.62 (58.90)
				3:41.83 (54.21)
15 Ortman, Haleigh	9	Iowa City Eels-IA	4:25.15	4:01.55
			48.66	1:54.38 (1:05.72)
				2:58.97 (1:04.59)
				4:01.55 (1:02.58)
16 Brislawn, Abby	10	Linn-Mar-IA	4:45.45	4:23.22
			57.47	2:05.08 (1:07.61)
				3:19.41 (1:14.33)
				4:23.22 (1:03.81)
--- Hutzell, Rowen	9	Greater Des Moines YMCA-IA	3:29.25	NS

Girls 9-10 400 LC Meter Freestyle**5:38.79 9-10 AAA****6:51.09 9-10 IASI****8:13.39 9-10 SIL**

Name	Age	Team	Seed Time	Finals Time
1 Assaad, Dana	10	Central Iowa Aquatics-IA	6:02.93	6:00.41 IASI
			42.07	1:29.11 (47.04)
				2:15.66 (46.55)
				3:00.08 (44.42)
				3:46.38 (46.30)
				4:31.86 (45.48)
				5:17.64 (45.78)
				6:00.41 (42.77)

2022 IA CIA BEAT THE HEAT - 6/24/2022 to 6/26/2022**Prairie Meadows Pool, Sanction #: IA-22-060****Wellmark YMCA * Des Moines, IA * 50 Meter Course****Results****(Girls 9-10 400 LC Meter Freestyle)**

Name	Age	Team	Seed Time	Finals Time	
2 Frantum, Maddie	10	Central Iowa Aquatics-IA	6:39.74	6:19.68	IASI
44.05	1:34.31 (50.26)	2:21.84 (47.53)	3:12.04 (50.20)		
4:00.78 (48.74)	4:49.14 (48.36)	5:36.48 (47.34)	6:19.68 (43.20)		
3 Boevers, Makenna	10	Uss Destroyers Swim Club-IA	6:37.91	6:24.03	IASI
43.62	1:33.58 (49.96)	2:22.63 (49.05)	3:12.75 (50.12)		
4:00.75 (48.00)	4:50.83 (50.08)	5:39.06 (48.23)	6:24.03 (44.97)		
4 Rowlette, Lily	10	Iowa Flyers Swim Club-IA	NT	6:30.92	IASI
45.45	1:34.34 (48.89)	2:23.52 (49.18)	3:12.53 (49.01)		
4:03.69 (51.16)	4:53.14 (49.45)	5:42.57 (49.43)	6:30.92 (48.35)		
5 Gerke, Gabi	10	Iowa Flyers Swim Club-IA	NT	7:02.27	SIL
49.84	1:44.78 (54.94)	2:35.57 (50.79)	3:29.55 (53.98)		
4:22.95 (53.40)	5:16.56 (53.61)	6:09.81 (53.25)	7:02.27 (52.46)		

Girls 9-10 50 LC Meter Backstroke**39.59 9-10 AAA****48.89 9-10 IASI**

Name	Age	Team	Seed Time	Finals Time	
1 Fenton, Aspen	9	Greater Des Moines YMCA-IA	44.19	43.27	IASI
2 Landon, Elsie	9	Iowa Flyers Swim Club-IA	44.87	45.23	IASI
3 Frantum, Maddie	10	Central Iowa Aquatics-IA	45.60	45.95	IASI
4 Parson, Annie	10	Uss Destroyers Swim Club-IA	46.95	46.35	IASI
5 Geneser, Nelly	10	Iowa Flyers Swim Club-IA	43.47	47.48	IASI
6 Rowlette, Lily	10	Iowa Flyers Swim Club-IA	48.55	48.98	
7 Duncan, Taylor	9	Kansas City Blue Wave Swim Tea-MV	NT	49.35	
8 Drugg, Marina	10	Iowa Flyers Swim Club-IA	55.79	50.75	
9 Hutzell, Rowen	9	Greater Des Moines YMCA-IA	48.33	51.01	
10 Filmer, Lauren	10	Greater Des Moines YMCA-IA	48.93	51.80	
11 Carroll, Mia	10	Des Moines Swimming Federation-IA	52.78	53.34	
12 Gerke, Gabi	10	Iowa Flyers Swim Club-IA	55.04	54.39	
13 Ludwig, Mia	9	Greater Des Moines YMCA-IA	54.16	54.51	
14 Brislawn, Abby	10	Linn-Mar-IA	1:00.00	1:04.59	
15 Weaver, Molly	10	Linn-Mar-IA	1:02.35	1:06.22	
16 Shenouda, Elizabeth	10	Dowling Catholic Riptide-IA	1:06.66	1:10.25	
17 Kopriva, Tinley	9	Des Moines Swimming Federation-IA	1:06.90	1:11.09	
--- Klesel, Ayla	9	Central Iowa Aquatics-IA	NT	NS	
--- Connolly, Grace	9	Greater Des Moines YMCA-IA	55.39	NS	

Girls 9-10 50 LC Meter Backstroke**39.59 9-10 AAA****48.89 9-10 IASI**

Name	Age	Team	Seed Time	Finals Time	
1 Burns, Ashlyn	10	Greater Des Moines YMCA-IA	39.95	39.24	AAA
2 Assaad, Dana	10	Central Iowa Aquatics-IA	44.45	42.65	IASI
3 Smith, Kinzlee	10	Iowa Flyers Swim Club-IA	42.20	44.78	IASI
4 Parson, Annie	10	Uss Destroyers Swim Club-IA	46.95	45.85	IASI
5 Dacey, Alivia	10	Central Iowa Aquatics-IA	50.78	48.69	IASI
6 Hutzell, Rowen	9	Greater Des Moines YMCA-IA	48.33	50.11	
7 Hanson, Aubrey	9	Central Iowa Aquatics-IA	51.30	51.23	
8 Bykova, Sasha	9	Des Moines Swimming Federation-IA	50.71	51.81	
9 Nguyen, Sophia	9	Iowa Flyers Swim Club-IA	52.60	53.47	
10 Ortman, Haleigh	9	Iowa City Eels-IA	1:00.47	54.67	

2022 IA CIA BEAT THE HEAT - 6/24/2022 to 6/26/2022**Prairie Meadows Pool, Sanction #: IA-22-060****Wellmark YMCA * Des Moines, IA * 50 Meter Course****Results****(Girls 9-10 50 LC Meter Backstroke)**

Name	Age	Team	Seed Time	Finals Time
11 Books, Malia	9	Uss Destroyers Swim Club-IA	NT	55.36
12 Gerke, Gabi	10	Iowa Flyers Swim Club-IA	55.04	56.14
13 Stoeckel, Madigan	9	Central Iowa Aquatics-IA	55.17	56.93
14 Brown, Eleanor	9	Des Moines Swimming Federation-IA	NT	57.25
15 Connolly, Grace	9	Greater Des Moines YMCA-IA	55.39	58.71
16 Horak, Brinley	10	Linn-Mar-IA	1:01.01	59.04
17 Chidister, Savannah	9	Iowa Flyers Swim Club-IA	55.88	59.49
18 Walston, Lucy	9	Des Moines Swimming Federation-IA	58.71	1:00.16
19 Baxter, Amelia	9	Central Iowa Aquatics-IA	1:06.07	1:00.34
20 Brislawn, Abby	10	Linn-Mar-IA	1:00.00	1:01.16
21 Berg, Tegan	10	Linn-Mar-IA	1:16.16	1:03.52
22 Cassler, Norah	9	Rams Swim Club-IA	1:10.43	1:05.63
23 Weaver, Molly	10	Linn-Mar-IA	1:02.35	1:07.94
24 Moon, Nora	10	Des Moines Swimming Federation-IA	NT	1:08.90
25 Cole, Kenedy	9	Central Iowa Aquatics-IA	1:07.21	1:09.59
--- Textor, Hannah	10	Des Moines Swimming Federation-IA	45.39	DQ
Shoulders past vertical toward breast				
--- Harrington, Hazel	9	Greater Des Moines YMCA-IA	NT	NS

Girls 9-10 100 LC Meter Backstroke**1:26.29 9-10 AAA****1:45.99 9-10 IASI**

Name	Age	Team	Seed Time	Finals Time
1 Burns, Ashlyn	10	Greater Des Moines YMCA-IA	1:24.50	1:26.20 AAA
41.37				1:26.20 (44.83)
2 Frantum, Maddie	10	Central Iowa Aquatics-IA	1:33.91	1:36.12 IASI
46.50				1:36.12 (49.62)
3 Boevers, Makenna	10	Uss Destroyers Swim Club-IA	NT	1:36.57 IASI
46.71				1:36.57 (49.86)
4 Smith, Kinzlee	10	Iowa Flyers Swim Club-IA	1:34.08	1:36.74 IASI
48.28				1:36.74 (48.46)
5 Parson, Annie	10	Uss Destroyers Swim Club-IA	1:39.33	1:38.65 IASI
49.57				1:38.65 (49.08)
6 Bykova, Sasha	9	Des Moines Swimming Federation-IA	1:50.02	1:43.54 IASI
49.58				1:43.54 (53.96)
7 Hutzell, Rowen	9	Greater Des Moines YMCA-IA	1:41.47	1:46.17
50.61				1:46.17 (55.56)
8 Hanson, Aubrey	9	Central Iowa Aquatics-IA	1:53.51	1:48.32
9 Nguyen, Sophia	9	Iowa Flyers Swim Club-IA	1:50.40	1:48.90
10 Filmer, Lauren	10	Greater Des Moines YMCA-IA	1:49.19	1:49.26
53.12				1:49.26 (56.14)
11 Dacey, Alivia	10	Central Iowa Aquatics-IA	1:54.16	1:50.32
53.63				1:50.32 (56.69)
12 Duncan, Taylor	9	Kansas City Blue Wave Swim Tea-MV	NT	1:54.63
56.16				1:54.63 (58.47)
13 Pham, HaiLy	10	Greater Des Moines YMCA-IA	2:01.65	1:54.75
55.06				1:54.75 (59.69)
14 Carroll, Mia	10	Des Moines Swimming Federation-IA	1:53.78	1:54.92
15 Books, Malia	9	Uss Destroyers Swim Club-IA	NT	1:54.93
56.91				1:54.93 (58.02)

2022 IA CIA BEAT THE HEAT - 6/24/2022 to 6/26/2022**Prairie Meadows Pool, Sanction #: IA-22-060****Wellmark YMCA * Des Moines, IA * 50 Meter Course****Results****(Girls 9-10 100 LC Meter Backstroke)**

Name	Age	Team	Seed Time	Finals Time
16 Stiles, Regan	10	Iowa Flyers Swim Club-IA	1:55.94	1:55.42
58.67	1:55.42 (56.75)			
17 Stoeckel, Madigan	9	Central Iowa Aquatics-IA	2:04.93	1:56.96
18 Gerke, Gabi	10	Iowa Flyers Swim Club-IA	1:49.98	1:58.14
57.65	1:58.14 (1:00.49)			
19 Ortman, Haleigh	9	Iowa City Eels-IA	2:09.78	1:59.01
58.18	1:59.01 (1:00.83)			
20 Walston, Lucy	9	Des Moines Swimming Federation-IA	2:00.83	2:02.69
59.91	2:02.69 (1:02.78)			
21 Weaver, Molly	10	Linn-Mar-IA	2:21.21	2:15.76
22 Horak, Brinley	10	Linn-Mar-IA	2:20.20	2:15.97
1:03.83	2:15.97 (1:12.14)			
--- Brislawn, Abby	10	Linn-Mar-IA	2:10.16	DQ
Delay initiating turn				
1:00.79	DQ (1:04.80)			
--- Harrington, Hazel	9	Greater Des Moines YMCA-IA	NT	NS

Girls 9-10 200 LC Meter Backstroke

Name	Age	Team	Seed Time	Finals Time
1 Frantum, Maddie	10	Central Iowa Aquatics-IA	3:24.81	3:18.66
47.13	1:37.76 (50.63)	2:29.11 (51.35)	3:18.66 (49.55)	
2 Fenton, Aspen	9	Greater Des Moines YMCA-IA	3:19.45	3:20.45
47.58	1:38.42 (50.84)	2:30.19 (51.77)	3:20.45 (50.26)	
3 Dacey, Alivia	10	Central Iowa Aquatics-IA	NT	3:47.41
55.72	1:53.64 (57.92)	2:53.63 (59.99)	3:47.41 (53.78)	

Girls 9-10 50 LC Meter Breaststroke**43.89 9-10 AAA****53.99 9-10 IASI**

Name	Age	Team	Seed Time	Finals Time	
1 Fenton, Aspen	9	Greater Des Moines YMCA-IA	46.04	45.27	IASI
2 Parson, Annie	10	Uss Destroyers Swim Club-IA	50.31	49.46	IASI
3 Hutzell, Rowen	9	Greater Des Moines YMCA-IA	52.52	51.62	IASI
4 Rowlette, Lily	10	Iowa Flyers Swim Club-IA	50.03	52.91	IASI
5 Filmer, Lauren	10	Greater Des Moines YMCA-IA	53.31	53.62	IASI
6 Geneser, Nelly	10	Iowa Flyers Swim Club-IA	51.92	54.28	
7 Frantum, Maddie	10	Central Iowa Aquatics-IA	52.20	54.77	
8 Dismang, Brinley	9	Iowa Flyers Swim Club-IA	53.74	55.10	
9 Duncan, Taylor	9	Kansas City Blue Wave Swim Tea-MV	NT	57.55	
10 Drugg, Marina	10	Iowa Flyers Swim Club-IA	1:00.25	59.17	
11 Pekarek, Anna	10	Rams Swim Club-IA	1:00.41	59.43	
12 Gerke, Gabi	10	Iowa Flyers Swim Club-IA	1:00.18	1:03.11	
13 Landon, Elsie	9	Iowa Flyers Swim Club-IA	1:06.99	1:05.03	
14 Carroll, Mia	10	Des Moines Swimming Federation-IA	1:06.72	1:05.04	
15 Ludwig, Mia	9	Greater Des Moines YMCA-IA	NT	1:06.36	
16 Brislawn, Abby	10	Linn-Mar-IA	1:13.55	1:10.63	
17 Weaver, Molly	10	Linn-Mar-IA	1:25.25	1:23.48	
--- Connolly, Grace	9	Greater Des Moines YMCA-IA	1:04.77	NS	
--- Nguyen, Marianne	10	Unattached-IA	44.41	NS	

2022 IA CIA BEAT THE HEAT - 6/24/2022 to 6/26/2022**Prairie Meadows Pool, Sanction #: IA-22-060****Wellmark YMCA * Des Moines, IA * 50 Meter Course****Results****Girls 9-10 50 LC Meter Breaststroke****43.89 9-10 AAA****53.99 9-10 IASI**

	Name	Age	Team	Seed Time	Finals Time	
1	Burns, Ashlyn	10	Greater Des Moines YMCA-IA	43.24	44.20	IASI
2	Assaad, Dana	10	Central Iowa Aquatics-IA	46.25	45.49	IASI
3	Fenton, Aspen	9	Greater Des Moines YMCA-IA	46.04	45.65	IASI
4	Parson, Annie	10	Uss Destroyers Swim Club-IA	50.31	51.47	IASI
5	Hutzell, Rowen	9	Greater Des Moines YMCA-IA	52.52	53.25	IASI
6	Rowlette, Lily	10	Iowa Flyers Swim Club-IA	50.03	53.74	IASI
7	Boevers, Makenna	10	Uss Destroyers Swim Club-IA	53.06	54.55	
8	Dacey, Alivia	10	Central Iowa Aquatics-IA	53.62	54.84	
9	Nguyen, Sophia	9	Iowa Flyers Swim Club-IA	54.61	54.94	
10	Dismang, Brinley	9	Iowa Flyers Swim Club-IA	53.74	56.10	
11	Chen, Leighton	10	Des Moines Swimming Federation-IA	1:01.14	1:00.61	
12	Pham, Emmie	9	Greater Des Moines YMCA-IA	57.83	1:01.67	
13	Stiles, Regan	10	Iowa Flyers Swim Club-IA	1:01.63	1:02.47	
14	Gerke, Gabi	10	Iowa Flyers Swim Club-IA	1:00.18	1:02.56	
15	Pham, HaiLy	10	Greater Des Moines YMCA-IA	1:03.04	1:02.90	
16	Bykova, Sasha	9	Des Moines Swimming Federation-IA	1:07.10	1:02.92	
17	Carroll, Mia	10	Des Moines Swimming Federation-IA	1:06.72	1:03.45	
18	Stoekel, Madigan	9	Central Iowa Aquatics-IA	1:07.50	1:05.69	
19	Brislawn, Abby	10	Linn-Mar-IA	1:13.55	1:10.80	
20	Walston, Lucy	9	Des Moines Swimming Federation-IA	1:10.99	1:11.58	
21	Horak, Brinley	10	Linn-Mar-IA	1:11.11	1:15.33	
22	Moon, Nora	10	Des Moines Swimming Federation-IA	1:14.61	1:16.77	
23	Books, Malia	9	Uss Destroyers Swim Club-IA	NT	1:18.43	
24	Weaver, Molly	10	Linn-Mar-IA	1:25.25	1:22.51	
25	Cole, Kenedy	9	Central Iowa Aquatics-IA	1:30.89	1:29.33	
---	Ammar, Marioma	10	Greater Des Moines YMCA-IA	NT	NS	
---	Harrington, Hazel	9	Greater Des Moines YMCA-IA	NT	NS	

Girls 9-10 100 LC Meter Breaststroke**1:36.89 9-10 AAA****1:59.79 9-10 IASI**

	Name	Age	Team	Seed Time	Finals Time	
1	Fenton, Aspen	9	Greater Des Moines YMCA-IA	1:37.86	1:39.21	IASI
	46.74	1:39.21 (52.47)				
2	Assaad, Dana	10	Central Iowa Aquatics-IA	1:45.59	1:41.66	IASI
	47.61	1:41.66 (54.05)				
3	Burns, Ashlyn	10	Greater Des Moines YMCA-IA	1:43.36	1:43.47	IASI
	46.81	1:43.47 (56.66)				
4	Parson, Annie	10	Uss Destroyers Swim Club-IA	1:50.02	1:49.58	IASI
	52.78	1:49.58 (56.80)				
5	Hutzell, Rowen	9	Greater Des Moines YMCA-IA	1:53.22	1:51.37	IASI
	53.00	1:51.37 (58.37)				
6	Rowlette, Lily	10	Iowa Flyers Swim Club-IA	1:48.95	1:51.65	IASI
	51.93	1:51.65 (59.72)				
7	Boevers, Makenna	10	Uss Destroyers Swim Club-IA	1:59.99	1:55.31	IASI
	55.72	1:55.31 (59.59)				
8	Frantum, Maddie	10	Central Iowa Aquatics-IA	1:55.96	1:56.95	IASI
	56.42	1:56.95 (1:00.53)				

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Name	Age	Team	Seed Time	Finals Time	
9 Dacey, Alivia	10	Central Iowa Aquatics-IA	2:02.07	1:58.48	IASI
56.72	1:58.48 (1:01.76)				
10 Dismang, Brinley	9	Iowa Flyers Swim Club-IA	1:59.41	1:59.58	IASI
11 Nguyen, Sophia	9	Iowa Flyers Swim Club-IA	1:57.17	1:59.91	
57.43	1:59.91 (1:02.48)				
12 Geneser, Nelly	10	Iowa Flyers Swim Club-IA	1:54.64	1:59.95	
56.92	1:59.95 (1:03.03)				
13 Filmer, Lauren	10	Greater Des Moines YMCA-IA	1:57.46	2:00.47	
56.89	2:00.47 (1:03.58)				
14 Chen, Leighton	10	Des Moines Swimming Federation-IA	2:11.14	2:06.35	
1:00.14	2:06.35 (1:06.21)				
15 Duncan, Taylor	9	Kansas City Blue Wave Swim Tea-MV	NT	2:06.45	
1:00.97	2:06.45 (1:05.48)				
16 Hanson, Aubrey	9	Central Iowa Aquatics-IA	2:11.89	2:06.72	
1:02.78	2:06.72 (1:03.94)				
17 Pekarek, Anna	10	Rams Swim Club-IA	2:18.72	2:09.18	
1:03.50	2:09.18 (1:05.68)				
18 Drugg, Marina	10	Iowa Flyers Swim Club-IA	2:16.71	2:11.79	
1:03.06	2:11.79 (1:08.73)				
19 Chidister, Savannah	9	Iowa Flyers Swim Club-IA	2:18.95	2:20.26	
1:05.70	2:20.26 (1:14.56)				
20 Connolly, Grace	9	Greater Des Moines YMCA-IA	2:13.78	2:23.79	
1:05.79	2:23.79 (1:18.00)				
21 Stoeckel, Madigan	9	Central Iowa Aquatics-IA	2:17.27	2:27.39	
22 Walston, Lucy	9	Des Moines Swimming Federation-IA	2:34.87	2:30.11	
23 Moon, Nora	10	Des Moines Swimming Federation-IA	2:33.89	2:30.33	
1:11.21	2:30.33 (1:19.12)				
24 Brislawn, Abby	10	Linn-Mar-IA	2:40.40	2:40.29	
1:15.46	2:40.29 (1:24.83)				
25 Weaver, Molly	10	Linn-Mar-IA	3:01.01	2:57.50	
1:26.51	2:57.50 (1:30.99)				

Girls 9-10 200 LC Meter Breaststroke

Name	Age	Team	Seed Time	Finals Time	
1 Fenton, Aspen	9	Greater Des Moines YMCA-IA	3:46.49	3:26.21	
46.54	1:39.75 (53.21)	2:33.78 (54.03)	3:26.21 (52.43)		
2 Hutzell, Rowen	9	Greater Des Moines YMCA-IA	NT	3:50.28	
50.41	1:50.05 (59.64)	2:49.84 (59.79)	3:50.28 (1:00.44)		
3 Frantum, Maddie	10	Central Iowa Aquatics-IA	4:16.24	4:06.35	
56.67	2:01.03 (1:04.36)	3:04.28 (1:03.25)	4:06.35 (1:02.07)		
4 Dacey, Alivia	10	Central Iowa Aquatics-IA	NT	4:11.91	
58.17	2:03.96 (1:05.79)	3:08.01 (1:04.05)	4:11.91 (1:03.90)		

Girls 9-10 50 LC Meter Butterfly**37.79 9-10 AAA****47.09 9-10 IASI**

Name	Age	Team	Seed Time	Finals Time	
1 Burns, Ashlyn	10	Greater Des Moines YMCA-IA	37.29	35.66	AAA
2 Geneser, Nelly	10	Iowa Flyers Swim Club-IA	41.74	40.92	IASI
3 Fenton, Aspen	9	Greater Des Moines YMCA-IA	39.90	42.03	IASI
4 Textor, Hannah	10	Des Moines Swimming Federation-IA	46.87	47.28	

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Name	Age	Team	Seed Time	Finals Time
5 Boevers, Makenna	10	Uss Destroyers Swim Club-IA	47.62	48.56
6 Smith, Kinzlee	10	Iowa Flyers Swim Club-IA	44.57	49.26
7 Hanson, Aubrey	9	Central Iowa Aquatics-IA	51.85	49.88
8 Bykova, Sasha	9	Des Moines Swimming Federation-IA	50.46	52.74
9 Gerke, Gabi	10	Iowa Flyers Swim Club-IA	49.76	56.31
10 Nguyen, Sophia	9	Iowa Flyers Swim Club-IA	1:05.33	1:01.75
11 Chidister, Savannah	9	Iowa Flyers Swim Club-IA	1:02.71	1:04.89
12 Stoeckel, Madigan	9	Central Iowa Aquatics-IA	1:12.60	1:06.72
13 Books, Malia	9	Uss Destroyers Swim Club-IA	NT	1:06.89
14 Walston, Lucy	9	Des Moines Swimming Federation-IA	1:08.00	1:06.91
15 Weaver, Molly	10	Linn-Mar-IA	1:22.22	1:25.17
--- Horak, Brinley	10	Linn-Mar-IA	1:15.15	DQ
Kick breaststroke type				
--- Pekarek, Anna	10	Rams Swim Club-IA	1:04.61	DQ
Non-simultaneous arms				

Girls 9-10 50 LC Meter Butterfly**37.79 9-10 AAA****47.09 9-10 IASI**

Name	Age	Team	Seed Time	Finals Time
1 Fenton, Aspen	9	Greater Des Moines YMCA-IA	39.90	40.70 IASI
2 Landon, Elsie	9	Iowa Flyers Swim Club-IA	43.31	40.82 IASI
3 Geneser, Nelly	10	Iowa Flyers Swim Club-IA	41.74	43.04 IASI
4 Filmer, Lauren	10	Greater Des Moines YMCA-IA	50.93	47.45
5 Frantum, Maddie	10	Central Iowa Aquatics-IA	49.16	48.15
6 Duncan, Taylor	9	Kansas City Blue Wave Swim Tea-MV	NT	51.06
7 Gerke, Gabi	10	Iowa Flyers Swim Club-IA	49.76	53.99
8 Carroll, Mia	10	Des Moines Swimming Federation-IA	1:01.90	1:02.24
9 Brislawn, Abby	10	Linn-Mar-IA	1:15.15	1:10.22
10 Weaver, Molly	10	Linn-Mar-IA	1:22.22	1:19.02
--- Rowlette, Lily	10	Iowa Flyers Swim Club-IA	47.56	DQ
Kick breaststroke type				

Girls 9-10 100 LC Meter Butterfly**1:26.99 9-10 AAA****1:52.99 9-10 IASI**

Name	Age	Team	Seed Time	Finals Time
1 Burns, Ashlyn	10	Greater Des Moines YMCA-IA	1:30.20	1:33.55 IASI
40.72		1:33.55 (52.83)		
2 Assaad, Dana	10	Central Iowa Aquatics-IA	1:46.61	1:37.89 IASI
42.90		1:37.89 (54.99)		
3 Fenton, Aspen	9	Greater Des Moines YMCA-IA	1:34.36	1:40.62 IASI
44.75		1:40.62 (55.87)		
4 Smith, Kinzlee	10	Iowa Flyers Swim Club-IA	NT	1:51.12 IASI
47.63		1:51.12 (1:03.49)		
5 Bykova, Sasha	9	Des Moines Swimming Federation-IA	2:03.21	1:59.68
52.17		1:59.68 (1:07.51)		
6 Hanson, Aubrey	9	Central Iowa Aquatics-IA	2:00.84	2:00.56
55.33		2:00.56 (1:05.23)		
7 Carroll, Mia	10	Des Moines Swimming Federation-IA	NT	2:19.13
1:07.74		2:19.13 (1:11.39)		

2022 IA CIA BEAT THE HEAT - 6/24/2022 to 6/26/2022**Prairie Meadows Pool, Sanction #: IA-22-060****Wellmark YMCA * Des Moines, IA * 50 Meter Course****Results****Girls 9-10 200 LC Meter IM****3:02.89 9-10 AAA****3:43.19 9-10 IASI**

Name	Age	Team	Seed Time	Finals Time	
1 Assaad, Dana	10	Central Iowa Aquatics-IA	3:21.35	3:08.78	IASI
40.95	1:30.03 (49.08)	2:25.90 (55.87)	3:08.78 (42.88)		
2 Fenton, Aspen	9	Greater Des Moines YMCA-IA	3:08.48	3:11.18	IASI
43.53	1:34.65 (51.12)	2:28.87 (54.22)	3:11.18 (42.31)		
3 Parson, Annie	10	Uss Destroyers Swim Club-IA	3:27.17	3:31.16	IASI
50.39	1:44.25 (53.86)	2:44.97 (1:00.72)	3:31.16 (46.19)		
4 Boevers, Makenna	10	Uss Destroyers Swim Club-IA	3:34.12	3:31.89	IASI
49.88	1:45.78 (55.90)	2:48.34 (1:02.56)	3:31.89 (43.55)		
5 Frantum, Maddie	10	Central Iowa Aquatics-IA	3:34.33	3:33.41	IASI
51.51	1:44.14 (52.63)	2:49.01 (1:04.87)	3:33.41 (44.40)		
6 Dismang, Brinley	9	Iowa Flyers Swim Club-IA	NT	3:33.59	IASI
52.88	1:46.16 (53.28)	2:51.90 (1:05.74)	3:33.59 (41.69)		
7 Smith, Kinzlee	10	Iowa Flyers Swim Club-IA	3:39.04	3:36.69	IASI
50.30	1:43.83 (53.53)	2:54.54 (1:10.71)	3:36.69 (42.15)		
8 Rowlette, Lily	10	Iowa Flyers Swim Club-IA	NT	3:37.75	IASI
55.11	1:55.04 (59.93)	2:53.76 (58.72)	3:37.75 (43.99)		
9 Filmer, Lauren	10	Greater Des Moines YMCA-IA	3:43.11	3:40.50	IASI
51.54	1:50.66 (59.12)	2:55.28 (1:04.62)	3:40.50 (45.22)		
10 Hanson, Aubrey	9	Central Iowa Aquatics-IA	NT	3:55.70	
54.33	1:50.79 (56.46)	3:01.28 (1:10.49)	3:55.70 (54.42)		
11 Duncan, Taylor	9	Kansas City Blue Wave Swim Tea-MV	NT	4:02.44	
58.39	1:57.72 (59.33)	3:05.45 (1:07.73)	4:02.44 (56.99)		
12 Carroll, Mia	10	Des Moines Swimming Federation-IA	4:20.86	4:23.22	
1:09.27	2:10.40 (1:01.13)	3:27.87 (1:17.47)	4:23.22 (55.35)		
--- Hutzell, Rowen	9	Greater Des Moines YMCA-IA	3:58.08		NS

Girls 11-12 50 LC Meter Freestyle**30.99 11-12 AAA****34.29 11-12 IASI**

Name	Age	Team	Seed Time	Finals Time	
1 Schaffel, Caite	11	Iowa Flyers Swim Club-IA	30.88	30.39	AAA
2 Hergenreter, Alexis	12	Greater Des Moines YMCA-IA	30.38	30.68	AAA
3 Cwiertny, Gabby	12	Iowa Flyers Swim Club-IA	31.07	31.26	IASI
4 Mundisev, Helena	11	Iowa Flyers Swim Club-IA	31.69	32.05	IASI
5 Moore, Maya	12	Greater Des Moines YMCA-IA	31.87	32.36	IASI
6 Fertig, Jodi	12	Rams Swim Club-IA	34.74	32.92	IASI
7 Tudor, Amelia	11	Uss Destroyers Swim Club-IA	35.26	32.99	IASI
8 Thomas, Amelia	12	Iowa Flyers Swim Club-IA	32.76	33.04	IASI
9 Diers, Hailey	11	Sun Prairie Storm-WI	33.97	33.18	IASI
10 Tudor, Sophia	11	Uss Destroyers Swim Club-IA	33.32	33.22	IASI
11 Kell, Norah	12	Greater Des Moines YMCA-IA	32.31	33.24	IASI
12 Kearney, Allie	12	Greater Des Moines YMCA-IA	33.16	33.56	IASI
13 Dee, Adilyn	11	Central Iowa Aquatics-IA	35.22	34.21	IASI
14 Zozaya, Isabelle	12	Iowa Flyers Swim Club-IA	34.14	34.77	
15 Berry-Stoelzle, Louisa	12	Iowa Flyers Swim Club-IA	34.19	34.78	
16 Zheng, Alina	11	Iowa Flyers Swim Club-IA	39.12	35.02	
17 Elmore, Addison	11	Unattached-IA	NT	35.06	
18 Williams, Shay	11	Linn-Mar-IA	35.90	35.16	

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	Name	Age	Team	Seed Time	Finals Time
19	Woolums, Zoe	12	Rams Swim Club-IA	35.80	35.22
20	Davis, Naomi	11	Central Iowa Aquatics-IA	36.64	35.81
21	Verry, Stellah	11	Iowa Flyers Swim Club-IA	37.41	37.07
22	Tudor, Mara	12	Uss Destroyers Swim Club-IA	40.85	37.39
23	Carter, Rowan	12	Linn-Mar-IA	38.38	37.56
24	Tchaprazova, Kalida	12	Central Iowa Aquatics-IA	36.07	37.71
25	Carter, Naomi	12	Iowa Flyers Swim Club-IA	36.63	38.00
26	Hedrick, Piper	11	Central Iowa Aquatics-IA	38.27	38.31
27	Buchter, Marley	12	Davenport Metro Swim Team-IA	NT	40.14
28	Crittenden, Averie	12	Rams Swim Club-IA	39.99	40.42
29	Schlue, Kirsten	12	Davenport Metro Swim Team-IA	43.04	40.45
30	Peters, Lauren	12	Rams Swim Club-IA	NT	40.52
31	Wilcoxson, Helena	11	Des Moines Swimming Federation-IA	47.93	42.32
32	Lebeck, Jocelyn	12	Des Moines Swimming Federation-IA	40.96	43.31
33	Askvig, Landrey	11	Central Iowa Aquatics-IA	44.18	44.86
34	Welch, Kylee	12	Des Moines Swimming Federation-IA	46.30	45.89
35	Mieras, Gianna	11	Linn-Mar-IA	45.12	46.64
36	Baxter, Audrey	11	Central Iowa Aquatics-IA	48.78	51.06
---	Van Auken, Lily	12	Linn-Mar-IA	43.43	NS
---	Espinosa, Elena	11	Linn-Mar-IA	47.47	NS
---	Wright, Amelia	12	Greater Des Moines YMCA-IA	49.39	NS
---	Swanson, Ariana	11	Iowa Flyers Swim Club-IA	39.87	NS
---	Wittstruck, Margy	12	Kohawk Aquatics-IA	41.63	SCR
---	Seckington, Tillie	12	Des Moines Swimming Federation-IA	33.49	SCR

Girls 11-12 50 LC Meter Freestyle**30.99 11-12 AAA****34.29 11-12 IASI**

	Name	Age	Team	Seed Time	Finals Time	
1	Schaffel, Caite	11	Iowa Flyers Swim Club-IA	30.88	29.93	AAA
2	Hergenreter, Alexis	12	Greater Des Moines YMCA-IA	30.38	30.28	AAA
3	Cwiertny, Gabby	12	Iowa Flyers Swim Club-IA	31.07	31.15	IASI
4	Hines, Ashlyn	12	Kansas City Blue Wave Swim Tea-MV	32.92	31.94	IASI
5	Zhang, Teresa	11	Linn-Mar-IA	33.30	32.00	IASI
6	Stone, Katie	12	Central Iowa Aquatics-IA	32.45	32.11	IASI
7	Landon, Nora	11	Iowa Flyers Swim Club-IA	33.94	32.18	IASI
8	Wyrick, Evy	12	Cool Swim Team-MV	35.19	32.20	IASI
9	Corwin, Kimber	11	Unattached-IA	33.64	32.49	IASI
10	Thomas, Amelia	12	Iowa Flyers Swim Club-IA	32.76	32.50	IASI
11	Huberg, Greta	12	Linn-Mar-IA	33.28	32.57	IASI
12	Diers, Hailey	11	Sun Prairie Storm-WI	33.97	32.68	IASI
13	Hoss, Brooke	12	Central Iowa Aquatics-IA	34.06	33.17	IASI
14	Wells, Elaina	12	Kansas City Blue Wave Swim Tea-MV	33.43	33.27	IASI
15	Nunez, Lucy	12	Iowa Flyers Swim Club-IA	34.30	33.30	IASI
16	Seckington, Tillie	12	Des Moines Swimming Federation-IA	33.49	33.40	IASI
17	Thiessen, Katie	12	Davenport Metro Swim Team-IA	33.58	33.47	IASI
18	Vaske, Elena	11	Dowling Catholic Riptide-IA	32.79	33.58	IASI
19	Brand, Lauren	12	Cool Swim Team-MV	37.58	33.99	IASI
20	Shenouda, Esther	12	Dowling Catholic Riptide-IA	34.94	34.06	IASI
21	Zheng, Alina	11	Iowa Flyers Swim Club-IA	39.12	34.07	IASI

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Name	Age	Team	Seed Time	Finals Time	
22 Zozaya, Isabelle	12	Iowa Flyers Swim Club-IA	34.14	34.20	IASI
23 Williams, Shay	11	Linn-Mar-IA	35.90	34.35	
24 Achenbach, Addy	11	Iowa Flyers Swim Club-IA	34.94	34.72	
25 Davis, Naomi	11	Central Iowa Aquatics-IA	36.64	35.78	
26 Larson, Ellie	12	Greater Des Moines YMCA-IA	35.91	36.37	
27 DeWall, Sami	11	Greater Des Moines YMCA-IA	36.30	36.57	
28 DeBourcy, Riley	12	Davenport Metro Swim Team-IA	NT	38.28	
29 Pekarek, Lila	12	Rams Swim Club-IA	39.47	39.54	
30 Mason, Adelyn	11	Central Iowa Aquatics-IA	40.62	39.59	
31 Schlue, Kirsten	12	Davenport Metro Swim Team-IA	43.04	39.91	
32 Crittenden, Averie	12	Rams Swim Club-IA	39.99	40.11	
33 Ferguson, Evy	11	Greater Des Moines YMCA-IA	40.65	40.69	
34 Thompson, Alana	11	Uss Destroyers Swim Club-IA	42.78	41.78	
35 Reinders, Ellen	11	Central Iowa Aquatics-IA	56.17	43.64	
36 Seifert, Stella	11	Central Iowa Aquatics-IA	NT	44.13	
37 Mieras, Gianna	11	Linn-Mar-IA	45.12	45.20	
38 Pepper, Lilly	11	Central Iowa Aquatics-IA	45.58	45.50	
39 Reisdorf, Evelyn	11	Dowling Catholic Riptide-IA	56.05	1:03.55	
--- Churchill, Natalie	12	Cool Swim Team-MV	NT	NS	
--- Woolard, Remi	11	Kansas City Blue Wave Swim Tea-MV	34.39	SCR	

Girls 11-12 100 LC Meter Freestyle**1:07.89 11-12 AAA****1:15.09 11-12 IASI**

Name	Age	Team	Seed Time	Finals Time	
1 Lumetta, Mingmei	12	Iowa Flyers Swim Club-IA	1:09.31	1:07.45	AAA
32.32			1:07.45 (35.13)		
2 Cwiertny, Gabby	12	Iowa Flyers Swim Club-IA	1:08.92	1:08.05	IASI
32.45			1:08.05 (35.60)		
3 Mundisev, Helena	11	Iowa Flyers Swim Club-IA	1:08.95	1:10.47	IASI
33.25			1:10.47 (37.22)		
4 Diers, Hailey	11	Sun Prairie Storm-WI	1:13.87	1:11.57	IASI
34.37			1:11.57 (37.20)		
5 Thomas, Amelia	12	Iowa Flyers Swim Club-IA	1:11.10	1:12.14	IASI
34.33			1:12.14 (37.81)		
6 Zozaya, Isabelle	12	Iowa Flyers Swim Club-IA	1:14.09	1:12.35	IASI
35.28			1:12.35 (37.07)		
7 Hines, Ashlyn	12	Kansas City Blue Wave Swim Tea-MV	1:15.83	1:12.56	IASI
34.80			1:12.56 (37.76)		
*8 Nguyen, Maggie	12	Iowa Flyers Swim Club-IA	1:12.78	1:12.83	IASI
34.85			1:12.83 (37.98)		
*8 Seckington, Tillie	12	Des Moines Swimming Federation-IA	1:14.74	1:12.83	IASI
34.95			1:12.83 (37.88)		
10 Moore, Maya	12	Greater Des Moines YMCA-IA	1:12.71	1:13.31	IASI
34.94			1:13.31 (38.37)		
11 Tudor, Sophia	11	Uss Destroyers Swim Club-IA	1:17.73	1:13.37	IASI
35.13			1:13.37 (38.24)		
12 Heller, Abigail	12	Davenport Metro Swim Team-IA	1:13.43	1:13.38	IASI
35.13			1:13.38 (38.25)		
13 Thiessen, Katie	12	Davenport Metro Swim Team-IA	1:15.97	1:13.54	IASI
35.30			1:13.54 (38.24)		

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	Name	Age	Team	Seed Time	Finals Time	
14	Tudor, Amelia	11	Uss Destroyers Swim Club-IA	1:19.16	1:13.68	IASI
	35.84	1:13.68 (37.84)				
15	Huberg, Greta	12	Linn-Mar-IA	1:13.02	1:13.99	IASI
	36.12	1:13.99 (37.87)				
16	Fertig, Jodi	12	Rams Swim Club-IA	1:18.37	1:15.78	
	34.99	1:15.78 (40.79)				
17	Berry-Stoelzle, Louisa	12	Iowa Flyers Swim Club-IA	1:15.58	1:15.91	
	36.31	1:15.91 (39.60)				
18	Davis, Naomi	11	Central Iowa Aquatics-IA	1:31.75	1:16.94	
	37.03	1:16.94 (39.91)				
19	Williams, Shay	11	Linn-Mar-IA	1:27.97	1:17.72	
	35.96	1:17.72 (41.76)				
20	Zheng, Alina	11	Iowa Flyers Swim Club-IA	NT	1:18.05	
	37.24	1:18.05 (40.81)				
21	Brand, Lauren	12	Cool Swim Team-MV	1:29.40	1:18.36	
	38.25	1:18.36 (40.11)				
22	Woolums, Zoe	12	Rams Swim Club-IA	1:19.11	1:18.38	
	36.37	1:18.38 (42.01)				
23	Achenbach, Addy	11	Iowa Flyers Swim Club-IA	1:21.54	1:20.35	
	37.66	1:20.35 (42.69)				
24	Dee, Adilyn	11	Central Iowa Aquatics-IA	1:19.30	1:21.19	
	38.15	1:21.19 (43.04)				
25	Elmore, Addison	11	Unattached-IA	NT	1:22.31	
26	DeBourcy, Riley	12	Davenport Metro Swim Team-IA	NT	1:24.65	
	40.56	1:24.65 (44.09)				
27	DeWall, Sami	11	Greater Des Moines YMCA-IA	1:23.25	1:24.66	
	41.11	1:24.66 (43.55)				
28	Sexton, Claire	12	Central Iowa Aquatics-IA	1:29.36	1:24.70	
	39.63	1:24.70 (45.07)				
29	Verry, Stellah	11	Iowa Flyers Swim Club-IA	1:27.36	1:26.10	
	39.73	1:26.10 (46.37)				
30	Buchter, Marley	12	Davenport Metro Swim Team-IA	NT	1:26.59	
	41.17	1:26.59 (45.42)				
31	Scheetz, Samantha	12	Iowa Flyers Swim Club-IA	1:27.00	1:28.13	
	40.82	1:28.13 (47.31)				
32	Carter, Rowan	12	Linn-Mar-IA	1:25.25	1:29.43	
	41.54	1:29.43 (47.89)				
33	Tudor, Mara	12	Uss Destroyers Swim Club-IA	1:34.09	1:29.78	
	40.86	1:29.78 (48.92)				
34	Mason, Adelyn	11	Central Iowa Aquatics-IA	1:37.96	1:30.70	
	42.73	1:30.70 (47.97)				
35	Ludwig, Vivian	11	Des Moines Swimming Federation-IA	1:32.53	1:30.92	
	41.48	1:30.92 (49.44)				
36	Schlue, Kirsten	12	Davenport Metro Swim Team-IA	1:41.68	1:31.87	
	42.90	1:31.87 (48.97)				
37	Pekarek, Lila	12	Rams Swim Club-IA	1:34.15	1:32.56	
	44.57	1:32.56 (47.99)				
38	Lebeck, Jocelyn	12	Des Moines Swimming Federation-IA	1:29.18	1:33.19	
	44.42	1:33.19 (48.77)				
39	Crittenden, Averie	12	Rams Swim Club-IA	NT	1:34.46	

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	Name	Age	Team	Seed Time	Finals Time
40	Smith, Ella	11	Des Moines Swimming Federation-IA	1:40.38	1:34.93
	45.04	1:34.93 (49.89)			
41	Welch, Kylee	12	Des Moines Swimming Federation-IA	1:36.99	1:35.81
	44.96	1:35.81 (50.85)			
42	Seifert, Stella	11	Central Iowa Aquatics-IA	NT	1:37.89
	44.90	1:37.89 (52.99)			
43	Wilcoxson, Helena	11	Des Moines Swimming Federation-IA	1:47.51	1:40.15
	45.42	1:40.15 (54.73)			
44	Books, Veah	11	Uss Destroyers Swim Club-IA	NT	1:40.82
	47.53	1:40.82 (53.29)			
45	Mieras, Gianna	11	Linn-Mar-IA	1:50.77	1:49.31
	53.20	1:49.31 (56.11)			
46	Askvig, Landrey	11	Central Iowa Aquatics-IA	1:43.51	1:50.50
	51.31	1:50.50 (59.19)			
47	Baxter, Audrey	11	Central Iowa Aquatics-IA	2:01.77	2:00.98
	55.26	2:00.98 (1:05.72)			
---	Van Auken, Lily	12	Linn-Mar-IA	1:35.35	NS
---	Espinosa, Elena	11	Linn-Mar-IA	1:57.57	NS
---	Wittstruck, Margy	12	Kohawk Aquatics-IA	1:30.94	SCR
---	McDonough, Bridget	11	Des Moines Swimming Federation-IA	1:41.82	SCR
---	Woolard, Remi	11	Kansas City Blue Wave Swim Tea-MV	1:19.33	SCR
---	Wells, Elaina	12	Kansas City Blue Wave Swim Tea-MV	1:15.86	SCR
---	Powell, Izzy	12	Des Moines Swimming Federation-IA	1:16.72	SCR

Girls 11-12 200 LC Meter Freestyle**2:25.89 11-12 AAA****2:42.69 11-12 IASI**

	Name	Age	Team	Seed Time	Finals Time	
1	Schaffel, Caite	11	Iowa Flyers Swim Club-IA	2:24.13	2:22.30	AAA
	32.29	1:08.12 (35.83)	1:45.34 (37.22)	2:22.30 (36.96)		
2	Wyrick, Evy	12	Cool Swim Team-MV	2:34.10	2:27.77	IASI
	34.30	1:12.31 (38.01)	1:50.98 (38.67)	2:27.77 (36.79)		
3	Lumetta, Mingmei	12	Iowa Flyers Swim Club-IA	2:28.39	2:27.92	IASI
	33.46	1:11.81 (38.35)	1:50.59 (38.78)	2:27.92 (37.33)		
4	Mundisev, Helena	11	Iowa Flyers Swim Club-IA	2:25.92	2:29.81	IASI
	33.78	1:12.36 (38.58)	1:51.49 (39.13)	2:29.81 (38.32)		
5	Stone, Katie	12	Central Iowa Aquatics-IA	2:25.87	2:29.92	IASI
	33.18	1:11.06 (37.88)	1:50.11 (39.05)	2:29.92 (39.81)		
6	Zozaya, Isabelle	12	Iowa Flyers Swim Club-IA	2:34.18	2:30.50	IASI
	35.63	1:13.87 (38.24)	1:52.93 (39.06)	2:30.50 (37.57)		
7	Cwiertny, Gabby	12	Iowa Flyers Swim Club-IA	2:32.96	2:32.01	IASI
	33.98	1:12.51 (38.53)	1:52.96 (40.45)	2:32.01 (39.05)		
8	Thomas, Amelia	12	Iowa Flyers Swim Club-IA	2:33.09	2:32.40	IASI
	34.79	1:13.83 (39.04)	1:53.75 (39.92)	2:32.40 (38.65)		
9	Tudor, Sophia	11	Uss Destroyers Swim Club-IA	2:42.60	2:36.00	IASI
	36.03	1:15.32 (39.29)	1:56.40 (41.08)	2:36.00 (39.60)		
10	Thiessen, Katie	12	Davenport Metro Swim Team-IA	2:40.40	2:36.52	IASI
	36.03	1:16.49 (40.46)	1:58.01 (41.52)	2:36.52 (38.51)		
11	Huberg, Greta	12	Linn-Mar-IA	2:42.18	2:37.76	IASI
	35.44	1:17.07 (41.63)	1:59.89 (42.82)	2:37.76 (37.87)		

2022 IA CIA BEAT THE HEAT - 6/24/2022 to 6/26/2022**Prairie Meadows Pool, Sanction #: IA-22-060****Wellmark YMCA * Des Moines, IA * 50 Meter Course****Results****(Girls 11-12 200 LC Meter Freestyle)**

	Name	Age	Team	Seed Time	Finals Time	
12	Nguyen, Maggie	12	Iowa Flyers Swim Club-IA	2:38.37	2:38.18	IASI
	36.27	1:17.34 (41.07)	1:58.40 (41.06)	2:38.18 (39.78)		
13	Williams, Shay	11	Linn-Mar-IA	2:43.71	2:40.88	IASI
	35.92	1:17.52 (41.60)	2:00.47 (42.95)	2:40.88 (40.41)		
14	Nunez, Lucy	12	Iowa Flyers Swim Club-IA	2:47.02	2:42.33	IASI
	37.94	1:19.19 (41.25)	2:02.04 (42.85)	2:42.33 (40.29)		
15	Diers, Hailey	11	Sun Prairie Storm-WI	2:49.87	2:43.16	
	37.51	1:20.34 (42.83)	2:02.53 (42.19)	2:43.16 (40.63)		
16	Hines, Ashlyn	12	Kansas City Blue Wave Swim Tea-MV	NT	2:44.35	
	36.23	1:17.58 (41.35)	2:02.07 (44.49)	2:44.35 (42.28)		
17	Hoss, Brooke	12	Central Iowa Aquatics-IA	2:46.69	2:48.73	
	36.57	1:19.04 (42.47)	2:05.33 (46.29)	2:48.73 (43.40)		
18	Woolums, Zoe	12	Rams Swim Club-IA	2:43.97	2:50.65	
	36.84	1:20.32 (43.48)	2:07.24 (46.92)	2:50.65 (43.41)		
19	Brand, Lauren	12	Cool Swim Team-MV	3:32.68	2:53.27	
	38.20	1:22.44 (44.24)	2:09.17 (46.73)	2:53.27 (44.10)		
20	Davis, Naomi	11	Central Iowa Aquatics-IA	3:01.16	2:54.60	
	38.94	1:23.23 (44.29)	2:11.29 (48.06)	2:54.60 (43.31)		
21	Achenbach, Addy	11	Iowa Flyers Swim Club-IA	2:54.27	2:54.95	
	39.06	1:22.96 (43.90)	2:10.67 (47.71)	2:54.95 (44.28)		
22	Elmore, Addison	11	Unattached-IA	NT	2:56.01	
	40.24	1:25.21 (44.97)	2:11.06 (45.85)	2:56.01 (44.95)		
23	Dee, Adilyn	11	Central Iowa Aquatics-IA	3:02.07	2:56.35	
	39.30	1:24.65 (45.35)	2:11.03 (46.38)	2:56.35 (45.32)		
24	DeWall, Sami	11	Greater Des Moines YMCA-IA	NT	3:05.16	
	43.62	1:32.23 (48.61)	2:20.20 (47.97)	3:05.16 (44.96)		
25	Verry, Stellah	11	Iowa Flyers Swim Club-IA	NT	3:06.70	
	41.83	1:30.01 (48.18)	2:19.55 (49.54)	3:06.70 (47.15)		
26	Tudor, Mara	12	Uss Destroyers Swim Club-IA	3:24.14	3:09.87	
	39.64	1:30.88 (51.24)	2:22.05 (51.17)	3:09.87 (47.82)		
27	Thompson, Alana	11	Uss Destroyers Swim Club-IA	4:11.11	3:17.23	
	44.90	1:37.46 (52.56)	2:28.41 (50.95)	3:17.23 (48.82)		
28	Crittenden, Averie	12	Rams Swim Club-IA	NT	3:23.56	
	45.28	1:36.16 (50.88)	2:29.89 (53.73)	3:23.56 (53.67)		
29	Scheetz, Samantha	12	Iowa Flyers Swim Club-IA	3:20.28	3:24.71	
	42.97	1:34.81 (51.84)	2:30.81 (56.00)	3:24.71 (53.90)		
30	Books, Veah	11	Uss Destroyers Swim Club-IA	NT	3:25.77	
	46.40	1:39.03 (52.63)	2:31.63 (52.60)	3:25.77 (54.14)		
31	Johnson, Bailey	11	Rams Swim Club-IA	NT	3:30.55	
	45.06	1:36.11 (51.05)	3:30.55 (1:54.44)			
32	Askvig, Landrey	11	Central Iowa Aquatics-IA	3:47.08	3:50.90	
	49.41	1:48.37 (58.96)	2:52.33 (1:03.96)	3:50.90 (58.57)		
33	Mieras, Gianna	11	Linn-Mar-IA	3:45.45	3:54.45	
	51.52	1:52.14 (1:00.62)	2:53.74 (1:01.60)	3:54.45 (1:00.71)		
---	Woolard, Remi	11	Kansas City Blue Wave Swim Tea-MV	3:01.92		SCR
---	Powell, Izzy	12	Des Moines Swimming Federation-IA	2:39.19		SCR

2022 IA CIA BEAT THE HEAT - 6/24/2022 to 6/26/2022**Prairie Meadows Pool, Sanction #: IA-22-060****Wellmark YMCA * Des Moines, IA * 50 Meter Course****Results****Girls 11-12 400 LC Meter Freestyle****5:04.69 11-12 AAA****5:32.79 11-12 IASI****6:34.29 11-12 SIL**

Name	Age	Team	Seed Time	Finals Time	
1 Hergenreter, Alexis	12	Greater Des Moines YMCA-IA	5:04.18	5:04.56	AAA
34.03	1:11.45 (37.42)	1:49.68 (38.23)	2:28.68 (39.00)		
3:07.85 (39.17)	3:47.53 (39.68)	4:26.73 (39.20)	5:04.56 (37.83)		
2 Mundisev, Helena	11	Iowa Flyers Swim Club-IA	5:07.49	5:06.15	IASI
33.65	1:12.03 (38.38)	1:51.28 (39.25)	2:30.74 (39.46)		
3:10.07 (39.33)	3:50.10 (40.03)	4:28.75 (38.65)	5:06.15 (37.40)		
3 Wyrick, Evy	12	Cool Swim Team-MV	5:21.57	5:16.61	IASI
35.44	1:14.74 (39.30)	1:55.43 (40.69)	2:36.61 (41.18)		
3:17.78 (41.17)	3:59.19 (41.41)	4:39.30 (40.11)	5:16.61 (37.31)		
4 Thiessen, Katie	12	Davenport Metro Swim Team-IA	NT	5:29.00	IASI
37.39	1:18.40 (41.01)	2:00.74 (42.34)	2:42.10 (41.36)		
3:24.31 (42.21)	4:06.54 (42.23)	4:48.11 (41.57)	5:29.00 (40.89)		
5 Nguyen, Maggie	12	Iowa Flyers Swim Club-IA	NT	5:32.45	IASI
37.71	1:18.96 (41.25)	2:01.50 (42.54)	2:44.29 (42.79)		
3:26.68 (42.39)	4:10.09 (43.41)	4:52.19 (42.10)	5:32.45 (40.26)		
6 Hoss, Brooke	12	Central Iowa Aquatics-IA	5:48.64	5:46.22	SIL
38.50	1:21.15 (42.65)	2:05.20 (44.05)	2:49.94 (44.74)		
3:34.76 (44.82)	4:19.63 (44.87)	5:04.69 (45.06)	5:46.22 (41.53)		
7 Huberg, Greta	12	Linn-Mar-IA	5:55.55	5:50.13	SIL
38.36	1:21.70 (43.34)	2:07.22 (45.52)	2:53.62 (46.40)		
3:38.83 (45.21)	4:24.92 (46.09)	5:08.75 (43.83)	5:50.13 (41.38)		
8 Williams, Shay	11	Linn-Mar-IA	5:43.43	5:54.25	SIL
38.87	1:24.20 (45.33)	2:09.23 (45.03)	2:55.69 (46.46)		
3:40.41 (44.72)	4:26.49 (46.08)	5:10.54 (44.05)	5:54.25 (43.71)		
9 Berry-Stoelzle, Louisa	12	Iowa Flyers Swim Club-IA	5:57.78	5:59.26	SIL
39.48	1:24.10 (44.62)	2:10.13 (46.03)	2:56.27 (46.14)		
3:43.43 (47.16)	4:29.86 (46.43)	5:17.17 (47.31)	5:59.26 (42.09)		
10 Elmore, Addison	11	Unattached-IA	NT	6:19.61	SIL
44.33	1:32.69 (48.36)	2:21.44 (48.75)	3:10.50 (49.06)		
3:59.34 (48.84)	4:48.00 (48.66)	5:35.74 (47.74)	6:19.61 (43.87)		
11 Verry, Stellah	11	Iowa Flyers Swim Club-IA	NT	6:36.68	
47.90	1:39.71 (51.81)	2:25.80 (46.09)	3:18.27 (52.47)		
4:08.70 (50.43)	5:00.63 (51.93)	5:46.88 (46.25)	6:36.68 (49.80)		
12 Books, Veah	11	Uss Destroyers Swim Club-IA	NT	6:47.58	
46.49	1:39.33 (52.84)	2:29.57 (50.24)	3:22.40 (52.83)		
4:14.30 (51.90)	5:07.17 (52.87)	5:59.08 (51.91)	6:47.58 (48.50)		
13 Lebeck, Jocelyn	12	Des Moines Swimming Federation-IA	NT	6:48.53	
45.52	1:36.18 (50.66)	2:28.29 (52.11)	3:21.87 (53.58)		
4:14.28 (52.41)	5:06.44 (52.16)	5:59.12 (52.68)	6:48.53 (49.41)		
14 Sexton, Claire	12	Central Iowa Aquatics-IA	NT	6:53.49	
43.58	1:34.78 (51.20)	2:25.87 (51.09)	3:19.80 (53.93)		
4:13.95 (54.15)	5:08.86 (54.91)	6:02.13 (53.27)	6:53.49 (51.36)		
--- Churchill, Natalie	12	Cool Swim Team-MV	NT		NS
--- Woolard, Remi	11	Kansas City Blue Wave Swim Tea-MV	6:13.00		SCR

2022 IA CIA BEAT THE HEAT - 6/24/2022 to 6/26/2022**Prairie Meadows Pool, Sanction #: IA-22-060****Wellmark YMCA * Des Moines, IA * 50 Meter Course****Results****Girls 11-12 400 LC Meter Freestyle****5:04.69 11-12 AAA****5:32.79 11-12 IASI****6:34.29 11-12 SIL**

Name	Age	Team	Seed Time	Finals Time
1 Tudor, Amelia	11	Uss Destroyers Swim Club-IA	NT	5:29.03 IASI
			5:29.03 ()	
			6:15.19 (46.16)	6:57.94 (42.75)
			7:41.33 (43.39)	8:24.23 (42.90)
			9:07.51 (43.28)	9:50.16 (42.65)
			10:32.31 (42.15)	5:29.03 ()
2 Tudor, Sophia	11	Uss Destroyers Swim Club-IA	NT	5:29.99 IASI
			5:30.62 ()	
			6:13.05 (42.43)	6:54.90 (41.85)
			7:36.77 (41.87)	8:18.97 (42.20)
			9:01.10 (42.13)	9:43.25 (42.15)
			10:06.49 (23.24)	5:29.99 ()

Girls 11-12 800 LC Meter Freestyle**10:38.39 AAA****11:57.99 IASI****14:10.39 SIL**

Name	Age	Team	Seed Time	Finals Time
1 Schaffel, Caite	11	Iowa Flyers Swim Club-IA	10:57.13	10:11.67 AAA
			34.12	1:12.17 (38.05)
			1:50.70 (38.53)	2:29.31 (38.61)
			3:08.57 (39.26)	3:47.92 (39.35)
			4:26.72 (38.80)	5:05.63 (38.91)
			5:44.68 (39.05)	6:23.79 (39.11)
			7:02.46 (38.67)	7:41.70 (39.24)
			8:20.98 (39.28)	8:59.23 (38.25)
			9:35.85 (36.62)	10:11.67 (35.82)
2 Lumetta, Mingmei	12	Iowa Flyers Swim Club-IA	NT	10:35.41 AAA
			35.22	1:14.78 (39.56)
			1:55.17 (40.39)	2:35.38 (40.21)
			3:14.78 (39.40)	3:54.70 (39.92)
			4:35.90 (41.20)	5:16.81 (40.91)
			5:57.71 (40.90)	6:37.71 (40.00)
			7:17.96 (40.25)	7:59.13 (41.17)
			8:39.46 (40.33)	9:19.50 (40.04)
			9:59.07 (39.57)	10:35.41 (36.34)
3 Zozaya, Isabelle	12	Iowa Flyers Swim Club-IA	11:23.47	10:48.21 IASI
			37.36	1:17.82 (40.46)
			1:58.75 (40.93)	2:40.41 (41.66)
			3:21.27 (40.86)	4:02.59 (41.32)
			4:43.27 (40.68)	5:25.19 (41.92)
			6:06.25 (41.06)	6:47.80 (41.55)
			7:28.33 (40.53)	8:09.66 (41.33)
			8:49.98 (40.32)	9:30.57 (40.59)
			10:09.11 (38.54)	10:48.21 (39.10)
4 Thomas, Amelia	12	Iowa Flyers Swim Club-IA	NT	10:59.22 IASI
			36.92	1:18.20 (41.28)
			2:00.29 (42.09)	2:42.01 (41.72)
			3:24.45 (42.44)	4:06.60 (42.15)
			4:49.17 (42.57)	5:30.99 (41.82)
			6:13.42 (42.43)	6:54.87 (41.45)
			7:36.19 (41.32)	8:17.70 (41.51)
			8:59.90 (42.20)	9:40.76 (40.86)
			10:21.32 (40.56)	10:59.22 (37.90)
5 Stone, Katie	12	Central Iowa Aquatics-IA	11:33.87	11:02.56 IASI
			37.18	1:18.39 (41.21)
			2:00.34 (41.95)	2:41.94 (41.60)
			3:24.61 (42.67)	4:06.13 (41.52)
			4:48.48 (42.35)	5:30.62 (42.14)
			6:13.05 (42.43)	6:54.90 (41.85)
			7:36.77 (41.87)	8:18.97 (42.20)
			9:01.10 (42.13)	9:43.25 (42.15)
			10:06.49 (23.24)	11:02.56 (56.07)
6 Cwiertny, Gabby	12	Iowa Flyers Swim Club-IA	11:34.52	11:09.94 IASI
			37.78	1:19.63 (41.85)
			2:01.21 (41.58)	2:43.93 (42.72)
			3:25.85 (41.92)	4:08.50 (42.65)
			4:50.65 (42.15)	5:33.08 (42.43)
			6:16.07 (42.99)	6:58.45 (42.38)
			7:40.99 (42.54)	8:23.19 (42.20)
			9:05.06 (41.87)	9:47.41 (42.35)
			10:28.46 (41.05)	11:09.94 (41.48)

2022 IA CIA BEAT THE HEAT - 6/24/2022 to 6/26/2022**Prairie Meadows Pool, Sanction #: IA-22-060****Wellmark YMCA * Des Moines, IA * 50 Meter Course****Results****(Girls 11-12 800 LC Meter Freestyle)**

Name	Age	Team	Seed Time	Finals Time	
7 Tudor, Amelia	11	Uss Destroyers Swim Club-IA	NT	11:13.13	IASI
37.28	1:18.53 (41.25)	2:00.52 (41.99)	2:42.38 (41.86)		
3:24.46 (42.08)	4:05.96 (41.50)	4:48.73 (42.77)	5:29.03 (40.30)		
6:15.19 (46.16)	6:57.94 (42.75)	7:41.33 (43.39)	8:24.23 (42.90)		
9:07.51 (43.28)	9:50.16 (42.65)	10:32.31 (42.15)	11:13.13 (40.82)		
8 Tudor, Sophia	11	Uss Destroyers Swim Club-IA	NT	11:24.90	IASI
35.62	1:16.52 (40.90)	1:58.78 (42.26)	2:41.27 (42.49)		
3:24.15 (42.88)	4:06.77 (42.62)	4:49.17 (42.40)	5:29.99 (40.82)		
6:16.65 (46.66)	7:02.22 (45.57)	7:46.67 (44.45)	8:32.15 (45.48)		
9:16.54 (44.39)	10:01.23 (44.69)	10:44.01 (42.78)	11:24.90 (40.89)		
9 Woolums, Zoe	12	Rams Swim Club-IA	NT	11:59.36	SIL
38.04	1:21.85 (43.81)	2:06.77 (44.92)	2:52.68 (45.91)		
3:37.40 (44.72)	4:23.16 (45.76)	5:08.26 (45.10)	5:55.91 (47.65)		
6:42.21 (46.30)	7:29.30 (47.09)	8:17.47 (48.17)	9:04.80 (47.33)		
9:50.72 (45.92)	10:35.42 (44.70)	11:18.19 (42.77)	11:59.36 (41.17)		
10 Tudor, Mara	12	Uss Destroyers Swim Club-IA	NT	14:25.25	
39.39	1:39.12 (59.73)	2:29.75 (50.63)	3:32.52 (1:02.77)		
4:24.33 (51.81)	5:27.88 (1:03.55)	6:16.92 (49.04)	7:20.67 (1:03.75)		
8:09.08 (48.41)	9:10.27 (1:01.19)	9:53.13 (42.86)	10:58.44 (1:05.31)		
11:44.43 (45.99)	12:45.25 (1:00.82)	13:29.26 (44.01)	14:25.25 (55.99)		
--- Powell, Izzy	12	Des Moines Swimming Federation-IA	11:36.06		SCR

Girls 11-12 1500 LC Meter Freestyle**20:31.79 11-12 AAA****23:00.19 11-12 IASI****27:30.79 11-12 SIL**

Name	Age	Team	Seed Time	Finals Time	
1 Mundisev, Helena	11	Iowa Flyers Swim Club-IA	NT	20:04.88	AAA
34.03	1:13.37 (39.34)	1:52.77 (39.40)	2:32.27 (39.50)		
3:12.38 (40.11)	3:52.80 (40.42)	4:33.25 (40.45)	5:14.19 (40.94)		
5:54.47 (40.28)	6:35.95 (41.48)	7:16.62 (40.67)	7:57.57 (40.95)		
8:38.81 (41.24)	9:19.07 (40.26)	10:00.30 (41.23)	10:41.27 (40.97)		
11:21.64 (40.37)	12:02.36 (40.72)	12:43.38 (41.02)	13:24.15 (40.77)		
14:05.43 (41.28)	14:46.87 (41.44)	15:27.03 (40.16)	16:08.14 (41.11)		
16:47.95 (39.81)	17:27.87 (39.92)	18:08.02 (40.15)	18:48.20 (40.18)		
19:27.42 (39.22)	20:04.88 (37.46)				
2 Stone, Katie	12	Central Iowa Aquatics-IA	21:59.65	20:39.13	IASI
36.79	1:16.48 (39.69)	1:56.83 (40.35)	2:38.25 (41.42)		
3:18.70 (40.45)	4:00.63 (41.93)	4:41.22 (40.59)	5:23.01 (41.79)		
6:04.04 (41.03)	6:46.05 (42.01)	7:28.53 (42.48)	8:09.73 (41.20)		
8:52.31 (42.58)	9:34.10 (41.79)	10:15.88 (41.78)	10:57.06 (41.18)		
11:38.56 (41.50)	12:20.66 (42.10)	13:03.33 (42.67)	13:44.90 (41.57)		
14:27.28 (42.38)	15:09.46 (42.18)	15:51.68 (42.22)	16:34.27 (42.59)		
17:15.34 (41.07)	17:56.53 (41.19)	18:38.85 (42.32)	19:19.79 (40.94)		
20:00.60 (40.81)	20:39.13 (38.53)				

2022 IA CIA BEAT THE HEAT - 6/24/2022 to 6/26/2022**Prairie Meadows Pool, Sanction #: IA-22-060****Wellmark YMCA * Des Moines, IA * 50 Meter Course****Results****(Girls 11-12 1500 LC Meter Freestyle)**

Name	Age	Team	Seed Time	Finals Time	
3 Tudor, Amelia	11	Uss Destroyers Swim Club-IA	22:15.30	21:45.41	IASI
38.24	1:20.72 (42.48)	2:04.38 (43.66)	2:47.48 (43.10)		
3:30.67 (43.19)	4:14.55 (43.88)	4:58.81 (44.26)	5:43.76 (44.95)		
6:28.81 (45.05)	7:12.75 (43.94)	7:57.86 (45.11)	8:42.30 (44.44)		
9:27.47 (45.17)	10:12.80 (45.33)	10:57.56 (44.76)	11:42.18 (44.62)		
12:26.95 (44.77)	13:11.22 (44.27)	13:55.05 (43.83)	14:39.29 (44.24)		
15:22.71 (43.42)	16:06.77 (44.06)	16:50.89 (44.12)	17:34.23 (43.34)		
18:18.38 (44.15)	19:01.31 (42.93)	19:44.07 (42.76)	20:26.32 (42.25)		
21:06.89 (40.57)	21:45.41 (38.52)				
4 Tudor, Sophia	11	Uss Destroyers Swim Club-IA	23:30.36	22:10.46	IASI
36.13	1:19.14 (43.01)	2:03.73 (44.59)	2:49.27 (45.54)		
3:32.63 (43.36)	4:17.52 (44.89)	5:01.10 (43.58)	5:46.57 (45.47)		
6:30.28 (43.71)	7:14.80 (44.52)	7:59.41 (44.61)	8:45.52 (46.11)		
9:27.64 (42.12)	10:14.43 (46.79)	11:00.00 (45.57)	11:44.44 (44.44)		
12:29.31 (44.87)	13:14.51 (45.20)	13:59.00 (44.49)	14:45.22 (46.22)		
15:27.08 (41.86)	16:16.39 (49.31)	17:00.84 (44.45)	17:45.39 (44.55)		
18:30.69 (45.30)	19:16.79 (46.10)	20:02.16 (45.37)	20:46.14 (43.98)		
21:29.51 (43.37)	22:10.46 (40.95)				
--- Powell, Izzy	12	Des Moines Swimming Federation-IA	22:02.03		NS

Girls 11-12 50 LC Meter Backstroke**35.89 11-12 AAA****40.79 11-12 IASI**

Name	Age	Team	Seed Time	Finals Time	
1 Zhang, Teresa	11	Linn-Mar-IA	36.10	35.48	AAA
2 Moore, Maya	12	Greater Des Moines YMCA-IA	35.99	36.05	IASI
3 Cwiertny, Gabby	12	Iowa Flyers Swim Club-IA	36.76	36.41	IASI
4 Tudor, Amelia	11	Uss Destroyers Swim Club-IA	36.77	37.65	IASI
5 Mundisev, Helena	11	Iowa Flyers Swim Club-IA	37.66	37.95	IASI
6 Tudor, Sophia	11	Uss Destroyers Swim Club-IA	38.75	39.78	IASI
7 Hedrick, Piper	11	Central Iowa Aquatics-IA	41.84	40.92	
8 Seckington, Tillie	12	Des Moines Swimming Federation-IA	41.93	41.04	
9 Elmore, Addison	11	Unattached-IA	NT	42.89	
10 Carter, Rowan	12	Linn-Mar-IA	46.46	43.07	
11 Dee, Adilyn	11	Central Iowa Aquatics-IA	45.41	43.09	
12 Ludwig, Vivian	11	Des Moines Swimming Federation-IA	45.23	43.84	
13 Scheetz, Samantha	12	Iowa Flyers Swim Club-IA	43.32	45.86	
14 Fertig, Jodi	12	Rams Swim Club-IA	48.38	47.06	
15 Dinkin, Kenzie	12	Greater Des Moines YMCA-IA	47.31	47.48	
16 Schlue, Kirsten	12	Davenport Metro Swim Team-IA	53.99	47.97	
17 Wilcoxson, Helena	11	Des Moines Swimming Federation-IA	52.12	48.44	
18 Crittenden, Averie	12	Rams Swim Club-IA	48.73	48.82	
19 Mason, Adelyn	11	Central Iowa Aquatics-IA	49.53	49.22	
20 Buchter, Marley	12	Davenport Metro Swim Team-IA	NT	49.45	
21 Smith, Ella	11	Des Moines Swimming Federation-IA	50.33	49.63	
22 Johnson, Bailey	11	Rams Swim Club-IA	NT	50.79	
23 Welch, Kylee	12	Des Moines Swimming Federation-IA	52.87	51.53	
24 Books, Veah	11	Uss Destroyers Swim Club-IA	NT	53.07	
25 Seifert, Stella	11	Central Iowa Aquatics-IA	NT	53.19	
26 Pekarek, Lila	12	Rams Swim Club-IA	NT	55.20	
27 Mieras, Gianna	11	Linn-Mar-IA	54.07	55.26	

2022 IA CIA BEAT THE HEAT - 6/24/2022 to 6/26/2022**Prairie Meadows Pool, Sanction #: IA-22-060****Wellmark YMCA * Des Moines, IA * 50 Meter Course****Results****(Girls 11-12 50 LC Meter Backstroke)**

Name	Age	Team	Seed Time	Finals Time
28 Payne, Lily	11	Rams Swim Club-IA	58.95	56.43
29 Baxter, Audrey	11	Central Iowa Aquatics-IA	1:00.68	59.05
30 Askvig, Landrey	11	Central Iowa Aquatics-IA	59.63	1:01.55
--- Van Auken, Lily	12	Linn-Mar-IA	49.49	NS
--- Espinosa, Elena	11	Linn-Mar-IA	57.57	NS
--- McDonough, Bridget	11	Des Moines Swimming Federation-IA	1:01.17	SCR
--- Wittstruck, Margy	12	Kohawk Aquatics-IA	46.94	SCR

Girls 11-12 50 LC Meter Backstroke

35.89 11-12 AAA

40.79 11-12 IASI

Name	Age	Team	Seed Time	Finals Time	
1 Schaffel, Caite	11	Iowa Flyers Swim Club-IA	37.04	34.98	AAA
2 Zhang, Teresa	11	Linn-Mar-IA	36.10	35.10	AAA
3 Cwiertny, Gabby	12	Iowa Flyers Swim Club-IA	36.76	36.33	IASI
4 Stone, Katie	12	Central Iowa Aquatics-IA	38.75	36.45	IASI
5 Hergenreter, Alexis	12	Greater Des Moines YMCA-IA	35.91	37.56	IASI
6 Diers, Hailey	11	Sun Prairie Storm-WI	39.87	37.98	IASI
7 Wyrick, Evy	12	Cool Swim Team-MV	40.84	38.75	IASI
8 Landon, Nora	11	Iowa Flyers Swim Club-IA	42.40	38.90	IASI
9 Thomas, Amelia	12	Iowa Flyers Swim Club-IA	37.53	39.14	IASI
10 Nunez, Lucy	12	Iowa Flyers Swim Club-IA	39.34	39.19	IASI
11 Hines, Ashlyn	12	Kansas City Blue Wave Swim Tea-MV	44.38	39.29	IASI
12 Williams, Shay	11	Linn-Mar-IA	38.40	39.41	IASI
13 Thiessen, Katie	12	Davenport Metro Swim Team-IA	38.46	39.66	IASI
14 Zheng, Alina	11	Iowa Flyers Swim Club-IA	41.05	39.76	IASI
15 Corwin, Kimber	11	Unattached-IA	40.50	39.91	IASI
16 Huberg, Greta	12	Linn-Mar-IA	40.59	41.12	
17 Woolums, Zoe	12	Rams Swim Club-IA	42.39	42.08	
18 Zozaya, Isabelle	12	Iowa Flyers Swim Club-IA	42.37	42.39	
19 Hoss, Brooke	12	Central Iowa Aquatics-IA	41.90	42.53	
20 Vaske, Elena	11	Dowling Catholic Riptide-IA	39.97	43.22	
21 Achenbach, Addy	11	Iowa Flyers Swim Club-IA	42.91	43.30	
22 Larson, Ellie	12	Greater Des Moines YMCA-IA	40.31	43.34	
23 DeWall, Sami	11	Greater Des Moines YMCA-IA	NT	44.85	
24 Wells, Elaina	12	Kansas City Blue Wave Swim Tea-MV	39.96	45.13	
25 Davis, Naomi	11	Central Iowa Aquatics-IA	45.22	45.32	
26 Brand, Lauren	12	Cool Swim Team-MV	50.77	45.56	
27 DeBourcy, Riley	12	Davenport Metro Swim Team-IA	NT	46.93	
28 Crittenden, Averie	12	Rams Swim Club-IA	48.73	47.67	
29 Mason, Adelyn	11	Central Iowa Aquatics-IA	49.53	49.65	
30 Shenouda, Esther	12	Dowling Catholic Riptide-IA	NT	49.78	
31 Thompson, Alana	11	Uss Destroyers Swim Club-IA	48.80	49.92	
32 Schlue, Kirsten	12	Davenport Metro Swim Team-IA	53.99	50.46	
33 Ferguson, Evy	11	Greater Des Moines YMCA-IA	46.53	52.11	
34 Seifert, Stella	11	Central Iowa Aquatics-IA	NT	56.02	
35 Reinders, Ellen	11	Central Iowa Aquatics-IA	53.36	57.29	
36 Mieras, Gianna	11	Linn-Mar-IA	54.07	59.54	
37 Peffer, Lilly	11	Central Iowa Aquatics-IA	1:01.70	1:00.07	
38 Reisdorf, Evelyn	11	Dowling Catholic Riptide-IA	NT	1:05.79	

2022 IA CIA BEAT THE HEAT - 6/24/2022 to 6/26/2022**Prairie Meadows Pool, Sanction #: IA-22-060****Wellmark YMCA * Des Moines, IA * 50 Meter Course****Results****(Girls 11-12 50 LC Meter Backstroke)**

Name	Age	Team	Seed Time	Finals Time
--- Woolard, Remi	11	Kansas City Blue Wave Swim Tea-MV	41.33	SCR

Girls 11-12 100 LC Meter Backstroke**1:18.19 11-12 AAA****1:30.99 11-12 IASI**

Name	Age	Team	Seed Time	Finals Time
1 Stone, Katie	12	Central Iowa Aquatics-IA	1:18.19	1:17.05 AAA
38.10				1:17.05 (38.95)
2 Zhang, Teresa	11	Linn-Mar-IA	1:18.06	1:17.10 AAA
36.89				1:17.10 (40.21)
3 Moore, Maya	12	Greater Des Moines YMCA-IA	1:17.16	1:17.97 AAA
38.55				1:17.97 (39.42)
4 Tudor, Amelia	11	Uss Destroyers Swim Club-IA	1:20.46	1:19.60 IASI
39.21				1:19.60 (40.39)
5 Hergenreter, Alexis	12	Greater Des Moines YMCA-IA	1:20.60	1:20.26 IASI
39.04				1:20.26 (41.22)
6 Cwiertny, Gabby	12	Iowa Flyers Swim Club-IA	1:19.17	1:20.74 IASI
39.09				1:20.74 (41.65)
7 Wyrick, Evy	12	Cool Swim Team-MV	1:31.92	1:22.59 IASI
40.00				1:22.59 (42.59)
8 Diers, Hailey	11	Sun Prairie Storm-WI	1:25.87	1:23.51 IASI
40.98				1:23.51 (42.53)
9 Nunez, Lucy	12	Iowa Flyers Swim Club-IA	1:24.13	1:23.55 IASI
42.26				1:23.55 (41.29)
10 Tudor, Sophia	11	Uss Destroyers Swim Club-IA	1:23.78	1:23.56 IASI
40.52				1:23.56 (43.04)
11 Thiessen, Katie	12	Davenport Metro Swim Team-IA	1:22.59	1:24.06 IASI
41.38				1:24.06 (42.68)
12 Kell, Norah	12	Greater Des Moines YMCA-IA	1:22.12	1:24.40 IASI
40.72				1:24.40 (43.68)
13 Hines, Ashlyn	12	Kansas City Blue Wave Swim Tea-MV	1:32.43	1:28.40 IASI
43.18				1:28.40 (45.22)
14 Woolums, Zoe	12	Rams Swim Club-IA	1:31.24	1:28.59 IASI
42.51				1:28.59 (46.08)
15 Hedrick, Piper	11	Central Iowa Aquatics-IA	1:32.17	1:28.80 IASI
42.78				1:28.80 (46.02)
16 Zheng, Alina	11	Iowa Flyers Swim Club-IA	1:34.83	1:29.36 IASI
43.74				1:29.36 (45.62)
17 Hoss, Brooke	12	Central Iowa Aquatics-IA	1:33.79	1:30.68 IASI
43.32				1:30.68 (47.36)
18 Dee, Adilyn	11	Central Iowa Aquatics-IA	1:39.15	1:31.95
43.73				1:31.95 (48.22)
19 Zozaya, Isabelle	12	Iowa Flyers Swim Club-IA	1:28.14	1:33.77
45.69				1:33.77 (48.08)
20 Davis, Naomi	11	Central Iowa Aquatics-IA	1:35.95	1:34.23
46.49				1:34.23 (47.74)
21 Tchapravova, Kalida	12	Central Iowa Aquatics-IA	1:35.54	1:34.84
46.48				1:34.84 (48.36)
22 Wells, Elaina	12	Kansas City Blue Wave Swim Tea-MV	1:35.63	1:36.12
46.58				1:36.12 (49.54)
23 Carter, Rowan	12	Linn-Mar-IA	1:42.42	1:36.84

2022 IA CIA BEAT THE HEAT - 6/24/2022 to 6/26/2022**Prairie Meadows Pool, Sanction #: IA-22-060****Wellmark YMCA * Des Moines, IA * 50 Meter Course****Results****(Girls 11-12 100 LC Meter Backstroke)**

	Name	Age	Team	Seed Time	Finals Time
24	Elmore, Addison	11	Unattached-IA	NT	1:37.65
	45.67	1:37.65 (51.98)			
25	Dinkin, Kenzie	12	Greater Des Moines YMCA-IA	1:41.00	1:38.29
	48.40	1:38.29 (49.89)			
26	Verry, Stellan	11	Iowa Flyers Swim Club-IA	1:41.73	1:39.08
	48.32	1:39.08 (50.76)			
27	Wilcoxson, Helena	11	Des Moines Swimming Federation-IA	1:49.50	1:40.95
	48.77	1:40.95 (52.18)			
28	Crittenden, Averie	12	Rams Swim Club-IA	NT	1:46.10
	50.60	1:46.10 (55.50)			
29	Peters, Lauren	12	Rams Swim Club-IA	NT	1:52.20
30	Askvig, Landrey	11	Central Iowa Aquatics-IA	2:08.47	2:04.55
31	Mieras, Gianna	11	Linn-Mar-IA	2:10.37	2:04.80
	1:01.71	2:04.80 (1:03.09)			
32	Baxter, Audrey	11	Central Iowa Aquatics-IA	2:18.68	2:05.90
	1:00.70	2:05.90 (1:05.20)			
---	Churchill, Natalie	12	Cool Swim Team-MV	NT	NS
---	Van Auken, Lily	12	Linn-Mar-IA	1:47.47	NS
---	Espinosa, Elena	11	Linn-Mar-IA	2:00.00	NS
---	Wright, Amelia	12	Greater Des Moines YMCA-IA	1:51.84	NS
---	McDonough, Bridget	11	Des Moines Swimming Federation-IA	NT	SCR
---	Woolard, Remi	11	Kansas City Blue Wave Swim Tea-MV	1:31.26	SCR
---	Powell, Izzy	12	Des Moines Swimming Federation-IA	1:27.80	SCR

Girls 11-12 200 LC Meter Backstroke**2:45.69 11-12 AAA****3:09.89 11-12 IASI****3:38.49 11-12 SIL**

	Name	Age	Team	Seed Time	Finals Time	
1	Stone, Katie	12	Central Iowa Aquatics-IA	2:46.45	2:43.02	AAA
	39.31	1:20.68 (41.37)	2:02.74 (42.06)	2:43.02 (40.28)		
2	Zhang, Teresa	11	Linn-Mar-IA	2:48.08	2:47.50	IASI
	38.19	1:20.39 (42.20)	2:03.71 (43.32)	2:47.50 (43.79)		
3	Mundisev, Helena	11	Iowa Flyers Swim Club-IA	NT	2:49.22	IASI
	40.27	1:24.22 (43.95)	2:07.75 (43.53)	2:49.22 (41.47)		
4	Diers, Hailey	11	Sun Prairie Storm-WI	NT	2:52.61	IASI
	40.55	1:24.70 (44.15)	2:09.21 (44.51)	2:52.61 (43.40)		
5	Tudor, Amelia	11	Uss Destroyers Swim Club-IA	3:04.80	2:55.53	IASI
	42.49	1:27.06 (44.57)	2:12.61 (45.55)	2:55.53 (42.92)		
6	Cwiertny, Gabby	12	Iowa Flyers Swim Club-IA	2:55.58	2:55.90	IASI
	40.90	1:25.53 (44.63)	2:10.88 (45.35)	2:55.90 (45.02)		
7	Tudor, Sophia	11	Uss Destroyers Swim Club-IA	NT	2:56.86	IASI
	40.05	1:25.14 (45.09)	2:12.03 (46.89)	2:56.86 (44.83)		
8	Thomas, Amelia	12	Iowa Flyers Swim Club-IA	NT	2:59.88	IASI
	42.78	1:28.54 (45.76)	2:15.37 (46.83)	2:59.88 (44.51)		
9	Thiessen, Katie	12	Davenport Metro Swim Team-IA	2:57.81	2:59.92	IASI
	42.66	1:28.76 (46.10)	2:15.45 (46.69)	2:59.92 (44.47)		
10	Zozaya, Isabelle	12	Iowa Flyers Swim Club-IA	NT	3:06.43	IASI
	45.42	1:32.68 (47.26)	2:20.13 (47.45)	3:06.43 (46.30)		
11	Hines, Ashlyn	12	Kansas City Blue Wave Swim Tea-MV	NT	3:06.62	IASI
	45.63	1:34.15 (48.52)	3:06.62 (1:32.47)			

2022 IA CIA BEAT THE HEAT - 6/24/2022 to 6/26/2022**Prairie Meadows Pool, Sanction #: IA-22-060****Wellmark YMCA * Des Moines, IA * 50 Meter Course****Results****(Girls 11-12 200 LC Meter Backstroke)**

	Name	Age	Team	Seed Time	Finals Time	
12	Zheng, Alina	11	Iowa Flyers Swim Club-IA	NT	3:07.40	IASI
	42.82	1:31.66 (48.84)	2:20.46 (48.80)	3:07.40 (46.94)		
13	Williams, Shay	11	Linn-Mar-IA	3:02.02	3:07.85	IASI
	42.55	1:32.43 (49.88)	2:19.97 (47.54)	3:07.85 (47.88)		
14	Hedrick, Piper	11	Central Iowa Aquatics-IA	NT	3:15.19	SIL
	45.51	1:35.64 (50.13)	2:27.98 (52.34)	3:15.19 (47.21)		
15	Dinkin, Kenzie	12	Greater Des Moines YMCA-IA	NT	3:21.96	SIL
	48.31	1:39.98 (51.67)	2:31.64 (51.66)	3:21.96 (50.32)		
16	Wells, Elaina	12	Kansas City Blue Wave Swim Tea-MV	NT	3:24.19	SIL
	47.07	1:40.15 (53.08)	2:35.14 (54.99)	3:24.19 (49.05)		
17	Elmore, Addison	11	Unattached-IA	NT	3:26.68	SIL
	48.18	1:42.04 (53.86)	2:35.83 (53.79)	3:26.68 (50.85)		
---	Van Auken, Lily	12	Linn-Mar-IA	3:42.42		NS
---	Powell, Izzy	12	Des Moines Swimming Federation-IA	3:01.75		SCR
---	Woolard, Remi	11	Kansas City Blue Wave Swim Tea-MV	NT		SCR

Girls 11-12 50 LC Meter Breaststroke**38.59 11-12 AAA****45.49 11-12 IASI**

	Name	Age	Team	Seed Time	Finals Time	
1	Heller, Abigail	12	Davenport Metro Swim Team-IA	43.34	41.87	IASI
2	Lumetta, Mingmei	12	Iowa Flyers Swim Club-IA	42.46	42.09	IASI
3	Berry-Stoelzle, Louisa	12	Iowa Flyers Swim Club-IA	43.11	42.82	IASI
4	Nguyen, Maggie	12	Iowa Flyers Swim Club-IA	42.74	43.00	IASI
5	Zhang, Teresa	11	Linn-Mar-IA	44.59	43.08	IASI
6	Huberg, Greta	12	Linn-Mar-IA	43.94	43.53	IASI
7	Mundisev, Helena	11	Iowa Flyers Swim Club-IA	44.90	44.54	IASI
8	Kearney, Allie	12	Greater Des Moines YMCA-IA	47.25	45.93	
9	Scheetz, Samantha	12	Iowa Flyers Swim Club-IA	47.70	47.63	
10	Fertig, Jodi	12	Rams Swim Club-IA	51.24	47.69	
11	Cwiertny, Gabby	12	Iowa Flyers Swim Club-IA	48.86	47.70	
12	Sexton, Claire	12	Central Iowa Aquatics-IA	47.34	48.50	
13	Tudor, Mara	12	Uss Destroyers Swim Club-IA	52.58	49.55	
14	Tudor, Sophia	11	Uss Destroyers Swim Club-IA	NT	50.89	
15	Wilcoxson, Helena	11	Des Moines Swimming Federation-IA	52.73	52.38	
16	Carter, Naomi	12	Iowa Flyers Swim Club-IA	51.46	53.52	
17	Carter, Rowan	12	Linn-Mar-IA	55.55	53.88	
18	Verry, Stellan	11	Iowa Flyers Swim Club-IA	55.41	54.28	
19	Dee, Adilyn	11	Central Iowa Aquatics-IA	56.55	54.29	
20	Buchter, Marley	12	Davenport Metro Swim Team-IA	NT	54.75	
21	Hedrick, Piper	11	Central Iowa Aquatics-IA	54.50	55.01	
22	Dinkin, Kenzie	12	Greater Des Moines YMCA-IA	53.32	55.02	
23	Tchaprazova, Kalida	12	Central Iowa Aquatics-IA	56.18	58.47	
24	Schlue, Kirsten	12	Davenport Metro Swim Team-IA	1:16.17	59.50	
25	Baxter, Audrey	11	Central Iowa Aquatics-IA	1:18.28	1:07.92	
26	Books, Veah	11	Uss Destroyers Swim Club-IA	NT	1:08.00	
27	Askvig, Landrey	11	Central Iowa Aquatics-IA	1:09.67	1:08.40	
---	Peters, Lauren	12	Rams Swim Club-IA	1:00.92		DQ
	Butterfly kick					

2022 IA CIA BEAT THE HEAT - 6/24/2022 to 6/26/2022**Prairie Meadows Pool, Sanction #: IA-22-060****Wellmark YMCA * Des Moines, IA * 50 Meter Course****Results****(Girls 11-12 50 LC Meter Breaststroke)**

Name	Age	Team	Seed Time	Finals Time
--- Crittenden, Averie Butterfly kick	12	Rams Swim Club-IA	1:05.18	DQ
--- Mieras, Gianna Butterfly kick	11	Linn-Mar-IA	1:15.15	DQ
--- Swanson, Ariana	11	Iowa Flyers Swim Club-IA	49.28	NS
--- Wright, Amelia	12	Greater Des Moines YMCA-IA	58.15	NS
--- Van Auken, Lily	12	Linn-Mar-IA	56.56	NS
--- Espinosa, Elena	11	Linn-Mar-IA	1:07.07	NS
--- McDonough, Bridget	11	Des Moines Swimming Federation-IA	58.46	SCR
--- Powell, Izzy	12	Des Moines Swimming Federation-IA	47.57	SCR
--- Wittstruck, Margy	12	Kohawk Aquatics-IA	51.65	SCR
--- Seckington, Tillie	12	Des Moines Swimming Federation-IA	47.44	SCR

Girls 11-12 50 LC Meter Breaststroke**38.59 11-12 AAA****45.49 11-12 IASI**

Name	Age	Team	Seed Time	Finals Time	
1 Schaffel, Caite	11	Iowa Flyers Swim Club-IA	38.05	38.22	AAA
2 Zhang, Teresa	11	Linn-Mar-IA	44.59	42.06	IASI
3 Hines, Ashlyn	12	Kansas City Blue Wave Swim Tea-MV	41.15	42.30	IASI
4 Huberg, Greta	12	Linn-Mar-IA	43.94	43.50	IASI
5 Brand, Lauren	12	Cool Swim Team-MV	47.47	44.09	IASI
6 Thiessen, Katie	12	Davenport Metro Swim Team-IA	43.70	44.67	IASI
7 Corwin, Kimber	11	Unattached-IA	47.56	44.95	IASI
8 Vaske, Elena	11	Dowling Catholic Riptide-IA	44.47	45.21	IASI
9 Landon, Nora	11	Iowa Flyers Swim Club-IA	47.90	45.50	
10 Thomas, Amelia	12	Iowa Flyers Swim Club-IA	47.56	45.58	
11 Hergenreter, Alexis	12	Greater Des Moines YMCA-IA	52.14	45.64	
12 Zozaya, Isabelle	12	Iowa Flyers Swim Club-IA	48.78	45.94	
13 Nunez, Lucy	12	Iowa Flyers Swim Club-IA	45.21	46.05	
14 Diers, Hailey	11	Sun Prairie Storm-WI	46.87	46.20	
15 Zheng, Alina	11	Iowa Flyers Swim Club-IA	47.47	46.29	
16 Stone, Katie	12	Central Iowa Aquatics-IA	46.35	46.31	
17 Cwiertny, Gabby	12	Iowa Flyers Swim Club-IA	48.86	46.72	
18 Seckington, Tillie	12	Des Moines Swimming Federation-IA	47.44	46.81	
19 Hoss, Brooke	12	Central Iowa Aquatics-IA	48.01	47.66	
20 Pekarek, Lila	12	Rams Swim Club-IA	49.39	48.78	
21 Williams, Shay	11	Linn-Mar-IA	51.19	48.83	
22 Wells, Elaina	12	Kansas City Blue Wave Swim Tea-MV	48.90	49.77	
23 Davis, Naomi	11	Central Iowa Aquatics-IA	51.45	50.39	
24 Achenbach, Addy	11	Iowa Flyers Swim Club-IA	50.73	51.07	
25 Larson, Ellie	12	Greater Des Moines YMCA-IA	50.47	52.45	
26 Thompson, Alana	11	Uss Destroyers Swim Club-IA	52.56	53.75	
27 Shenouda, Esther	12	Dowling Catholic Riptide-IA	49.99	54.10	
28 DeBourcy, Riley	12	Davenport Metro Swim Team-IA	NT	54.37	
29 Mason, Adelyn	11	Central Iowa Aquatics-IA	55.66	54.51	
30 Schlue, Kirsten	12	Davenport Metro Swim Team-IA	1:16.17	1:01.53	
31 Seifert, Stella	11	Central Iowa Aquatics-IA	NT	1:06.02	
32 Reinders, Ellen	11	Central Iowa Aquatics-IA	1:14.87	1:08.98	
33 Ferguson, Evy	11	Greater Des Moines YMCA-IA	NT	1:14.25	

2022 IA CIA BEAT THE HEAT - 6/24/2022 to 6/26/2022**Prairie Meadows Pool, Sanction #: IA-22-060****Wellmark YMCA * Des Moines, IA * 50 Meter Course****Results****(Girls 11-12 50 LC Meter Breaststroke)**

Name	Age	Team	Seed Time	Finals Time
34 Peffer, Lilly	11	Central Iowa Aquatics-IA	NT	1:15.99
--- Mieras, Gianna	11	Linn-Mar-IA	1:15.15	DQ
Scissors kick				
--- Crittenden, Averie	12	Rams Swim Club-IA	1:05.18	DQ
Double pull / kicks				
--- Churchill, Natalie	12	Cool Swim Team-MV	NT	NS
--- Woolard, Remi	11	Kansas City Blue Wave Swim Tea-MV	1:03.23	SCR

Girls 11-12 100 LC Meter Breaststroke**1:25.59 11-12 AAA****1:40.89 11-12 IASI**

Name	Age	Team	Seed Time	Finals Time
1 Schaffel, Caite	11	Iowa Flyers Swim Club-IA	1:27.37	1:25.01 AAA
38.89				1:25.01 (46.12)
2 Lumetta, Mingmei	12	Iowa Flyers Swim Club-IA	1:32.44	1:30.37 IASI
42.45				1:30.37 (47.92)
3 Heller, Abigail	12	Davenport Metro Swim Team-IA	1:38.21	1:33.81 IASI
43.82				1:33.81 (49.99)
4 Huberg, Greta	12	Linn-Mar-IA	1:38.08	1:33.98 IASI
44.98				1:33.98 (49.00)
5 Berry-Stoelzle, Louisa	12	Iowa Flyers Swim Club-IA	1:34.13	1:34.21 IASI
45.02				1:34.21 (49.19)
6 Wyrick, Evy	12	Cool Swim Team-MV	1:35.26	1:34.34 IASI
44.89				1:34.34 (49.45)
7 Brand, Lauren	12	Cool Swim Team-MV	1:45.13	1:36.01 IASI
46.06				1:36.01 (49.95)
8 Zhang, Teresa	11	Linn-Mar-IA	1:37.31	1:36.45 IASI
44.76				1:36.45 (51.69)
9 Hines, Ashlyn	12	Kansas City Blue Wave Swim Tea-MV	1:32.14	1:36.69 IASI
45.42				1:36.69 (51.27)
10 Nguyen, Maggie	12	Iowa Flyers Swim Club-IA	1:36.34	1:36.94 IASI
45.70				1:36.94 (51.24)
11 Zozaya, Isabelle	12	Iowa Flyers Swim Club-IA	1:39.12	1:38.15 IASI
47.03				1:38.15 (51.12)
12 Thiessen, Katie	12	Davenport Metro Swim Team-IA	1:38.34	1:38.84 IASI
47.23				1:38.84 (51.61)
13 Nunez, Lucy	12	Iowa Flyers Swim Club-IA	1:39.19	1:39.44 IASI
47.40				1:39.44 (52.04)
14 Thomas, Amelia	12	Iowa Flyers Swim Club-IA	1:43.66	1:41.66
47.52				1:41.66 (54.14)
15 Zheng, Alina	11	Iowa Flyers Swim Club-IA	1:45.15	1:42.11
48.56				1:42.11 (53.55)
16 Diers, Hailey	11	Sun Prairie Storm-WI	1:42.87	1:43.35
48.51				1:43.35 (54.84)
17 Hoss, Brooke	12	Central Iowa Aquatics-IA	1:46.29	1:45.46
47.21				1:45.46 (58.25)
18 Sexton, Claire	12	Central Iowa Aquatics-IA	1:46.90	1:47.11
50.33				1:47.11 (56.78)
*19 Scheetz, Samantha	12	Iowa Flyers Swim Club-IA	1:45.96	1:47.43
50.34				1:47.43 (57.09)

2022 IA CIA BEAT THE HEAT - 6/24/2022 to 6/26/2022**Prairie Meadows Pool, Sanction #: IA-22-060****Wellmark YMCA * Des Moines, IA * 50 Meter Course****Results****(Girls 11-12 100 LC Meter Breaststroke)**

Name	Age	Team	Seed Time	Finals Time
*19 Tudor, Mara	12	Uss Destroyers Swim Club-IA	1:58.05	1:47.43
50.36	1:47.43 (57.07)			
21 Woolums, Zoe	12	Rams Swim Club-IA	1:53.07	1:47.79
51.27	1:47.79 (56.52)			
22 Wells, Elaina	12	Kansas City Blue Wave Swim Tea-MV	1:45.88	1:48.47
49.42	1:48.47 (59.05)			
23 Davis, Naomi	11	Central Iowa Aquatics-IA	1:49.96	1:49.14
52.55	1:49.14 (56.59)			
24 DeWall, Sami	11	Greater Des Moines YMCA-IA	1:54.03	1:51.52
55.38	1:51.52 (56.14)			
25 Achenbach, Addy	11	Iowa Flyers Swim Club-IA	1:54.20	1:52.89
52.63	1:52.89 (1:00.26)			
26 DeBourcy, Riley	12	Davenport Metro Swim Team-IA	NT	1:54.76
54.67	1:54.76 (1:00.09)			
27 Payne, Lily	11	Rams Swim Club-IA	2:00.90	1:55.02
55.70	1:55.02 (59.32)			
28 Thompson, Alana	11	Uss Destroyers Swim Club-IA	1:59.61	1:55.13
54.90	1:55.13 (1:00.23)			
29 Carter, Rowan	12	Linn-Mar-IA	1:55.55	1:55.85
30 Hedrick, Piper	11	Central Iowa Aquatics-IA	1:57.68	1:56.28
57.18	1:56.28 (59.10)			
31 Wilcoxson, Helena	11	Des Moines Swimming Federation-IA	2:03.84	1:57.46
53.85	1:57.46 (1:03.61)			
32 Mason, Adelyn	11	Central Iowa Aquatics-IA	1:59.99	1:57.82
55.53	1:57.82 (1:02.29)			
33 Smith, Ella	11	Des Moines Swimming Federation-IA	1:54.76	1:58.32
56.91	1:58.32 (1:01.41)			
34 Dinkin, Kenzie	12	Greater Des Moines YMCA-IA	1:59.16	2:02.35
57.79	2:02.35 (1:04.56)			
35 Verry, Stellah	11	Iowa Flyers Swim Club-IA	2:04.58	2:04.45
57.79	2:04.45 (1:06.66)			
36 Lebeck, Jocelyn	12	Des Moines Swimming Federation-IA	2:01.08	2:10.21
1:02.50	2:10.21 (1:07.71)			
37 Askvig, Landrey	11	Central Iowa Aquatics-IA	2:27.61	2:26.30
1:09.60	2:26.30 (1:16.70)			
--- Mieras, Gianna	11	Linn-Mar-IA	2:37.37	DQ
Scissors kick				
1:16.26	DQ (1:22.42)			
--- Churchill, Natalie	12	Cool Swim Team-MV	NT	NS
--- Espinosa, Elena	11	Linn-Mar-IA	2:25.25	NS
--- Wittstruck, Margy	12	Kohawk Aquatics-IA	1:54.94	SCR

Girls 11-12 200 LC Meter Breaststroke**3:06.69 11-12 AAA****3:35.99 11-12 IASI****4:08.49 11-12 SIL**

Name	Age	Team	Seed Time	Finals Time
1 Schaffel, Caite	11	Iowa Flyers Swim Club-IA	3:07.14	3:05.82 AAA
41.79	1:30.69 (48.90)	2:20.74 (50.05)	3:05.82 (45.08)	
2 Lumetta, Mingmei	12	Iowa Flyers Swim Club-IA	3:19.25	3:09.91 IASI
43.59	1:34.05 (50.46)	2:22.13 (48.08)	3:09.91 (47.78)	

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Name	Age	Team	Seed Time	Finals Time	
3 Berry-Stoelzle, Louisa	12	Iowa Flyers Swim Club-IA	NT	3:24.76	IASI
44.41	1:36.67 (52.26)	2:31.76 (55.09)	3:24.76 (53.00)		
4 Heller, Abigail	12	Davenport Metro Swim Team-IA	NT	3:25.77	IASI
46.44	1:38.93 (52.49)	2:31.15 (52.22)	3:25.77 (54.62)		
5 Brand, Lauren	12	Cool Swim Team-MV	NT	3:26.13	IASI
47.72	1:40.90 (53.18)	2:35.67 (54.77)	3:26.13 (50.46)		
6 Zhang, Teresa	11	Linn-Mar-IA	3:36.94	3:27.64	IASI
46.20	1:39.87 (53.67)	2:35.10 (55.23)	3:27.64 (52.54)		
7 Nguyen, Maggie	12	Iowa Flyers Swim Club-IA	3:31.56	3:28.30	IASI
47.84	1:42.46 (54.62)	2:36.22 (53.76)	3:28.30 (52.08)		
8 Kell, Norah	12	Greater Des Moines YMCA-IA	3:25.32	3:29.01	IASI
47.00	1:41.33 (54.33)	2:35.74 (54.41)	3:29.01 (53.27)		
9 Huberg, Greta	12	Linn-Mar-IA	3:31.79	3:30.53	IASI
47.35	1:41.79 (54.44)	2:37.35 (55.56)	3:30.53 (53.18)		
10 Hines, Ashlyn	12	Kansas City Blue Wave Swim Tea-MV	3:23.17	3:31.78	IASI
47.05	1:42.54 (55.49)	2:37.95 (55.41)	3:31.78 (53.83)		
11 Kearney, Allie	12	Greater Des Moines YMCA-IA	NT	3:33.40	IASI
47.56	1:40.77 (53.21)	2:37.30 (56.53)	3:33.40 (56.10)		
12 Nunez, Lucy	12	Iowa Flyers Swim Club-IA	4:20.89	3:39.34	SIL
50.66	1:46.26 (55.60)	2:43.92 (57.66)	3:39.34 (55.42)		
13 Zheng, Alina	11	Iowa Flyers Swim Club-IA	3:47.81	3:40.53	SIL
49.74	1:46.84 (57.10)	2:43.85 (57.01)	3:40.53 (56.68)		
14 Sexton, Claire	12	Central Iowa Aquatics-IA	NT	3:44.14	SIL
51.27	1:49.00 (57.73)	2:46.49 (57.49)	3:44.14 (57.65)		
15 Carter, Naomi	12	Iowa Flyers Swim Club-IA	NT	3:50.43	SIL
52.69	1:52.08 (59.39)	2:51.71 (59.63)	3:50.43 (58.72)		
16 Tudor, Mara	12	Uss Destroyers Swim Club-IA	4:08.27	3:58.32	SIL
53.41	1:55.40 (1:01.99)	2:58.27 (1:02.87)	3:58.32 (1:00.05)		
17 Wells, Elaina	12	Kansas City Blue Wave Swim Tea-MV	NT	4:00.67	SIL
54.99	1:58.60 (1:03.61)	2:59.08 (1:00.48)	4:00.67 (1:01.59)		
18 Thompson, Alana	11	Uss Destroyers Swim Club-IA	4:05.08	4:01.82	SIL
54.65	1:57.76 (1:03.11)	2:59.07 (1:01.31)	4:01.82 (1:02.75)		
19 Carter, Rowan	12	Linn-Mar-IA	3:55.55	4:06.53	SIL
54.38	1:58.74 (1:04.36)	4:06.53 (2:07.79)			
--- Scheetz, Samantha	12	Iowa Flyers Swim Club-IA	3:56.17		NS
--- Swanson, Ariana	11	Iowa Flyers Swim Club-IA	NT		NS
--- Wittstruck, Margy	12	Kohawk Aquatics-IA	NT		SCR

Girls 11-12 50 LC Meter Butterfly**33.59 11-12 AAA****38.29 11-12 IASI**

Name	Age	Team	Seed Time	Finals Time	
1 Schaffel, Caite	11	Iowa Flyers Swim Club-IA	33.24	32.72	AAA
2 Hergenreter, Alexis	12	Greater Des Moines YMCA-IA	34.29	33.51	AAA
3 Stone, Katie	12	Central Iowa Aquatics-IA	33.49	34.21	IASI
4 Corwin, Kimber	11	Unattached-IA	35.45	34.64	IASI
5 Landon, Nora	11	Iowa Flyers Swim Club-IA	36.34	35.12	IASI
6 Zhang, Teresa	11	Linn-Mar-IA	37.75	35.14	IASI
7 Diers, Hailey	11	Sun Prairie Storm-WI	37.87	35.77	IASI
8 Nunez, Lucy	12	Iowa Flyers Swim Club-IA	36.16	35.98	IASI
9 Seckington, Tillie	12	Des Moines Swimming Federation-IA	36.26	36.34	IASI

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	Name	Age	Team	Seed Time	Finals Time	
10	Williams, Shay	11	Linn-Mar-IA	38.12	36.38	IASI
11	Hines, Ashlyn	12	Kansas City Blue Wave Swim Tea-MV	41.29	36.58	IASI
12	Wells, Elaina	12	Kansas City Blue Wave Swim Tea-MV	35.63	36.72	IASI
13	Thiessen, Katie	12	Davenport Metro Swim Team-IA	37.56	36.77	IASI
14	Brand, Lauren	12	Cool Swim Team-MV	43.57	37.64	IASI
15	Huberg, Greta	12	Linn-Mar-IA	39.39	37.80	IASI
16	Cwiertny, Gabby	12	Iowa Flyers Swim Club-IA	37.08	37.90	IASI
17	Hoss, Brooke	12	Central Iowa Aquatics-IA	38.91	38.91	
*18	Zozaya, Isabelle	12	Iowa Flyers Swim Club-IA	39.24	39.29	
*18	Thomas, Amelia	12	Iowa Flyers Swim Club-IA	39.05	39.29	
*18	Vaske, Elena	11	Dowling Catholic Riptide-IA	42.62	39.29	
21	Davis, Naomi	11	Central Iowa Aquatics-IA	40.47	40.53	
22	Zheng, Alina	11	Iowa Flyers Swim Club-IA	44.30	40.56	
23	Larson, Ellie	12	Greater Des Moines YMCA-IA	50.46	41.22	
24	Woolums, Zoe	12	Rams Swim Club-IA	42.79	41.69	
25	DeWall, Sami	11	Greater Des Moines YMCA-IA	40.26	42.66	
26	Achenbach, Addy	11	Iowa Flyers Swim Club-IA	42.97	43.33	
27	Thompson, Alana	11	Uss Destroyers Swim Club-IA	51.73	44.76	
28	DeBourcy, Riley	12	Davenport Metro Swim Team-IA	NT	44.91	
29	Shenouda, Esther	12	Dowling Catholic Riptide-IA	52.01	47.92	
30	Schlue, Kirsten	12	Davenport Metro Swim Team-IA	58.58	53.43	
31	Seifert, Stella	11	Central Iowa Aquatics-IA	NT	56.94	
32	Reinders, Ellen	11	Central Iowa Aquatics-IA	1:10.95	59.74	
33	Ferguson, Evy	11	Greater Des Moines YMCA-IA	59.88	1:01.95	
34	Mieras, Gianna	11	Linn-Mar-IA	1:05.14	1:05.40	
---	Peffer, Lilly	11	Central Iowa Aquatics-IA	NT	DQ	
	Arms underwater recovery					
---	Woolard, Remi	11	Kansas City Blue Wave Swim Tea-MV	39.73	SCR	

Girls 11-12 50 LC Meter Butterfly**33.59 11-12 AAA****38.29 11-12 IASI**

	Name	Age	Team	Seed Time	Finals Time	
1	Lumetta, Mingmei	12	Iowa Flyers Swim Club-IA	35.99	35.12	IASI
2	Tudor, Amelia	11	Uss Destroyers Swim Club-IA	37.01	35.72	IASI
3	Moore, Maya	12	Greater Des Moines YMCA-IA	34.87	35.73	IASI
4	Zhang, Teresa	11	Linn-Mar-IA	37.75	35.93	IASI
5	Williams, Shay	11	Linn-Mar-IA	38.12	36.00	IASI
6	Nguyen, Maggie	12	Iowa Flyers Swim Club-IA	39.28	38.77	
7	Huberg, Greta	12	Linn-Mar-IA	39.39	38.91	
8	Berry-Stoelzle, Louisa	12	Iowa Flyers Swim Club-IA	NT	39.67	
9	Fertig, Jodi	12	Rams Swim Club-IA	49.27	39.69	
10	Davis, Naomi	11	Central Iowa Aquatics-IA	40.47	40.24	
11	Buchter, Marley	12	Davenport Metro Swim Team-IA	NT	44.47	
12	Carter, Rowan	12	Linn-Mar-IA	45.45	45.32	
13	Dee, Adilyn	11	Central Iowa Aquatics-IA	43.90	45.77	
14	Schlue, Kirsten	12	Davenport Metro Swim Team-IA	58.58	46.28	
15	Verry, Stellah	11	Iowa Flyers Swim Club-IA	44.94	47.35	
16	Sexton, Claire	12	Central Iowa Aquatics-IA	45.89	47.53	
17	Ludwig, Vivian	11	Des Moines Swimming Federation-IA	46.96	47.86	

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Name	Age	Team	Seed Time	Finals Time
18 Payne, Lily	11	Rams Swim Club-IA	59.66	53.16
19 Lebeck, Jocelyn	12	Des Moines Swimming Federation-IA	54.16	55.50
20 Books, Veah	11	Uss Destroyers Swim Club-IA	NT	57.56
21 Smith, Ella	11	Des Moines Swimming Federation-IA	1:00.73	57.66
--- Heller, Abigail	12	Davenport Metro Swim Team-IA	38.59	DQ
False start				
--- Churchill, Natalie	12	Cool Swim Team-MV	NT	NS
--- Espinosa, Elena	11	Linn-Mar-IA	1:08.08	NS
--- Powell, Izzy	12	Des Moines Swimming Federation-IA	41.42	SCR

Girls 11-12 100 LC Meter Butterfly**1:14.99 11-12 AAA****1:28.49 11-12 IASI**

Name	Age	Team	Seed Time	Finals Time	
1 Schaffel, Caite	11	Iowa Flyers Swim Club-IA	1:12.75	1:10.93	AAA
33.12	1:10.93 (37.81)				
2 Stone, Katie	12	Central Iowa Aquatics-IA	1:13.60	1:19.39	IASI
36.22	1:19.39 (43.17)				
3 Nunez, Lucy	12	Iowa Flyers Swim Club-IA	1:22.61	1:20.93	IASI
37.06	1:20.93 (43.87)				
4 Moore, Maya	12	Greater Des Moines YMCA-IA	1:19.47	1:22.53	IASI
38.74	1:22.53 (43.79)				
5 Diers, Hailey	11	Sun Prairie Storm-WI	1:27.87	1:27.05	IASI
41.12	1:27.05 (45.93)				
6 Tudor, Amelia	11	Uss Destroyers Swim Club-IA	1:34.62	1:27.37	IASI
39.96	1:27.37 (47.41)				
7 Williams, Shay	11	Linn-Mar-IA	1:26.16	1:27.81	IASI
37.84	1:27.81 (49.97)				
8 Thomas, Amelia	12	Iowa Flyers Swim Club-IA	1:26.68	1:32.53	
41.60	1:32.53 (50.93)				
9 Davis, Naomi	11	Central Iowa Aquatics-IA	1:36.87	1:34.44	
42.65	1:34.44 (51.79)				
10 Brand, Lauren	12	Cool Swim Team-MV	1:51.51	1:37.99	
43.59	1:37.99 (54.40)				
11 Hines, Ashlyn	12	Kansas City Blue Wave Swim Tea-MV	NT	1:38.17	
41.57	1:38.17 (56.60)				
12 Wells, Elaina	12	Kansas City Blue Wave Swim Tea-MV	1:43.40	1:41.11	
44.15	1:41.11 (56.96)				
13 Carter, Naomi	12	Iowa Flyers Swim Club-IA	1:37.28	1:45.57	
47.03	1:45.57 (58.54)				
14 Scheetz, Samantha	12	Iowa Flyers Swim Club-IA	NT	1:45.88	
46.08	1:45.88 (59.80)				
--- Swanson, Ariana	11	Iowa Flyers Swim Club-IA	NT	NS	
--- Woolard, Remi	11	Kansas City Blue Wave Swim Tea-MV	1:30.28	SCR	

2022 IA CIA BEAT THE HEAT - 6/24/2022 to 6/26/2022**Prairie Meadows Pool, Sanction #: IA-22-060****Wellmark YMCA * Des Moines, IA * 50 Meter Course****Results****Girls 11-12 200 LC Meter Butterfly****2:47.39 11-12 AAA****3:10.19 11-12 IASI****3:38.79 11-12 SIL**

Name	Age	Team	Seed Time	Finals Time	
1 Schaffel, Caite	11	Iowa Flyers Swim Club-IA	NT	2:50.97	IASI
	35.07	1:15.30 (40.23)	2:03.78 (48.48)	2:50.97 (47.19)	
2 Stone, Katie	12	Central Iowa Aquatics-IA	3:07.94	2:58.48	IASI
	38.30	1:24.91 (46.61)	2:12.18 (47.27)	2:58.48 (46.30)	
3 Nunez, Lucy	12	Iowa Flyers Swim Club-IA	NT	3:20.99	SIL
	40.29	1:30.05 (49.76)	2:24.99 (54.94)	3:20.99 (56.00)	

Girls 11-12 200 LC Meter IM**2:45.19 11-12 AAA****3:11.39 11-12 IASI**

Name	Age	Team	Seed Time	Finals Time	
1 Lumetta, Mingmei	12	Iowa Flyers Swim Club-IA	2:48.88	2:47.98	IASI
	37.75	1:23.14 (45.39)	2:11.78 (48.64)	2:47.98 (36.20)	
2 Stone, Katie	12	Central Iowa Aquatics-IA	2:48.11	2:53.28	IASI
	35.58	1:19.99 (44.41)	2:15.15 (55.16)	2:53.28 (38.13)	
3 Wyrick, Evy	12	Cool Swim Team-MV	2:57.03	2:54.47	IASI
	37.58	1:24.20 (46.62)	2:16.83 (52.63)	2:54.47 (37.64)	
4 Zhang, Teresa	11	Linn-Mar-IA	3:02.63	2:55.62	IASI
	35.45	1:21.37 (45.92)	2:13.46 (52.09)	2:55.62 (42.16)	
5 Thiessen, Katie	12	Davenport Metro Swim Team-IA	2:58.71	2:56.63	IASI
	39.04	1:24.91 (45.87)	2:17.21 (52.30)	2:56.63 (39.42)	
6 Nunez, Lucy	12	Iowa Flyers Swim Club-IA	3:03.73	3:00.51	IASI
	37.38	1:22.78 (45.40)	2:19.49 (56.71)	3:00.51 (41.02)	
7 Thomas, Amelia	12	Iowa Flyers Swim Club-IA	2:59.90	3:01.22	IASI
	42.37	1:26.92 (44.55)	2:22.60 (55.68)	3:01.22 (38.62)	
8 Diers, Hailey	11	Sun Prairie Storm-WI	3:09.87	3:01.33	IASI
	38.61	1:25.00 (46.39)	2:21.57 (56.57)	3:01.33 (39.76)	
9 Zozaya, Isabelle	12	Iowa Flyers Swim Club-IA	3:02.94	3:01.74	IASI
	41.18	1:28.66 (47.48)	2:22.53 (53.87)	3:01.74 (39.21)	
10 Heller, Abigail	12	Davenport Metro Swim Team-IA	3:11.13	3:02.89	IASI
	39.04	1:27.56 (48.52)	2:21.28 (53.72)	3:02.89 (41.61)	
11 Hines, Ashlyn	12	Kansas City Blue Wave Swim Tea-MV	3:09.39	3:02.94	IASI
	39.53	1:28.90 (49.37)	2:23.53 (54.63)	3:02.94 (39.41)	
12 Huberg, Greta	12	Linn-Mar-IA	3:09.09	3:04.26	IASI
	41.11	1:30.91 (49.80)	2:24.01 (53.10)	3:04.26 (40.25)	
13 Nguyen, Maggie	12	Iowa Flyers Swim Club-IA	3:03.18	3:05.46	IASI
	42.74	1:32.12 (49.38)	2:25.38 (53.26)	3:05.46 (40.08)	
14 Kell, Norah	12	Greater Des Moines YMCA-IA	3:19.09	3:09.79	IASI
	40.51	1:27.78 (47.27)	2:22.56 (54.78)	3:09.79 (47.23)	
15 Hoss, Brooke	12	Central Iowa Aquatics-IA	3:26.45	3:12.99	
	40.54	1:30.50 (49.96)	2:29.46 (58.96)	3:12.99 (43.53)	
16 Williams, Shay	11	Linn-Mar-IA	3:18.11	3:13.33	
	37.45	1:25.59 (48.14)	2:29.51 (1:03.92)	3:13.33 (43.82)	
17 Brand, Lauren	12	Cool Swim Team-MV	3:37.81	3:13.89	
	41.76	1:36.58 (54.82)	2:29.50 (52.92)	3:13.89 (44.39)	
18 Davis, Naomi	11	Central Iowa Aquatics-IA	3:19.94	3:15.49	
	41.96	1:31.88 (49.92)	2:33.62 (1:01.74)	3:15.49 (41.87)	

2022 IA CIA BEAT THE HEAT - 6/24/2022 to 6/26/2022**Prairie Meadows Pool, Sanction #: IA-22-060****Wellmark YMCA * Des Moines, IA * 50 Meter Course****Results****(Girls 11-12 200 LC Meter IM)**

Name	Age	Team	Seed Time	Finals Time
19 Zheng, Alina	11	Iowa Flyers Swim Club-IA	3:28.31	3:16.96
43.96	1:34.63 (50.67)	2:32.71 (58.08)	3:16.96 (44.25)	
20 Wells, Elaina	12	Kansas City Blue Wave Swim Tea-MV	3:32.30	3:22.31
39.23	1:33.84 (54.61)	2:34.85 (1:01.01)	3:22.31 (47.46)	
21 Hedrick, Piper	11	Central Iowa Aquatics-IA	3:35.86	3:25.71
46.80	1:38.76 (51.96)	2:40.69 (1:01.93)	3:25.71 (45.02)	
22 Scheetz, Samantha	12	Iowa Flyers Swim Club-IA	3:26.95	3:30.12
46.39	1:39.66 (53.27)	2:40.22 (1:00.56)	3:30.12 (49.90)	
23 Dee, Adilyn	11	Central Iowa Aquatics-IA	3:40.52	3:34.62
48.89	1:42.52 (53.63)	2:47.28 (1:04.76)	3:34.62 (47.34)	
24 Sexton, Claire	12	Central Iowa Aquatics-IA	3:36.31	3:37.68
53.03	1:49.97 (56.94)	2:50.92 (1:00.95)	3:37.68 (46.76)	
25 Lebeck, Jocelyn	12	Des Moines Swimming Federation-IA	NT	4:01.66
1:03.25	1:59.90 (56.65)	3:10.32 (1:10.42)	4:01.66 (51.34)	
26 Books, Veah	11	Uss Destroyers Swim Club-IA	NT	4:08.74
55.75	1:58.03 (1:02.28)	3:16.42 (1:18.39)	4:08.74 (52.32)	
--- Wright, Amelia	12	Greater Des Moines YMCA-IA	NT	NS
--- Churchill, Natalie	12	Cool Swim Team-MV	NT	NS
--- Woolard, Remi	11	Kansas City Blue Wave Swim Tea-MV	3:24.08	SCR

Girls 11-12 400 LC Meter IM**5:55.29 AAA****6:48.29 IASI****7:49.69 SIL**

Name	Age	Team	Seed Time	Finals Time
1 Wyrick, Evy	12	Cool Swim Team-MV	NT	6:00.88 IASI
39.08	1:26.31 (47.23)	2:13.14 (46.83)	3:01.68 (48.54)	
3:52.63 (50.95)	4:44.86 (52.23)	5:23.65 (38.79)	6:00.88 (37.23)	
2 Stone, Katie	12	Central Iowa Aquatics-IA	6:08.52	6:01.15 IASI
39.14	1:22.80 (43.66)	2:08.38 (45.58)	2:54.00 (45.62)	
3:47.03 (53.03)	4:44.89 (57.86)	5:24.73 (39.84)	6:01.15 (36.42)	
3 Hoss, Brooke	12	Central Iowa Aquatics-IA	NT	6:49.36 SIL
40.90	1:33.87 (52.97)	2:27.35 (53.48)	3:19.55 (52.20)	
4:17.97 (58.42)	5:17.02 (59.05)	6:04.32 (47.30)	6:49.36 (45.04)	
4 Berry-Stoelzle, Louisa	12	Iowa Flyers Swim Club-IA	NT	6:50.68 SIL
41.56	1:36.23 (54.67)	2:31.16 (54.93)	3:23.12 (51.96)	
4:19.39 (56.27)	5:16.65 (57.26)	6:04.78 (48.13)	6:50.68 (45.90)	
5 Wells, Elaina	12	Kansas City Blue Wave Swim Tea-MV	NT	7:34.48 SIL
41.14	1:39.25 (58.11)	2:44.41 (1:05.16)	3:43.55 (59.14)	
4:47.26 (1:03.71)	5:52.38 (1:05.12)	6:43.05 (50.67)	7:34.48 (51.43)	
--- Churchill, Natalie	12	Cool Swim Team-MV	NT	SCR

Girls 13-14 50 LC Meter Freestyle**30.09 13-14 AAA****30.79 13-14 IASI**

Name	Age	Team	Seed Time	Finals Time
1 Sander, Charlotte	14	Kansas City Blue Wave Swim Tea-MV	NT	28.84 AAA
2 Bailey, Hayden	14	Greater Des Moines YMCA-IA	28.90	29.04 AAA
3 Trosper, Kate	13	Central Iowa Aquatics-IA	29.20	29.19 AAA
4 Qualley, Charlotte	13	Greater Des Moines YMCA-IA	29.74	29.37 AAA
5 Barney, Libby	14	Cool Swim Team-MV	30.87	29.50 AAA

2022 IA CIA BEAT THE HEAT - 6/24/2022 to 6/26/2022**Prairie Meadows Pool, Sanction #: IA-22-060****Wellmark YMCA * Des Moines, IA * 50 Meter Course****Results****(Girls 13-14 50 LC Meter Freestyle)**

	Name	Age	Team	Seed Time	Finals Time	
6	Diers, Sophie	14	Sun Prairie Storm-WI	30.61	29.58	AAA
7	McCoy, Angela	13	Cool Swim Team-MV	29.55	29.71	AAA
8	Hassett, Sassy	14	Des Moines Swimming Federation-IA	28.81	29.74	AAA
9	Gojkovich, Riley	13	Greater Des Moines YMCA-IA	29.26	29.90	AAA
10	Meraz, Ella	14	Cool Swim Team-MV	32.34	30.24	IASI
11	Mujic, Irma	14	Uss Destroyers Swim Club-IA	30.88	30.53	IASI
12	Ramaaker, Quinn	14	Des Moines Swimming Federation-IA	31.22	30.89	
13	Landuyt, Lizzie	14	Kansas City Blue Wave Swim Tea-MV	30.50	30.90	
14	Friessen, Isabella	14	Iowa Flyers Swim Club-IA	31.49	30.98	
15	Weinheimer, Haylie	13	North Side Swim Team-IA	32.28	31.23	
16	Huebsch, Charlotte	13	Greater Des Moines YMCA-IA	31.39	31.43	
17	Hancock, Ellie	13	Central Iowa Aquatics-IA	31.02	31.62	
18	Andrews, Violet	13	Greater Des Moines YMCA-IA	31.01	32.45	
19	Lindeman, Olivia	13	Linn-Mar-IA	32.13	32.67	
20	Kramer, Marley	13	Central Iowa Aquatics-IA	33.80	33.01	
21	Reid, Abigail	13	Central Iowa Aquatics-IA	32.38	33.12	
22	Huffman, Laurel	14	Linn-Mar-IA	33.62	33.50	
23	Dismang, Berkley	13	Iowa Flyers Swim Club-IA	33.18	33.57	
24	Tjebkes, Kamryn	13	Iowa Flyers Swim Club-IA	34.23	33.87	
25	Ernsperger, Isabel	13	Central Iowa Aquatics-IA	34.86	35.11	
26	Vallas, Finley	13	Central Iowa Aquatics-IA	35.23	35.73	
27	Miller, Celeste	13	Iowa Flyers Swim Club-IA	37.32	36.14	
28	Kinnison, Amanda	13	Dowling Catholic Riptide-IA	36.20	36.94	
29	Mengel, Maddie	14	Des Moines Swimming Federation-IA	35.60	37.09	
30	Kimmel, Teaghyn	13	Rams Swim Club-IA	38.02	37.60	
31	Suljic, Medina	13	Central Iowa Aquatics-IA	NT	44.96	
---	Rohloff, Kate	13	Greater Des Moines YMCA-IA	35.85	NS	
---	Crawford, Myra	13	Iowa Flyers Swim Club-IA	34.73	NS	
---	Horton, Kate	14	Cool Swim Team-MV	32.20	NS	
---	Cunningham, Clara	14	North Side Swim Team-IA	34.97	NS	

Girls 13-14 50 LC Meter Freestyle**30.09 13-14 AAA****30.79 13-14 IASI**

	Name	Age	Team	Seed Time	Finals Time	
1	Sander, Charlotte	14	Kansas City Blue Wave Swim Tea-MV	28.95	28.53	AAA
2	Trosper, Kate	13	Central Iowa Aquatics-IA	29.20	28.72	AAA
3	Geng, Hannah	13	Iowa Flyers Swim Club-IA	28.80	29.10	AAA
4	Diers, Sophie	14	Sun Prairie Storm-WI	30.61	29.22	AAA
5	Woolums, Brynnly	14	Greater Des Moines YMCA-IA	28.76	29.29	AAA
6	Qualley, Charlotte	13	Greater Des Moines YMCA-IA	29.74	29.55	AAA
7	Gerke, Gretchen	13	Iowa Flyers Swim Club-IA	30.04	30.26	IASI
8	Burns, Finlee	13	Greater Des Moines YMCA-IA	31.64	30.83	
9	Torrence, Kaylen	14	Greater Des Moines YMCA-IA	29.91	30.95	
10	Popp, Emma	14	Greater Des Moines YMCA-IA	31.44	31.10	
11	Huebsch, Charlotte	13	Greater Des Moines YMCA-IA	31.39	31.27	
12	Huss, Lucy	13	Central Iowa Aquatics-IA	31.15	31.47	
13	Lumadue, Makenzie	13	Greater Des Moines YMCA-IA	31.93	31.75	
14	Carstensen, Savannah	14	Kansas City Blue Wave Swim Tea-MV	33.79	32.15	
15	Parson, Lucy	13	Uss Destroyers Swim Club-IA	32.42	32.16	

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	Name	Age	Team	Seed Time	Finals Time
16	Assaad, Sarah	14	Central Iowa Aquatics-IA	32.00	32.45
17	Dismang, Berkley	13	Iowa Flyers Swim Club-IA	33.18	32.57
18	Adams, Laynie	14	Iowa Flyers Swim Club-IA	33.10	32.95
19	Gummert, Maisie	13	Unattached-IA	NT	33.27
20	Liu, Emily	13	Iowa Flyers Swim Club-IA	33.67	33.96
21	Tjebkes, Kamryn	13	Iowa Flyers Swim Club-IA	34.23	34.28
22	Benford, Ronnie	13	Kansas City Blue Wave Swim Tea-MV	33.16	34.43
23	Verry, Maddie	14	Iowa Flyers Swim Club-IA	34.07	34.59
24	Tudor, Addy	14	Uss Destroyers Swim Club-IA	34.98	34.72
25	Chen, Erin	13	Iowa Flyers Swim Club-IA	35.39	35.81
26	Sutherland, Lauren	13	Greater Des Moines YMCA-IA	36.84	36.80
27	Davis, Ava	14	Des Moines Swimming Federation-IA	35.72	36.83
28	Walters, Alivia	13	Des Moines Swimming Federation-IA	39.74	38.42
29	Mengel, Maddie	14	Des Moines Swimming Federation-IA	35.60	38.49
30	Coiner, Jocelynn	13	Iowa City Eels-IA	NT	42.44
---	Friessen, Isabella	14	Iowa Flyers Swim Club-IA	31.49	NS
---	Crawford, Myra	13	Iowa Flyers Swim Club-IA	34.73	NS
---	Honkamp, Mary	14	Des Moines Swimming Federation-IA	31.16	SCR

Girls 13-14 100 LC Meter Freestyle**1:05.09 13-14 AAA****1:06.69 13-14 IASI**

	Name	Age	Team	Seed Time	Finals Time	
1	Qualley, Charlotte	13	Greater Des Moines YMCA-IA	1:02.33	1:01.04	AAA
	29.47		1:01.04 (31.57)			
2	Geng, Hannah	13	Iowa Flyers Swim Club-IA	1:02.59	1:02.21	AAA
	29.77		1:02.21 (32.44)			
3	Woolums, Brynnly	14	Greater Des Moines YMCA-IA	1:03.26	1:02.83	AAA
	30.09		1:02.83 (32.74)			
4	McCoy, Angela	13	Cool Swim Team-MV	1:04.59	1:02.99	AAA
	29.73		1:02.99 (33.26)			
5	Bailey, Hayden	14	Greater Des Moines YMCA-IA	1:02.69	1:03.38	AAA
	29.95		1:03.38 (33.43)			
6	Diers, Sophie	14	Sun Prairie Storm-WI	1:07.69	1:04.00	AAA
	30.45		1:04.00 (33.55)			
7	Hassett, Sassy	14	Des Moines Swimming Federation-IA	1:02.91	1:05.27	IASI
	31.12		1:05.27 (34.15)			
8	Gerke, Gretchen	13	Iowa Flyers Swim Club-IA	1:06.76	1:06.16	IASI
	31.44		1:06.16 (34.72)			
9	Torrence, Kaylen	14	Greater Des Moines YMCA-IA	1:05.60	1:06.64	IASI
	31.72		1:06.64 (34.92)			
10	Sander, Charlotte	14	Kansas City Blue Wave Swim Tea-MV	NT	1:06.86	
	28.95		1:06.86 (37.91)			
11	Lumadue, Makenzie	13	Greater Des Moines YMCA-IA	1:08.57	1:07.15	
	32.55		1:07.15 (34.60)			
12	Meraz, Ella	14	Cool Swim Team-MV	1:12.69	1:07.19	
	32.12		1:07.19 (35.07)			
13	Mujic, Irma	14	Uss Destroyers Swim Club-IA	1:07.26	1:07.27	
	31.26		1:07.27 (36.01)			
14	Assaad, Sarah	14	Central Iowa Aquatics-IA	1:08.72	1:07.74	
	32.63		1:07.74 (35.11)			

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	Name	Age	Team	Seed Time	Finals Time
15	Popp, Emma 32.47	14	Greater Des Moines YMCA-IA	1:07.57	1:08.28
				1:08.28 (35.81)	
16	Ramaeker, Quinn 32.51	14	Des Moines Swimming Federation-IA	1:08.69	1:08.41
				1:08.41 (35.90)	
17	Hancock, Ellie 32.82	13	Central Iowa Aquatics-IA	1:10.32	1:08.52
				1:08.52 (35.70)	
18	Burns, Finlee 32.53	13	Greater Des Moines YMCA-IA	1:11.75	1:08.77
				1:08.77 (36.24)	
19	Huss, Lucy 32.81	13	Central Iowa Aquatics-IA	1:09.06	1:08.79
				1:08.79 (35.98)	
20	Huebsch, Charlotte 32.28	13	Greater Des Moines YMCA-IA	1:12.30	1:08.97
				1:08.97 (36.69)	
21	Adams, Laynie 33.81	14	Iowa Flyers Swim Club-IA	1:10.23	1:10.25
				1:10.25 (36.44)	
22	Breitbach, Layla 33.95	13	Linn-Mar-IA	1:20.63	1:10.54
				1:10.54 (36.59)	
23	Andrews, Violet 33.93	13	Greater Des Moines YMCA-IA	1:12.36	1:11.57
				1:11.57 (37.64)	
24	Carstensen, Savannah 33.47	14	Kansas City Blue Wave Swim Tea-MV	1:15.58	1:12.05
				1:12.05 (38.58)	
25	Lindeman, Olivia 33.95	13	Linn-Mar-IA	1:17.66	1:12.45
				1:12.45 (38.50)	
26	Reid, Abigail 34.16	13	Central Iowa Aquatics-IA	1:13.25	1:12.48
				1:12.48 (38.32)	
27	Dismang, Berkley 34.12	13	Iowa Flyers Swim Club-IA	1:12.85	1:12.85
				1:12.85 (38.73)	
*28	Tjebkes, Kamryn 34.53	13	Iowa Flyers Swim Club-IA	1:15.27	1:12.92
				1:12.92 (38.39)	
*28	Gummert, Maisie 34.82	13	Unattached-IA	NT	1:12.92
				1:12.92 (38.10)	
30	Huffman, Laurel 34.23	14	Linn-Mar-IA	1:20.30	1:13.63
				1:13.63 (39.40)	
31	Cao, Minerva 35.44	13	Central Iowa Aquatics-IA	1:59.76	1:14.53
				1:14.53 (39.09)	
32	Crawford, Myra 36.60	13	Iowa Flyers Swim Club-IA	NT	1:15.01
				1:15.01 (38.41)	
33	Tudor, Addy 35.45	14	Uss Destroyers Swim Club-IA	1:16.42	1:15.27
				1:15.27 (39.82)	
34	Ernsperger, Isabel	13	Central Iowa Aquatics-IA	1:16.75	1:17.65
35	Verry, Maddie 38.59	14	Iowa Flyers Swim Club-IA	1:16.11	1:18.83
				1:18.83 (40.24)	
36	Sutherland, Lauren 38.35	13	Greater Des Moines YMCA-IA	NT	1:21.35
				1:21.35 (43.00)	
37	Mengel, Maddie 39.46	14	Des Moines Swimming Federation-IA	1:22.76	1:22.56
				1:22.56 (43.10)	
38	Miller, Celeste 39.25	13	Iowa Flyers Swim Club-IA	1:22.90	1:23.68
				1:23.68 (44.43)	
39	Coiner, Jocelynn	13	Iowa City Eels-IA	NT	1:34.54
---	Friessen, Isabella	14	Iowa Flyers Swim Club-IA	1:07.46	NS
---	Benford, Ronnie	13	Kansas City Blue Wave Swim Tea-MV	1:16.94	NS

2022 IA CIA BEAT THE HEAT - 6/24/2022 to 6/26/2022**Prairie Meadows Pool, Sanction #: IA-22-060****Wellmark YMCA * Des Moines, IA * 50 Meter Course****Results****Girls 13-14 200 LC Meter Freestyle****2:19.89 13-14 AAA****2:25.79 13-14 IASI**

Name	Age	Team	Seed Time	Finals Time	
1 Qualley, Charlotte	13	Greater Des Moines YMCA-IA	2:13.25	2:12.66	AAA
30.64	1:03.93 (33.29)	1:38.41 (34.48)	2:12.66 (34.25)		
2 Geng, Hannah	13	Iowa Flyers Swim Club-IA	2:19.39	2:16.46	AAA
31.64	1:05.98 (34.34)	1:41.41 (35.43)	2:16.46 (35.05)		
3 Woolums, Brynnly	14	Greater Des Moines YMCA-IA	2:14.77	2:19.31	AAA
31.27	1:05.70 (34.43)	1:42.20 (36.50)	2:19.31 (37.11)		
4 McCoy, Angela	13	Cool Swim Team-MV	2:21.02	2:19.58	AAA
31.62	1:06.67 (35.05)	1:43.45 (36.78)	2:19.58 (36.13)		
5 Barney, Libby	14	Cool Swim Team-MV	2:29.26	2:20.18	IASI
31.31	1:06.58 (35.27)	1:43.31 (36.73)	2:20.18 (36.87)		
6 Gerke, Gretchen	13	Iowa Flyers Swim Club-IA	2:17.26	2:20.33	IASI
32.09	1:07.57 (35.48)	1:43.98 (36.41)	2:20.33 (36.35)		
7 Diers, Sophie	14	Sun Prairie Storm-WI	2:24.63	2:21.19	IASI
32.26	1:07.90 (35.64)	1:44.61 (36.71)	2:21.19 (36.58)		
8 Popp, Emma	14	Greater Des Moines YMCA-IA	2:27.98	2:24.59	IASI
33.15	1:09.90 (36.75)	1:47.86 (37.96)	2:24.59 (36.73)		
9 Trosper, Kate	13	Central Iowa Aquatics-IA	2:27.66	2:25.93	
31.45	1:07.83 (36.38)	1:46.01 (38.18)	2:25.93 (39.92)		
*10 Landuyt, Lizzie	14	Kansas City Blue Wave Swim Tea-MV	2:25.02	2:25.95	
32.33	1:10.05 (37.72)	1:48.41 (38.36)	2:25.95 (37.54)		
*10 Assaad, Sarah	14	Central Iowa Aquatics-IA	2:25.47	2:25.95	
32.87	1:09.58 (36.71)	1:48.39 (38.81)	2:25.95 (37.56)		
12 Lumadue, Makenzie	13	Greater Des Moines YMCA-IA	2:37.54	2:26.35	
33.41	1:10.36 (36.95)	1:48.09 (37.73)	2:26.35 (38.26)		
13 Meraz, Ella	14	Cool Swim Team-MV	2:50.17	2:28.72	
32.12	1:09.62 (37.50)	1:49.39 (39.77)	2:28.72 (39.33)		
14 Horton, Kate	14	Cool Swim Team-MV	2:33.49	2:30.30	
33.73	1:11.54 (37.81)	1:51.56 (40.02)	2:30.30 (38.74)		
15 Sander, Charlotte	14	Kansas City Blue Wave Swim Tea-MV	NT	2:30.55	
33.37	1:11.74 (38.37)	1:51.36 (39.62)	2:30.55 (39.19)		
16 Mujic, Irma	14	Uss Destroyers Swim Club-IA	2:28.62	2:30.82	
33.00	1:11.83 (38.83)	1:52.80 (40.97)	2:30.82 (38.02)		
17 Huss, Lucy	13	Central Iowa Aquatics-IA	2:45.07	2:33.58	
35.15	1:14.96 (39.81)	1:55.95 (40.99)	2:33.58 (37.63)		
18 Adams, Laynie	14	Iowa Flyers Swim Club-IA	2:35.14	2:35.37	
36.47	1:15.60 (39.13)	1:56.30 (40.70)	2:35.37 (39.07)		
19 Breitbach, Layla	13	Linn-Mar-IA	2:44.22	2:37.91	
	1:16.13 ()	1:59.02 (42.89)	2:37.91 (38.89)		
20 Gummert, Maisie	13	Unattached-IA	NT	2:39.77	
35.34	1:15.39 (40.05)	1:57.06 (41.67)	2:39.77 (42.71)		
21 Carstensen, Savannah	14	Kansas City Blue Wave Swim Tea-MV	2:51.53	2:42.35	
34.63	1:15.75 (41.12)	2:00.43 (44.68)	2:42.35 (41.92)		
22 Huffman, Laurel	14	Linn-Mar-IA	2:35.85	2:42.73	
36.90	1:18.62 (41.72)	2:01.69 (43.07)	2:42.73 (41.04)		
23 Benford, Ronnie	13	Kansas City Blue Wave Swim Tea-MV	2:43.41	2:43.94	
35.50	1:18.42 (42.92)	2:02.29 (43.87)	2:43.94 (41.65)		
24 Tudor, Addy	14	Uss Destroyers Swim Club-IA	2:43.75	2:44.75	
37.39	1:19.98 (42.59)	2:03.03 (43.05)	2:44.75 (41.72)		

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Name	Age	Team	Seed Time	Finals Time
25 Tjebkes, Kamryn	13	Iowa Flyers Swim Club-IA	2:45.28	2:45.84
38.02	1:20.73 (42.71)	2:03.88 (43.15)	2:45.84 (41.96)	
26 Lindeman, Olivia	13	Linn-Mar-IA	2:55.55	2:47.67
35.59	1:16.95 (41.36)	2:02.42 (45.47)	2:47.67 (45.25)	
27 Ernsperger, Isabel	13	Central Iowa Aquatics-IA	2:46.56	2:48.35
38.47	1:22.17 (43.70)	2:06.23 (44.06)	2:48.35 (42.12)	
28 Liu, Emily	13	Iowa Flyers Swim Club-IA	3:00.43	2:51.68
37.19	1:19.73 (42.54)	2:06.02 (46.29)	2:51.68 (45.66)	
29 Verry, Maddie	14	Iowa Flyers Swim Club-IA	2:48.28	2:56.49
41.11	1:26.92 (45.81)	2:13.37 (46.45)	2:56.49 (43.12)	
30 Sutherland, Lauren	13	Greater Des Moines YMCA-IA	2:59.11	2:58.47
39.93	1:24.91 (44.98)	2:12.68 (47.77)	2:58.47 (45.79)	
31 Chen, Erin	13	Iowa Flyers Swim Club-IA	3:02.24	3:00.95
40.11	1:26.50 (46.39)	2:14.59 (48.09)	3:00.95 (46.36)	
32 Miller, Celeste	13	Iowa Flyers Swim Club-IA	3:08.20	3:04.28
40.64	1:27.99 (47.35)	2:16.72 (48.73)	3:04.28 (47.56)	
33 Walters, Alivia	13	Des Moines Swimming Federation-IA	NT	3:27.28
46.59	1:39.11 (52.52)	2:36.17 (57.06)	3:27.28 (51.11)	
34 Coiner, Jocelynn	13	Iowa City Eels-IA	NT	3:36.27
45.66	3:36.27 (2:50.61)			
--- Friessen, Isabella	14	Iowa Flyers Swim Club-IA	2:33.88	NS
--- Crawford, Myra	13	Iowa Flyers Swim Club-IA	2:42.16	NS

Girls 13-14 400 LC Meter Freestyle**4:50.29 13-14 AAA****5:12.99 13-14 IASI****5:44.29 13-14 SIL**

Name	Age	Team	Seed Time	Finals Time
1 Woolums, Brynnly	14	Greater Des Moines YMCA-IA	4:43.46	4:55.53 IASI
34.50	1:11.84 (37.34)	1:50.39 (38.55)	2:29.14 (38.75)	
3:07.28 (38.14)	3:44.85 (37.57)	4:21.69 (36.84)	4:55.53 (33.84)	
2 Diers, Sophie	14	Sun Prairie Storm-WI	5:14.87	5:05.71 IASI
35.24	1:14.36 (39.12)	1:53.33 (38.97)	2:32.48 (39.15)	
3:11.34 (38.86)	3:50.10 (38.76)	4:28.73 (38.63)	5:05.71 (36.98)	
3 Assaad, Sarah	14	Central Iowa Aquatics-IA	5:06.91	5:09.77 IASI
34.24	1:12.37 (38.13)	1:51.74 (39.37)	2:31.81 (40.07)	
3:11.78 (39.97)	3:52.16 (40.38)	4:31.46 (39.30)	5:09.77 (38.31)	
4 Lumadue, Makenzie	13	Greater Des Moines YMCA-IA	NT	5:15.09 SIL
36.62	1:16.74 (40.12)	1:57.69 (40.95)	2:38.37 (40.68)	
3:18.44 (40.07)	3:58.57 (40.13)	4:37.78 (39.21)	5:15.09 (37.31)	
5 Ramaeker, Quinn	14	Des Moines Swimming Federation-IA	5:15.95	5:19.34 SIL
36.21	1:15.93 (39.72)	1:56.31 (40.38)	2:36.45 (40.14)	
3:17.43 (40.98)	3:59.88 (42.45)	4:39.35 (39.47)	5:19.34 (39.99)	
6 Burns, Finlee	13	Greater Des Moines YMCA-IA	5:41.96	5:20.54 SIL
36.12	1:16.71 (40.59)	1:58.18 (41.47)	2:40.01 (41.83)	
3:22.11 (42.10)	4:03.95 (41.84)	4:43.46 (39.51)	5:20.54 (37.08)	
7 Mujic, Irma	14	Uss Destroyers Swim Club-IA	6:11.35	5:21.26 SIL
34.25	1:14.31 (40.06)	1:54.96 (40.65)	2:36.10 (41.14)	
3:17.79 (41.69)	3:59.79 (42.00)	4:41.73 (41.94)	5:21.26 (39.53)	
8 Horton, Kate	14	Cool Swim Team-MV	6:21.85	5:24.09 SIL
35.00	1:14.14 (39.14)	1:55.78 (41.64)	2:38.03 (42.25)	
3:19.92 (41.89)	4:02.49 (42.57)	4:44.40 (41.91)	5:24.09 (39.69)	

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Name	Age	Team	Seed Time	Finals Time	
9 Crawford, Myra	13	Iowa Flyers Swim Club-IA	5:40.17	5:38.59	SIL
			38.02	1:19.65 (41.63)	
			3:29.92 (43.86)	4:13.90 (43.98)	
				2:02.32 (42.67)	
				4:57.15 (43.25)	
				2:46.06 (43.74)	
				5:38.59 (41.44)	
10 Gummert, Maisie	13	Unattached-IA	NT	5:40.91	SIL
				37.56	
				1:18.67 (41.11)	
				2:01.66 (42.99)	
				2:44.91 (43.25)	
				4:13.34 (43.91)	
				4:57.73 (44.39)	
				5:40.91 (43.18)	
11 Parson, Lucy	13	Uss Destroyers Swim Club-IA	5:39.83	5:44.74	
				38.51	
				1:21.25 (42.74)	
				2:06.16 (44.91)	
				2:50.16 (44.00)	
				4:18.46 (43.65)	
				5:02.83 (44.37)	
				5:44.74 (41.91)	
12 Tjebkes, Kamryn	13	Iowa Flyers Swim Club-IA	5:59.72	5:46.38	
				38.51	
				1:22.99 (44.48)	
				2:07.84 (44.85)	
				2:52.69 (44.85)	
				4:21.30 (44.96)	
				5:03.92 (42.62)	
				5:46.38 (42.46)	
13 Carstensen, Savannah	14	Kansas City Blue Wave Swim Tea-MV	6:05.12	5:46.59	
				37.77	
				1:22.05 (44.28)	
				2:07.50 (45.45)	
				2:53.06 (45.56)	
				4:22.78 (44.48)	
				5:06.52 (43.74)	
				5:46.59 (40.07)	
14 Benford, Ronnie	13	Kansas City Blue Wave Swim Tea-MV	6:07.27	5:54.44	
				38.78	
				1:22.70 (43.92)	
				2:07.96 (45.26)	
				2:52.80 (44.84)	
				4:25.97 (46.96)	
				5:10.60 (44.63)	
				5:54.44 (43.84)	
15 Sutherland, Lauren	13	Greater Des Moines YMCA-IA	NT	6:12.40	
				41.51	
				1:27.72 (46.21)	
				2:14.56 (46.84)	
				3:02.66 (48.10)	
				4:38.49 (48.11)	
				5:25.57 (47.08)	
				6:12.40 (46.83)	
--- Andrews, Violet	13	Greater Des Moines YMCA-IA	5:47.89	SCR	

Girls 13-14 800 LC Meter Freestyle**9:53.99 13-14 AAA****10:47.99 13-14 IASI****11:52.79 13-14 SIL**

Name	Age	Team	Seed Time	Finals Time	
1 Qualley, Charlotte	13	Greater Des Moines YMCA-IA	9:54.00	9:35.27	AAA
				32.15	
				1:07.54 (35.39)	
				2:20.42 (36.35)	
				3:32.56 (35.61)	
				4:08.92 (36.36)	
				4:45.57 (36.65)	
				5:21.98 (36.41)	
				5:58.32 (36.34)	
				6:34.85 (36.53)	
				7:11.16 (36.31)	
				7:47.62 (36.46)	
				8:24.14 (36.52)	
				9:00.14 (36.00)	
				9:35.27 (35.13)	
2 McCoy, Angela	13	Cool Swim Team-MV	NT	10:13.57	IASI
				32.82	
				1:10.34 (37.52)	
				1:49.21 (38.87)	
				2:28.41 (39.20)	
				3:07.41 (39.00)	
				3:46.99 (39.58)	
				4:26.29 (39.30)	
				5:05.63 (39.34)	
				5:44.85 (39.22)	
				6:24.44 (39.59)	
				7:02.98 (38.54)	
				7:41.80 (38.82)	
				8:20.03 (38.23)	
				8:58.85 (38.82)	
				9:36.94 (38.09)	
				10:13.57 (36.63)	
3 Popp, Emma	14	Greater Des Moines YMCA-IA	10:48.10	10:23.37	IASI
				34.93	
				1:12.52 (37.59)	
				1:51.42 (38.90)	
				2:30.15 (38.73)	
				3:10.03 (39.88)	
				3:49.26 (39.23)	
				4:29.07 (39.81)	
				5:08.41 (39.34)	
				5:47.95 (39.54)	
				6:27.19 (39.24)	
				7:07.14 (39.95)	
				7:45.83 (38.69)	
				8:25.60 (39.77)	
				9:05.64 (40.04)	
				9:45.82 (40.18)	
				10:23.37 (37.55)	
4 Torrence, Kaylen	14	Greater Des Moines YMCA-IA	10:01.51	10:25.88	IASI
				34.45	
				1:13.06 (38.61)	
				1:53.20 (40.14)	
				2:33.22 (40.02)	
				3:13.16 (39.94)	
				3:52.39 (39.23)	
				4:32.16 (39.77)	
				5:11.43 (39.27)	
				5:51.92 (40.49)	
				6:31.54 (39.62)	
				7:11.18 (39.64)	
				7:51.44 (40.26)	
				8:31.61 (40.17)	
				9:10.60 (38.99)	
				9:49.74 (39.14)	
				10:25.88 (36.14)	

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Name	Age	Team	Seed Time	Finals Time	
5 Barney, Libby	14	Cool Swim Team-MV	NT	10:36.13	IASI
34.94	1:14.41 (39.47)	1:50.77 (36.36)	2:34.73 (43.96)		
3:09.40 (34.67)	3:56.29 (46.89)	4:30.66 (34.37)	5:17.70 (47.04)		
5:53.73 (36.03)	6:39.14 (45.41)	7:12.83 (33.69)	7:59.63 (46.80)		
8:39.83 (40.20)	9:19.97 (40.14)	9:48.39 (28.42)	10:36.13 (47.74)		
6 Landuyt, Lizzie	14	Kansas City Blue Wave Swim Tea-MV	NT	10:48.92	SIL
33.60	1:13.18 (39.58)	1:53.34 (40.16)	2:34.73 (41.39)		
3:15.30 (40.57)	3:56.80 (41.50)	4:38.78 (41.98)	5:20.71 (41.93)		
6:02.18 (41.47)	6:44.85 (42.67)	7:25.79 (40.94)	8:07.90 (42.11)		
8:49.42 (41.52)	9:30.90 (41.48)	10:11.14 (40.24)	10:48.92 (37.78)		
7 Huffman, Laurel	14	Linn-Mar-IA	11:52.62	11:31.04	SIL
37.34	1:19.74 (42.40)	2:03.33 (43.59)	2:47.46 (44.13)		
3:31.42 (43.96)	4:15.15 (43.73)	4:59.03 (43.88)	5:43.53 (44.50)		
6:27.38 (43.85)	7:10.72 (43.34)	7:53.83 (43.11)	8:37.99 (44.16)		
9:22.10 (44.11)	10:05.63 (43.53)	10:48.87 (43.24)	11:31.04 (42.17)		
--- Gokjovich, Riley	13	Greater Des Moines YMCA-IA	10:37.98		SCR

Girls 13-14 1500 LC Meter Freestyle**18:56.49 13-14 AAA****21:04.79 13-14 IASI****23:11.29 13-14 SIL**

Name	Age	Team	Seed Time	Finals Time	
1 Gerke, Gretchen	13	Iowa Flyers Swim Club-IA	19:05.05	18:52.26	AAA
27.32	1:09.18 (41.86)	1:46.36 (37.18)	2:23.64 (37.28)		
3:01.13 (37.49)	3:38.92 (37.79)	4:16.76 (37.84)	4:55.02 (38.26)		
5:33.16 (38.14)	6:11.42 (38.26)	6:49.65 (38.23)	7:27.97 (38.32)		
8:06.39 (38.42)	8:44.79 (38.40)	9:23.13 (38.34)	10:01.37 (38.24)		
10:39.45 (38.08)	11:17.49 (38.04)	11:55.48 (37.99)	12:33.54 (38.06)		
13:11.50 (37.96)	13:49.50 (38.00)	14:27.73 (38.23)	15:05.69 (37.96)		
15:43.78 (38.09)	16:22.02 (38.24)	17:00.45 (38.43)	17:38.64 (38.19)		
18:16.05 (37.41)	18:52.26 (36.21)				
2 Woolums, Brynnly	14	Greater Des Moines YMCA-IA	18:29.63	19:29.43	IASI
31.74	1:07.94 (36.20)	1:45.91 (37.97)	2:23.50 (37.59)		
3:01.51 (38.01)	3:40.48 (38.97)	4:16.60 (36.12)	4:58.54 (41.94)		
5:38.23 (39.69)	6:17.97 (39.74)	6:52.84 (34.87)	7:37.10 (44.26)		
8:12.28 (35.18)	8:57.03 (44.75)	9:31.95 (34.92)	10:16.85 (44.90)		
10:50.08 (33.23)	11:37.95 (47.87)	12:13.99 (36.04)	12:58.60 (44.61)		
13:32.81 (34.21)	14:18.60 (45.79)	14:53.64 (35.04)	15:37.61 (43.97)		
16:12.81 (35.20)	16:57.17 (44.36)	17:27.47 (30.30)	18:15.45 (47.98)		
18:47.70 (32.25)	19:29.43 (41.73)				
3 Baker, Emery	13	Greater Des Moines YMCA-IA	NT	19:44.82	IASI
35.42	1:14.95 (39.53)	1:54.44 (39.49)	2:33.27 (38.83)		
3:12.66 (39.39)	3:51.92 (39.26)	4:31.29 (39.37)	5:10.96 (39.67)		
5:50.78 (39.82)	6:30.71 (39.93)	7:10.88 (40.17)	7:50.56 (39.68)		
8:30.68 (40.12)	9:10.28 (39.60)	9:49.44 (39.16)	10:28.85 (39.41)		
11:08.45 (39.60)	11:48.39 (39.94)	12:27.69 (39.30)	13:07.69 (40.00)		
13:47.21 (39.52)	14:27.38 (40.17)	15:03.45 (36.07)	15:47.67 (44.22)		
16:27.60 (39.93)	17:07.66 (40.06)	17:47.66 (40.00)	18:27.06 (39.40)		
19:06.93 (39.87)	19:44.82 (37.89)				

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Name	Age	Team	Seed Time	Finals Time
4 Dismang, Berkley	13	Iowa Flyers Swim Club-IA	22:07.94	22:27.19 SIL
37.21	1:20.51 (43.30)	2:05.63 (45.12)	2:50.88 (45.25)	
3:36.26 (45.38)	4:20.98 (44.72)	5:06.74 (45.76)	5:51.82 (45.08)	
6:37.64 (45.82)	7:22.97 (45.33)	8:08.87 (45.90)	8:53.80 (44.93)	
9:39.98 (46.18)	10:25.04 (45.06)	11:10.71 (45.67)	11:57.13 (46.42)	
12:42.83 (45.70)	13:28.66 (45.83)	14:14.01 (45.35)	15:00.08 (46.07)	
15:45.24 (45.16)	16:30.96 (45.72)	17:16.20 (45.24)	18:01.34 (45.14)	
18:46.84 (45.50)	19:32.88 (46.04)	20:17.56 (44.68)	21:02.76 (45.20)	
21:46.08 (43.32)	22:27.19 (41.11)			
5 Ernsperger, Isabel	13	Central Iowa Aquatics-IA	NT	22:45.25 SIL
39.54	1:23.11 (43.57)	2:08.12 (45.01)	2:52.60 (44.48)	
3:38.08 (45.48)	4:23.31 (45.23)	5:09.16 (45.85)	5:54.61 (45.45)	
6:41.21 (46.60)	7:26.98 (45.77)	8:13.51 (46.53)	8:59.03 (45.52)	
9:45.03 (46.00)	10:30.22 (45.19)	11:16.86 (46.64)	12:01.96 (45.10)	
12:47.98 (46.02)	13:33.50 (45.52)	14:20.23 (46.73)	15:05.97 (45.74)	
15:52.19 (46.22)	16:37.79 (45.60)	17:24.03 (46.24)	18:09.97 (45.94)	
18:56.50 (46.53)	19:42.40 (45.90)	20:29.13 (46.73)	21:14.67 (45.54)	
22:01.02 (46.35)	22:45.25 (44.23)			
6 Benford, Ronnie	13	Kansas City Blue Wave Swim Tea-MV	23:09.08	24:10.24
37.28	1:22.29 (45.01)	2:08.67 (46.38)	2:55.73 (47.06)	
3:43.68 (47.95)	4:31.31 (47.63)	5:19.33 (48.02)	6:09.37 (50.04)	
6:58.13 (48.76)	7:48.67 (50.54)	8:37.43 (48.76)	9:26.61 (49.18)	
10:16.57 (49.96)	11:07.47 (50.90)	11:57.29 (49.82)	12:47.50 (50.21)	
13:36.63 (49.13)	14:27.67 (51.04)	15:17.46 (49.79)	16:06.04 (48.58)	
16:55.51 (49.47)	17:45.57 (50.06)	18:34.08 (48.51)	19:23.90 (49.82)	
20:12.03 (48.13)	21:00.81 (48.78)	21:48.83 (48.02)	22:34.13 (45.30)	
23:25.00 (50.87)	24:10.24 (45.24)			
--- Crawford, Myra	13	Iowa Flyers Swim Club-IA	NT	NS

Girls 13-14 50 LC Meter Backstroke

Name	Age	Team	Seed Time	Finals Time
1 Sander, Charlotte	14	Kansas City Blue Wave Swim Tea-MV	NT	32.07
2 Trosper, Kate	13	Central Iowa Aquatics-IA	33.35	33.09
3 Bailey, Hayden	14	Greater Des Moines YMCA-IA	33.44	33.57
4 Gojkovich, Riley	13	Greater Des Moines YMCA-IA	33.43	33.79
5 Mujic, Irma	14	Uss Destroyers Swim Club-IA	34.47	33.88
6 Diers, Sophie	14	Sun Prairie Storm-WI	34.39	33.90
7 Landuyt, Lizzie	14	Kansas City Blue Wave Swim Tea-MV	32.49	34.17
8 Qualley, Charlotte	13	Greater Des Moines YMCA-IA	34.05	34.66
9 Hasset, Sassy	14	Des Moines Swimming Federation-IA	36.45	34.70
10 Weinheimer, Haylie	13	North Side Swim Team-IA	36.89	35.98
11 Carstensen, Savannah	14	Kansas City Blue Wave Swim Tea-MV	37.35	36.45
12 Huffman, Laurel	14	Linn-Mar-IA	34.88	36.87
13 Huebsch, Charlotte	13	Greater Des Moines YMCA-IA	37.28	37.54
14 Andrews, Violet	13	Greater Des Moines YMCA-IA	40.25	38.77
15 Friessen, Isabella	14	Iowa Flyers Swim Club-IA	44.89	39.03
16 Kramer, Marley	13	Central Iowa Aquatics-IA	40.23	39.67
17 Parson, Lucy	13	Uss Destroyers Swim Club-IA	NT	39.95
18 Lindeman, Olivia	13	Linn-Mar-IA	39.46	40.11
19 Vallas, Finley	13	Central Iowa Aquatics-IA	NT	40.52
20 Miller, Celeste	13	Iowa Flyers Swim Club-IA	43.45	41.84
21 Benford, Ronnie	13	Kansas City Blue Wave Swim Tea-MV	38.73	41.91

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Name	Age	Team	Seed Time	Finals Time
22 Tjebkes, Kamryn	13	Iowa Flyers Swim Club-IA	42.50	42.02
23 Kimmel, Teaghyn	13	Rams Swim Club-IA	45.26	42.18
24 Ernsperger, Isabel	13	Central Iowa Aquatics-IA	43.03	43.39
25 Kinnison, Amanda	13	Dowling Catholic Riptide-IA	44.62	43.87
26 Sutherland, Lauren	13	Greater Des Moines YMCA-IA	46.50	44.55
27 Mengel, Maddie	14	Des Moines Swimming Federation-IA	55.09	44.66
28 Suljic, Medina	13	Central Iowa Aquatics-IA	NT	1:00.81
--- Dismang, Berkley Re-Submerged	13	Iowa Flyers Swim Club-IA	42.63	DQ
--- Cunningham, Clara	14	North Side Swim Team-IA	40.44	NS
--- Crawford, Myra	13	Iowa Flyers Swim Club-IA	NT	NS
--- Rohloff, Kate	13	Greater Des Moines YMCA-IA	42.49	NS
--- Horton, Kate	14	Cool Swim Team-MV	41.32	NS

Girls 13-14 100 LC Meter Backstroke**1:13.49 13-14 AAA****1:17.59 13-14 IASI**

Name	Age	Team	Seed Time	Finals Time	
1 Bailey, Hayden	14	Greater Des Moines YMCA-IA	1:08.86	1:10.42	AAA
34.10				1:10.42 (36.32)	
2 Gojkovich, Riley	13	Greater Des Moines YMCA-IA	1:11.36	1:11.08	AAA
34.40				1:11.08 (36.68)	
3 Qualley, Charlotte	13	Greater Des Moines YMCA-IA	1:11.12	1:11.23	AAA
35.20				1:11.23 (36.03)	
4 Mujic, Irma	14	Uss Destroyers Swim Club-IA	1:12.13	1:11.77	AAA
34.64				1:11.77 (37.13)	
5 Trosper, Kate	13	Central Iowa Aquatics-IA	1:12.91	1:11.94	AAA
33.84				1:11.94 (38.10)	
6 Diers, Sophie	14	Sun Prairie Storm-WI	1:15.06	1:12.77	AAA
34.71				1:12.77 (38.06)	
7 Landuyt, Lizzie	14	Kansas City Blue Wave Swim Tea-MV	1:10.38	1:13.21	AAA
34.72				1:13.21 (38.49)	
8 Geng, Hannah	13	Iowa Flyers Swim Club-IA	1:15.46	1:15.72	IASI
36.58				1:15.72 (39.14)	
9 Sander, Charlotte	14	Kansas City Blue Wave Swim Tea-MV	NT	1:16.84	IASI
37.37				1:16.84 (39.47)	
10 Huffman, Laurel	14	Linn-Mar-IA	1:18.23	1:17.46	IASI
37.75				1:17.46 (39.71)	
11 Carstensen, Savannah	14	Kansas City Blue Wave Swim Tea-MV	1:24.32	1:17.53	IASI
37.87				1:17.53 (39.66)	
12 Hassett, Sassy	14	Des Moines Swimming Federation-IA	1:15.82	1:17.81	
37.51				1:17.81 (40.30)	
13 Popp, Emma	14	Greater Des Moines YMCA-IA	1:21.84	1:19.68	
38.63				1:19.68 (41.05)	
14 Ramaeker, Quinn	14	Des Moines Swimming Federation-IA	1:19.65	1:20.78	
39.43				1:20.78 (41.35)	
15 Meraz, Ella	14	Cool Swim Team-MV	1:34.43	1:20.80	
38.00				1:20.80 (42.80)	
16 Huebsch, Charlotte	13	Greater Des Moines YMCA-IA	1:21.43	1:21.31	
39.08				1:21.31 (42.23)	

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Name	Age	Team	Seed Time	Finals Time
17 Breitbach, Layla 40.06	13	Linn-Mar-IA	1:32.23	1:21.37
18 Torrence, Kaylen 40.06	14	Greater Des Moines YMCA-IA	1:17.37	1:21.81
19 Tudor, Addy 40.29	14	Uss Destroyers Swim Club-IA	1:21.13	1:22.71
20 Reid, Abigail 39.72	13	Central Iowa Aquatics-IA	1:24.11	1:23.59
21 Lindeman, Olivia 41.75	13	Linn-Mar-IA	1:26.95	1:24.33
22 Adams, Laynie 41.56	14	Iowa Flyers Swim Club-IA	1:26.37	1:24.57
23 Andrews, Violet 41.34	13	Greater Des Moines YMCA-IA	1:24.55	1:24.93
24 Kramer, Marley 41.41	13	Central Iowa Aquatics-IA	1:26.28	1:25.24
25 Woolums, Brynnly 41.46	14	Greater Des Moines YMCA-IA	1:24.05	1:25.43
26 Benford, Ronnie 41.23	13	Kansas City Blue Wave Swim Tea-MV	1:24.18	1:25.82
27 Tjebkes, Kamryn 42.78	13	Iowa Flyers Swim Club-IA	1:28.36	1:27.29
28 Crawford, Myra 43.30	13	Iowa Flyers Swim Club-IA	NT	1:28.69
29 Ernsperger, Isabel	13	Central Iowa Aquatics-IA	1:30.77	1:31.21
30 Verry, Maddie 46.07	14	Iowa Flyers Swim Club-IA	1:32.11	1:33.09
31 Cao, Minerva	13	Central Iowa Aquatics-IA	2:01.40	1:33.84
32 Miller, Celeste 46.00	13	Iowa Flyers Swim Club-IA	1:39.08	1:34.05
33 Mengel, Maddie 46.09	14	Des Moines Swimming Federation-IA	1:32.92	1:34.46
34 Coiner, Jocelynn 54.90	13	Iowa City Eels-IA	NT	1:59.22
--- Assaad, Sarah Delay initiating turn 37.58	14	Central Iowa Aquatics-IA	1:17.70	DQ
--- Friessen, Isabella	14	Iowa Flyers Swim Club-IA	1:24.65	NS
--- Rohloff, Kate	13	Greater Des Moines YMCA-IA	NT	SCR

Girls 13-14 200 LC Meter Backstroke**2:37.19 13-14 AAA****2:48.49 13-14 IASI****3:05.39 13-14 SIL**

Name	Age	Team	Seed Time	Finals Time
1 Qualley, Charlotte 36.41	13	Greater Des Moines YMCA-IA	NT	2:32.96 AAA
2 Trosper, Kate 37.19	13	Central Iowa Aquatics-IA	2:38.88	2:38.38 IASI
3 Geng, Hannah 39.02	13	Iowa Flyers Swim Club-IA	NT	2:40.95 IASI

2022 IA CIA BEAT THE HEAT - 6/24/2022 to 6/26/2022**Prairie Meadows Pool, Sanction #: IA-22-060****Wellmark YMCA * Des Moines, IA * 50 Meter Course****Results****(Girls 13-14 200 LC Meter Backstroke)**

	Name	Age	Team	Seed Time	Finals Time	
4	Diers, Sophie	14	Sun Prairie Storm-WI	2:43.46	2:40.98	IASI
	37.14	1:18.06 (40.92)	2:00.06 (42.00)	2:40.98 (40.92)		
5	Mujic, Irma	14	Uss Destroyers Swim Club-IA	2:40.07	2:41.23	IASI
	37.76	1:20.02 (42.26)	2:02.74 (42.72)	2:41.23 (38.49)		
6	Landuyt, Lizzie	14	Kansas City Blue Wave Swim Tea-MV	2:33.90	2:42.14	IASI
	36.28	1:17.85 (41.57)	2:01.03 (43.18)	2:42.14 (41.11)		
7	Assaad, Sarah	14	Central Iowa Aquatics-IA	2:52.17	2:44.97	IASI
	38.76	1:21.21 (42.45)	2:03.62 (42.41)	2:44.97 (41.35)		
8	Hassett, Sassy	14	Des Moines Swimming Federation-IA	NT	2:46.02	IASI
	38.78	1:22.25 (43.47)	2:04.89 (42.64)	2:46.02 (41.13)		
9	Sander, Charlotte	14	Kansas City Blue Wave Swim Tea-MV	NT	2:48.32	IASI
	39.85	1:22.38 (42.53)	2:05.77 (43.39)	2:48.32 (42.55)		
10	Carstensen, Savannah	14	Kansas City Blue Wave Swim Tea-MV	3:00.83	2:48.51	SIL
	38.79	1:21.95 (43.16)	2:05.85 (43.90)	2:48.51 (42.66)		
11	Huffman, Laurel	14	Linn-Mar-IA	2:51.47	2:51.46	SIL
	40.29	1:24.07 (43.78)	2:08.95 (44.88)	2:51.46 (42.51)		
12	Tudor, Addy	14	Uss Destroyers Swim Club-IA	2:53.86	2:55.53	SIL
	41.22	1:25.85 (44.63)	2:10.96 (45.11)	2:55.53 (44.57)		
13	Meraz, Ella	14	Cool Swim Team-MV	3:23.70	2:56.36	SIL
	39.09	1:23.36 (44.27)	2:10.15 (46.79)	2:56.36 (46.21)		
14	Breitbach, Layla	13	Linn-Mar-IA	3:01.80	2:59.19	SIL
	41.59	1:27.38 (45.79)	2:16.13 (48.75)	2:59.19 (43.06)		
15	Adams, Laynie	14	Iowa Flyers Swim Club-IA	2:59.06	2:59.52	SIL
	42.54	1:27.56 (45.02)	2:13.50 (45.94)	2:59.52 (46.02)		
16	Kramer, Marley	13	Central Iowa Aquatics-IA	3:02.11	2:59.70	SIL
	41.80	1:26.91 (45.11)	2:14.03 (47.12)	2:59.70 (45.67)		
17	Lindeman, Olivia	13	Linn-Mar-IA	3:04.43	3:02.39	SIL
	43.66	1:30.38 (46.72)	2:17.48 (47.10)	3:02.39 (44.91)		
18	Benford, Ronnie	13	Kansas City Blue Wave Swim Tea-MV	3:14.22	3:04.49	SIL
	44.13	1:31.39 (47.26)	2:18.34 (46.95)	3:04.49 (46.15)		
19	Ernsperger, Isabel	13	Central Iowa Aquatics-IA	3:07.19	3:08.67	
	45.49	1:33.75 (48.26)	2:22.17 (48.42)	3:08.67 (46.50)		
20	Liu, Emily	13	Iowa Flyers Swim Club-IA	NT	3:21.16	
	47.10	1:36.91 (49.81)	2:28.90 (51.99)	3:21.16 (52.26)		
21	Mengel, Maddie	14	Des Moines Swimming Federation-IA	3:10.09	3:22.18	
	46.71	1:37.31 (50.60)	2:31.49 (54.18)	3:22.18 (50.69)		
22	Verry, Maddie	14	Iowa Flyers Swim Club-IA	3:35.04	3:24.30	
	49.13	1:43.41 (54.28)	2:37.19 (53.78)	3:24.30 (47.11)		
23	Chen, Erin	13	Iowa Flyers Swim Club-IA	NT	3:25.34	
	47.78	1:39.78 (52.00)	2:33.61 (53.83)	3:25.34 (51.73)		
24	Miller, Celeste	13	Iowa Flyers Swim Club-IA	NT	3:28.66	
	50.16		2:38.50 ()	3:28.66 (50.16)		
---	Reid, Abigail	13	Central Iowa Aquatics-IA	NT		DQ
	Delay initiating turn					
	39.18	1:26.07 (46.89)	2:14.72 (48.65)	DQ (46.71)		
---	Crawford, Myra	13	Iowa Flyers Swim Club-IA	NT		NS

Girls 13-14 50 LC Meter Breaststroke

	Name	Age	Team	Seed Time	Finals Time
1	Barney, Libby	14	Cool Swim Team-MV	43.19	37.71
2	Parson, Lucy	13	Uss Destroyers Swim Club-IA	37.79	37.98

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Name	Age	Team	Seed Time	Finals Time
3 Sander, Charlotte	14	Kansas City Blue Wave Swim Tea-MV	NT	38.15
4 Meraz, Ella	14	Cool Swim Team-MV	NT	38.96
5 McCoy, Angela	13	Cool Swim Team-MV	44.46	39.44
6 Diers, Sophie	14	Sun Prairie Storm-WI	43.85	39.52
7 Bailey, Hayden	14	Greater Des Moines YMCA-IA	47.11	40.73
8 Qualley, Charlotte	13	Greater Des Moines YMCA-IA	42.06	41.31
9 Friessen, Isabella	14	Iowa Flyers Swim Club-IA	39.50	41.37
10 Tjebkes, Kamryn	13	Iowa Flyers Swim Club-IA	40.23	41.93
11 Landuyt, Lizzie	14	Kansas City Blue Wave Swim Tea-MV	41.97	42.19
12 Gojkovich, Riley	13	Greater Des Moines YMCA-IA	42.26	43.16
13 Hassett, Sassy	14	Des Moines Swimming Federation-IA	44.38	43.38
14 Hancock, Ellie	13	Central Iowa Aquatics-IA	44.41	43.39
15 Andrews, Violet	13	Greater Des Moines YMCA-IA	43.02	43.62
16 Kramer, Marley	13	Central Iowa Aquatics-IA	46.74	44.36
17 Weinheimer, Haylie	13	North Side Swim Team-IA	44.78	45.34
18 Benford, Ronnie	13	Kansas City Blue Wave Swim Tea-MV	44.79	46.60
19 Dismang, Berkley	13	Iowa Flyers Swim Club-IA	47.79	47.17
20 Ernsperger, Isabel	13	Central Iowa Aquatics-IA	48.58	49.12
21 Miller, Celeste	13	Iowa Flyers Swim Club-IA	51.93	49.37
22 Huffman, Laurel	14	Linn-Mar-IA	56.97	49.71
23 Vallas, Finley	13	Central Iowa Aquatics-IA	NT	51.36
24 Mengel, Maddie	14	Des Moines Swimming Federation-IA	55.20	52.20
25 Kimmel, Teaghyn	13	Rams Swim Club-IA	NT	52.90
26 Kinnison, Amanda	13	Dowling Catholic Riptide-IA	54.63	54.11
27 Suljic, Medina	13	Central Iowa Aquatics-IA	NT	1:07.28
--- Crawford, Myra	13	Iowa Flyers Swim Club-IA	1:06.57	NS

Girls 13-14 100 LC Meter Breaststroke**1:21.69 13-14 AAA****1:30.19 13-14 IASI**

Name	Age	Team	Seed Time	Finals Time
1 Parson, Lucy	13	Uss Destroyers Swim Club-IA	1:25.10	1:23.12 IASI
38.78				1:23.12 (44.34)
2 McCoy, Angela	13	Cool Swim Team-MV	1:42.18	1:26.28 IASI
40.51				1:26.28 (45.77)
3 Torrence, Kaylen	14	Greater Des Moines YMCA-IA	1:30.42	1:26.37 IASI
41.69				1:26.37 (44.68)
4 Lumadue, Makenzie	13	Greater Des Moines YMCA-IA	1:25.55	1:26.54 IASI
41.35				1:26.54 (45.19)
5 Barney, Libby	14	Cool Swim Team-MV	1:23.16	1:26.99 IASI
40.38				1:26.99 (46.61)
6 Horton, Kate	14	Cool Swim Team-MV	1:48.69	1:32.19
42.62				1:32.19 (49.57)
7 Landuyt, Lizzie	14	Kansas City Blue Wave Swim Tea-MV	1:30.60	1:33.63
42.52				1:33.63 (51.11)
8 Breitbach, Layla	13	Linn-Mar-IA	1:37.25	1:34.02
44.00				1:34.02 (50.02)
9 Tjebkes, Kamryn	13	Iowa Flyers Swim Club-IA	1:28.88	1:34.22
44.94				1:34.22 (49.28)
10 Hassett, Sassy	14	Des Moines Swimming Federation-IA	1:50.13	1:34.38
44.42				1:34.38 (49.96)

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Name	Age	Team	Seed Time	Finals Time
11 Burns, Finlee	13	Greater Des Moines YMCA-IA	1:35.04	1:35.00
43.79	1:35.00 (51.21)			
12 Huebsch, Charlotte	13	Greater Des Moines YMCA-IA	1:56.47	1:37.74
44.06	1:37.74 (53.68)			
13 Dismang, Berkley	13	Iowa Flyers Swim Club-IA	1:39.86	1:37.76
46.56	1:37.76 (51.20)			
14 Assaad, Sarah	14	Central Iowa Aquatics-IA	1:35.37	1:37.86
45.18	1:37.86 (52.68)			
15 Gerke, Gretchen	13	Iowa Flyers Swim Club-IA	1:35.49	1:38.15
46.31	1:38.15 (51.84)			
16 Davis, Ava	14	Des Moines Swimming Federation-IA	1:43.31	1:42.98
48.63	1:42.98 (54.35)			
17 Kramer, Marley	13	Central Iowa Aquatics-IA	1:41.99	1:43.26
48.76	1:43.26 (54.50)			
18 Ernsperger, Isabel	13	Central Iowa Aquatics-IA	1:42.71	1:46.99
51.49	1:46.99 (55.50)			
19 Verry, Maddie	14	Iowa Flyers Swim Club-IA	1:53.60	1:50.21
51.89	1:50.21 (58.32)			
20 Chen, Erin	13	Iowa Flyers Swim Club-IA	1:46.89	1:50.40
52.45	1:50.40 (57.95)			
21 Miller, Celeste	13	Iowa Flyers Swim Club-IA	1:52.42	1:50.41
22 Liu, Emily	13	Iowa Flyers Swim Club-IA	1:54.05	1:51.81
52.71	1:51.81 (59.10)			
23 Walters, Alivia	13	Des Moines Swimming Federation-IA	NT	2:10.19
1:03.26	2:10.19 (1:06.93)			
--- Huffman, Laurel	14	Linn-Mar-IA	1:56.82	NS
--- Crawford, Myra	13	Iowa Flyers Swim Club-IA	1:40.62	NS
--- Friessen, Isabella	14	Iowa Flyers Swim Club-IA	1:29.08	NS
--- Honkamp, Mary	14	Des Moines Swimming Federation-IA	1:28.21	SCR

Girls 13-14 200 LC Meter Breaststroke**2:55.99 13-14 AAA****3:17.09 13-14 IASI****3:36.89 13-14 SIL**

Name	Age	Team	Seed Time	Finals Time
1 Parson, Lucy	13	Uss Destroyers Swim Club-IA	3:07.77	3:03.13 IASI
41.21	1:27.50 (46.29)	2:15.26 (47.76)	3:03.13 (47.87)	
2 Barney, Libby	14	Cool Swim Team-MV	3:02.64	3:07.37 IASI
40.68	1:28.85 (48.17)	2:17.52 (48.67)	3:07.37 (49.85)	
3 Tjebkes, Kamryn	13	Iowa Flyers Swim Club-IA	3:17.37	3:10.99 IASI
43.12	1:32.60 (49.48)	2:21.91 (49.31)	3:10.99 (49.08)	
4 Meraz, Ella	14	Cool Swim Team-MV	NT	3:16.65 IASI
42.62	1:33.90 (51.28)	2:25.14 (51.24)	3:16.65 (51.51)	
5 Breitbach, Layla	13	Linn-Mar-IA	3:32.32	3:17.04 IASI
45.04	1:36.05 (51.01)	2:27.06 (51.01)	3:17.04 (49.98)	
6 Huss, Lucy	13	Central Iowa Aquatics-IA	NT	3:18.15 SIL
45.19	1:38.07 (52.88)	2:29.57 (51.50)	3:18.15 (48.58)	
*7 Landuyt, Lizzie	14	Kansas City Blue Wave Swim Tea-MV	NT	3:21.71 SIL
43.91	1:36.99 (53.08)	2:29.84 (52.85)	3:21.71 (51.87)	
*7 Horton, Kate	14	Cool Swim Team-MV	NT	3:21.71 SIL
43.95	1:35.67 (51.72)	2:29.02 (53.35)	3:21.71 (52.69)	

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	Name	Age	Team	Seed Time	Finals Time	
9	Hancock, Ellie	13	Central Iowa Aquatics-IA	3:26.05	3:27.20	SIL
	45.55	1:40.06 (54.51)	2:34.10 (54.04)	3:27.20 (53.10)		
10	Burns, Finlee	13	Greater Des Moines YMCA-IA	3:24.85	3:28.18	SIL
	46.16	1:38.09 (51.93)	2:33.07 (54.98)	3:28.18 (55.11)		
11	Kramer, Marley	13	Central Iowa Aquatics-IA	3:34.70	3:35.52	SIL
	49.60	1:45.79 (56.19)	2:42.14 (56.35)	3:35.52 (53.38)		
12	Cao, Minerva	13	Central Iowa Aquatics-IA	NT	3:45.89	
	49.81	1:46.75 (56.94)	2:46.22 (59.47)	3:45.89 (59.67)		
13	Ernsperger, Isabel	13	Central Iowa Aquatics-IA	3:38.88	3:46.43	
	50.40	1:47.94 (57.54)	2:46.84 (58.90)	3:46.43 (59.59)		
---	Honkamp, Mary	14	Des Moines Swimming Federation-IA	3:06.95		SCR

Girls 13-14 50 LC Meter Butterfly

	Name	Age	Team	Seed Time	Finals Time	
1	Bailey, Hayden	14	Greater Des Moines YMCA-IA	30.67	31.09	
2	Sander, Charlotte	14	Kansas City Blue Wave Swim Tea-MV	NT	31.10	
3	McCoy, Angela	13	Cool Swim Team-MV	31.37	31.45	
4	Trosper, Kate	13	Central Iowa Aquatics-IA	31.49	31.89	
5	Diers, Sophie	14	Sun Prairie Storm-WI	33.74	32.07	
6	Hassett, Sassy	14	Des Moines Swimming Federation-IA	32.97	32.17	
7	Gojkovich, Riley	13	Greater Des Moines YMCA-IA	34.41	32.67	
8	Qualley, Charlotte	13	Greater Des Moines YMCA-IA	32.86	32.69	
9	Barney, Libby	14	Cool Swim Team-MV	39.05	32.93	
10	Meraz, Ella	14	Cool Swim Team-MV	34.94	33.02	
11	Mujic, Irma	14	Uss Destroyers Swim Club-IA	39.40	33.08	
12	Landuyt, Lizzie	14	Kansas City Blue Wave Swim Tea-MV	32.01	33.26	
13	Dismang, Berkley	13	Iowa Flyers Swim Club-IA	32.89	33.79	
14	Ramaeker, Quinn	14	Des Moines Swimming Federation-IA	35.31	34.21	
15	Friessen, Isabella	14	Iowa Flyers Swim Club-IA	34.17	34.23	
16	Hancock, Ellie	13	Central Iowa Aquatics-IA	34.07	34.78	
17	Lindeman, Olivia	13	Linn-Mar-IA	35.33	35.38	
18	Huffman, Laurel	14	Linn-Mar-IA	36.58	35.50	
19	Gummert, Maisie	13	Unattached-IA	NT	36.13	
20	Carstensen, Savannah	14	Kansas City Blue Wave Swim Tea-MV	NT	36.52	
21	Weinheimer, Haylie	13	North Side Swim Team-IA	40.92	36.95	
22	Parson, Lucy	13	Uss Destroyers Swim Club-IA	39.65	36.97	
23	Kramer, Marley	13	Central Iowa Aquatics-IA	37.37	37.64	
24	Ernsperger, Isabel	13	Central Iowa Aquatics-IA	38.72	39.90	
25	Tjebkes, Kamryn	13	Iowa Flyers Swim Club-IA	38.42	40.33	
26	Vallas, Finley	13	Central Iowa Aquatics-IA	40.07	40.62	
27	Sutherland, Lauren	13	Greater Des Moines YMCA-IA	38.89	41.09	
28	Benford, Ronnie	13	Kansas City Blue Wave Swim Tea-MV	40.18	41.37	
29	Miller, Celeste	13	Iowa Flyers Swim Club-IA	44.25	43.48	
30	Kinnison, Amanda	13	Dowling Catholic Riptide-IA	45.50	48.35	
31	Walters, Alivia	13	Des Moines Swimming Federation-IA	NT	1:04.68	
32	Suljic, Medina	13	Central Iowa Aquatics-IA	NT	1:07.71	
---	Horton, Kate	14	Cool Swim Team-MV	35.24		NS
---	Cunningham, Clara	14	North Side Swim Team-IA	42.49		SCR

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Name	Age	Team	Seed Time	Finals Time	
1 McCoy, Angela	13	Cool Swim Team-MV	1:08.61	1:08.90	AAA
31.16	1:08.90 (37.74)				
2 Bailey, Hayden	14	Greater Des Moines YMCA-IA	1:09.13	1:10.37	AAA
32.11	1:10.37 (38.26)				
3 Geng, Hannah	13	Iowa Flyers Swim Club-IA	1:08.50	1:11.35	IASI
33.20	1:11.35 (38.15)				
4 Trosper, Kate	13	Central Iowa Aquatics-IA	1:12.02	1:12.80	IASI
33.72	1:12.80 (39.08)				
5 Hassett, Sassy	14	Des Moines Swimming Federation-IA	1:11.86	1:15.14	IASI
34.97	1:15.14 (40.17)				
6 Dismang, Berkley	13	Iowa Flyers Swim Club-IA	1:20.59	1:16.06	IASI
34.51	1:16.06 (41.55)				
7 Horton, Kate	14	Cool Swim Team-MV	1:15.41	1:16.16	IASI
34.95	1:16.16 (41.21)				
8 Barney, Libby	14	Cool Swim Team-MV	1:17.02	1:16.98	
35.15	1:16.98 (41.83)				
9 Huss, Lucy	13	Central Iowa Aquatics-IA	1:18.65	1:17.03	
34.97	1:17.03 (42.06)				
10 Gerke, Gretchen	13	Iowa Flyers Swim Club-IA	1:18.34	1:18.92	
36.89	1:18.92 (42.03)				
11 Hancock, Ellie	13	Central Iowa Aquatics-IA	1:16.78	1:21.20	
36.04	1:21.20 (45.16)				
12 Torrence, Kaylen	14	Greater Des Moines YMCA-IA	NT	1:22.57	
38.44	1:22.57 (44.13)				
13 Verry, Maddie	14	Iowa Flyers Swim Club-IA	1:28.89	1:25.82	
40.16	1:25.82 (45.66)				
14 Lindeman, Olivia	13	Linn-Mar-IA	1:28.56	1:26.52	
39.87	1:26.52 (46.65)				
15 Carstensen, Savannah	14	Kansas City Blue Wave Swim Tea-MV	NT	1:27.35	
39.02	1:27.35 (48.33)				
16 Kramer, Marley	13	Central Iowa Aquatics-IA	1:27.78	1:29.15	
39.88	1:29.15 (49.27)				
17 Tudor, Addy	14	Uss Destroyers Swim Club-IA	1:24.95	1:32.83	
41.23	1:32.83 (51.60)				
--- Friessen, Isabella	14	Iowa Flyers Swim Club-IA	1:35.58		NS
--- Honkamp, Mary	14	Des Moines Swimming Federation-IA	1:16.19		SCR

Girls 13-14 200 LC Meter Butterfly**2:35.39 13-14 AAA****2:59.49 13-14 IASI****3:17.49 13-14 SIL**

Name	Age	Team	Seed Time	Finals Time	
1 McCoy, Angela	13	Cool Swim Team-MV	2:40.55	2:40.73	IASI
34.19	1:13.73 (39.54)	1:56.49 (42.76)	2:40.73 (44.24)		
2 Horton, Kate	14	Cool Swim Team-MV	2:57.16	2:53.12	IASI
35.62	1:18.83 (43.21)	2:05.62 (46.79)	2:53.12 (47.50)		
3 Barney, Libby	14	Cool Swim Team-MV	NT	3:01.34	SIL
36.33	1:22.03 (45.70)	2:12.50 (50.47)	3:01.34 (48.84)		

2022 IA CIA BEAT THE HEAT - 6/24/2022 to 6/26/2022**Prairie Meadows Pool, Sanction #: IA-22-060****Wellmark YMCA * Des Moines, IA * 50 Meter Course****Results****(Girls 13-14 200 LC Meter Butterfly)**

Name	Age	Team	Seed Time	Finals Time
4 Meraz, Ella	14	Cool Swim Team-MV	NT	3:04.54 SIL
37.71	1:23.79 (46.08)	2:13.88 (50.09)	3:04.54 (50.66)	
5 Burns, Finlee	13	Greater Des Moines YMCA-IA	3:16.61	3:08.98 SIL
40.46	1:29.51 (49.05)	2:19.19 (49.68)	3:08.98 (49.79)	
--- Woolums, Brynnly	14	Greater Des Moines YMCA-IA	NT	DQ
Alternating Kick				
36.85	1:19.79 (42.94)	2:08.33 (48.54)	DQ (48.11)	
--- Hassett, Sassy	14	Des Moines Swimming Federation-IA	2:49.89	NS

Girls 13-14 200 LC Meter IM**2:37.99 13-14 AAA****2:50.09 13-14 IASI**

Name	Age	Team	Seed Time	Finals Time
1 Qualley, Charlotte	13	Greater Des Moines YMCA-IA	2:34.09	2:32.88 AAA
32.28	1:10.58 (38.30)	1:58.96 (48.38)	2:32.88 (33.92)	
2 Geng, Hannah	13	Iowa Flyers Swim Club-IA	2:36.72	2:34.60 AAA
32.28	1:12.17 (39.89)	1:58.26 (46.09)	2:34.60 (36.34)	
3 McCoy, Angela	13	Cool Swim Team-MV	2:42.03	2:36.46 AAA
32.31	1:13.24 (40.93)	2:00.71 (47.47)	2:36.46 (35.75)	
4 Bailey, Hayden	14	Greater Des Moines YMCA-IA	2:34.61	2:37.07 AAA
31.85	1:10.70 (38.85)	2:00.86 (50.16)	2:37.07 (36.21)	
5 Gojkovich, Riley	13	Greater Des Moines YMCA-IA	2:41.11	2:39.89 IASI
33.49	1:13.53 (40.04)	2:39.89 (1:26.36)		
6 Diers, Sophie	14	Sun Prairie Storm-WI	2:49.49	2:39.95 IASI
33.44	1:14.12 (40.68)	2:02.66 (48.54)	2:39.95 (37.29)	
7 Trosper, Kate	13	Central Iowa Aquatics-IA	2:39.31	2:40.53 IASI
32.71	1:13.83 (41.12)	2:01.71 (47.88)	2:40.53 (38.82)	
8 Barney, Libby	14	Cool Swim Team-MV	2:40.46	2:44.49 IASI
35.54	1:19.33 (43.79)	2:08.29 (48.96)	2:44.49 (36.20)	
9 Landuyt, Lizzie	14	Kansas City Blue Wave Swim Tea-MV	2:42.38	2:44.70 IASI
35.03	1:15.00 (39.97)	2:07.33 (52.33)	2:44.70 (37.37)	
10 Gerke, Gretchen	13	Iowa Flyers Swim Club-IA	2:45.30	2:45.92 IASI
36.10	1:20.00 (43.90)	2:12.10 (52.10)	2:45.92 (33.82)	
11 Horton, Kate	14	Cool Swim Team-MV	2:51.55	2:47.96 IASI
34.52	1:17.70 (43.18)	2:09.18 (51.48)	2:47.96 (38.78)	
12 Huss, Lucy	13	Central Iowa Aquatics-IA	2:52.34	2:49.03 IASI
36.05	1:20.63 (44.58)	2:11.18 (50.55)	2:49.03 (37.85)	
13 Meraz, Ella	14	Cool Swim Team-MV	3:11.32	2:49.15 IASI
35.29	1:19.68 (44.39)	2:09.57 (49.89)	2:49.15 (39.58)	
14 Assaad, Sarah	14	Central Iowa Aquatics-IA	2:48.45	2:49.53 IASI
35.67	1:17.98 (42.31)	2:10.94 (52.96)	2:49.53 (38.59)	
15 Hassett, Sassy	14	Des Moines Swimming Federation-IA	2:45.08	2:49.67 IASI
33.22	1:15.72 (42.50)	2:14.36 (58.64)	2:49.67 (35.31)	
16 Breitbach, Layla	13	Linn-Mar-IA	3:03.71	2:49.95 IASI
37.10	1:21.87 (44.77)	2:10.82 (48.95)	2:49.95 (39.13)	
17 Sander, Charlotte	14	Kansas City Blue Wave Swim Tea-MV	NT	2:51.86
33.35	1:14.00 (40.65)	2:51.86 (1:37.86)		
18 Hancock, Ellie	13	Central Iowa Aquatics-IA	2:52.87	2:53.42
35.84	1:22.18 (46.34)	2:14.89 (52.71)	2:53.42 (38.53)	
19 Ramaeker, Quinn	14	Des Moines Swimming Federation-IA	2:52.78	2:54.91
37.46	1:23.31 (45.85)	2:15.99 (52.68)	2:54.91 (38.92)	

2022 IA CIA BEAT THE HEAT - 6/24/2022 to 6/26/2022**Prairie Meadows Pool, Sanction #: IA-22-060****Wellmark YMCA * Des Moines, IA * 50 Meter Course****Results****(Girls 13-14 200 LC Meter IM)**

	Name	Age	Team	Seed Time	Finals Time
20	Kramer, Marley	13	Central Iowa Aquatics-IA	3:02.46	2:57.21
	37.36	1:22.20 (44.84)	2:16.82 (54.62)	2:57.21 (40.39)	
21	Huffman, Laurel	14	Linn-Mar-IA	3:11.16	2:57.35
	36.84	1:21.11 (44.27)	2:16.72 (55.61)	2:57.35 (40.63)	
22	Adams, Laynie	14	Iowa Flyers Swim Club-IA	2:55.36	2:58.03
	36.77	1:23.16 (46.39)	2:15.39 (52.23)	2:58.03 (42.64)	
23	Benford, Ronnie	13	Kansas City Blue Wave Swim Tea-MV	3:08.71	3:01.12
	41.24	1:27.50 (46.26)	2:18.77 (51.27)	3:01.12 (42.35)	
24	Crawford, Myra	13	Iowa Flyers Swim Club-IA	3:05.07	3:06.93
	41.53	1:28.07 (46.54)	2:24.78 (56.71)	3:06.93 (42.15)	
25	Ernsperger, Isabel	13	Central Iowa Aquatics-IA	3:05.63	3:14.88
	41.13	1:32.79 (51.66)	2:29.45 (56.66)	3:14.88 (45.43)	
26	Verry, Maddie	14	Iowa Flyers Swim Club-IA	3:23.85	3:18.97
	39.36	1:34.74 (55.38)	2:38.28 (1:03.54)	3:18.97 (40.69)	
27	Cao, Minerva	13	Central Iowa Aquatics-IA	4:36.36	3:20.60
	41.73	1:29.24 (47.51)	3:20.60 (1:51.36)		
28	Miller, Celeste	13	Iowa Flyers Swim Club-IA	3:37.27	3:27.90
	46.68	1:36.59 (49.91)	2:40.79 (1:04.20)	3:27.90 (47.11)	
---	Dismang, Berkley	13	Iowa Flyers Swim Club-IA	3:00.80	DQ
	False start - Misc				
	34.29	1:20.86 (46.57)	2:19.46 (58.60)	DQ (39.56)	
---	Mengel, Maddie	14	Des Moines Swimming Federation-IA	4:24.54	DQ
	Shoulders past vertical toward breast - back				
	48.71	1:42.53 (53.82)	2:46.67 (1:04.14)	DQ (46.61)	
---	Friessen, Isabella	14	Iowa Flyers Swim Club-IA	3:08.63	NS
---	Honkamp, Mary	14	Des Moines Swimming Federation-IA	2:41.89	SCR

Girls 13-14 400 LC Meter IM**5:32.09 13-14 AAA****6:12.49 13-14 IASI****6:46.79 13-14 SIL**

	Name	Age	Team	Seed Time	Finals Time
1	Qualley, Charlotte	13	Greater Des Moines YMCA-IA	5:29.43	5:25.63 AAA
	34.06	1:13.86 (39.80)	1:54.54 (40.68)	2:34.11 (39.57)	
	3:23.14 (49.03)	4:13.38 (50.24)	4:50.36 (36.98)	5:25.63 (35.27)	
2	Diers, Sophie	14	Sun Prairie Storm-WI	6:00.18	6:00.61 IASI
	35.12	1:19.11 (43.99)	2:05.94 (46.83)	2:50.21 (44.27)	
	3:44.79 (54.58)	4:39.34 (54.55)	5:20.85 (41.51)	6:00.61 (39.76)	
3	Huss, Lucy	13	Central Iowa Aquatics-IA	NT	6:00.89 IASI
	36.32	1:22.18 (45.86)	2:07.93 (45.75)	2:53.59 (45.66)	
	3:45.67 (52.08)	4:38.02 (52.35)	5:20.39 (42.37)	6:00.89 (40.50)	
4	Torrence, Kaylen	14	Greater Des Moines YMCA-IA	6:13.37	6:02.35 IASI
	37.61	1:22.78 (45.17)		2:58.04 ()	
	3:51.48 (53.44)	4:45.27 (53.79)	5:24.89 (39.62)	6:02.35 (37.46)	
5	Breitbach, Layla	13	Linn-Mar-IA	6:26.41	6:08.54 IASI
	37.41	1:26.37 (48.96)	2:15.41 (49.04)	3:02.32 (46.91)	
	3:53.84 (51.52)	4:47.85 (54.01)	6:08.54 (1:20.69)		
6	Dismang, Berkley	13	Iowa Flyers Swim Club-IA	6:14.03	6:11.14 IASI
	35.99	1:18.92 (42.93)	2:08.42 (49.50)	2:56.54 (48.12)	
	3:52.86 (56.32)	4:48.12 (55.26)	5:31.26 (43.14)	6:11.14 (39.88)	

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Name	Age	Team	Seed Time	Finals Time	
7 Huffman, Laurel	14	Linn-Mar-IA	6:37.81	6:26.16	SIL
			37.08	1:23.64 (46.56)	
				2:13.31 (49.67)	
				3:01.04 (47.73)	
				4:58.80 (59.64)	
				5:43.48 (44.68)	
				6:26.16 (42.68)	
8 Davis, Ava	14	Des Moines Swimming Federation-IA	NT	6:40.98	SIL
				42.98	
				1:39.63 (56.65)	
				2:29.39 (49.76)	
				3:18.84 (49.45)	
				4:14.69 (55.85)	
				5:14.12 (59.43)	
				5:57.40 (43.28)	
				6:40.98 (43.58)	
--- Ernsperger, Isabel	13	Central Iowa Aquatics-IA	NT		DQ
--- Horton, Kate	14	Cool Swim Team-MV	NT		NS
--- Honkamp, Mary	14	Des Moines Swimming Federation-IA	5:41.25		SCR

Women 15 & Over 50 LC Meter Freestyle

30.69 15&0 IASI

Name	Age	Team	Seed Time	Finals Time	
1 Swalley, Olivia	16	Central Iowa Aquatics-IA	28.13	28.24	IASI
2 Rafferty, Payden	16	UnAtt - Greater Des Moines Ymc-IA	27.67	28.27	IASI
3 Roghair, Jade	16	Iowa Flyers Swim Club-IA	28.20	28.54	IASI
4 Cong, Brianna	15	Central Iowa Aquatics-IA	28.19	28.62	IASI
5 Kemp, Nora	16	Central Iowa Aquatics-IA	27.30	28.75	IASI
6 Kimmel, Hayley	17	Linn-Mar-IA	27.48	28.89	IASI
7 Jacobs, Mia	15	Cool Swim Team-MV	29.64	29.19	IASI
8 Wandera, Athieno	15	Greater Des Moines YMCA-IA	28.38	29.31	IASI
9 Frantum, Olivia	17	Central Iowa Aquatics-IA	29.08	29.34	IASI
10 Jacobs, Kira	15	Cool Swim Team-MV	29.19	29.51	IASI
11 Engels, Makenna	18	Greater Des Moines YMCA-IA	29.67	29.86	IASI
12 Rolow, Rachel	16	Greater Des Moines YMCA-IA	29.48	29.91	IASI
13 Lindaman, Gracie	15	Greater Des Moines YMCA-IA	29.64	30.07	IASI
14 Schneider, Layla	15	Sun Prairie Storm-WI	31.41	30.10	IASI
15 Reese, Kolby	16	Iowa Flyers Swim Club-IA	30.71	30.15	IASI
16 Frantum, Faith	15	Central Iowa Aquatics-IA	29.74	30.34	IASI
*17 Li, Adeline	15	Central Iowa Aquatics-IA	29.77	30.48	IASI
*17 Dahlen, Lily	16	Dowling Catholic Riptide-IA	30.05	30.48	IASI
19 Miller, Saoirse	15	Iowa Flyers Swim Club-IA	31.08	30.51	IASI
20 Zenobi, Lydia	15	Sun Prairie Storm-WI	31.25	30.58	IASI
21 Bub, Cece	16	Sun Prairie Storm-WI	32.87	30.61	IASI
22 McDaniel, McKelvey	16	Kansas City Blue Wave Swim Tea-MV	29.89	30.72	
23 Barton, Charlotte	15	Unattached Cool-MV	31.76	30.79	
24 Raghvani, Mehal	15	Linn-Mar-IA	30.81	30.95	
25 Gannon, Casey	17	Linn-Mar-IA	31.36	31.06	
26 Wong, Carrie	15	Cool Swim Team-MV	33.86	31.08	
27 Schmidt, Emma	18	Cool Swim Team-MV	30.77	31.13	
28 Walker, Caroline	17	Greater Des Moines YMCA-IA	28.95	31.14	
*29 Drugg, Mia	15	Iowa Flyers Swim Club-IA	32.12	31.19	
*29 Trosper, Abby	17	Central Iowa Aquatics-IA	30.17	31.19	
31 Bush, Macy	17	Cool Swim Team-MV	31.48	31.24	
32 Gutierrez, Valerie	18	Davenport Metro Swim Team-IA	30.20	31.31	
33 Henry, Molly	15	Kansas City Blue Wave Swim Tea-MV	29.76	31.42	
34 Christensen, Kate	15	Unattached-IA	31.79	31.60	

2022 IA CIA BEAT THE HEAT - 6/24/2022 to 6/26/2022**Prairie Meadows Pool, Sanction #: IA-22-060****Wellmark YMCA * Des Moines, IA * 50 Meter Course****Results****(Women 15 & Over 50 LC Meter Freestyle)**

	Name	Age	Team	Seed Time	Finals Time
35	Diers, Laine	15	Sun Prairie Storm-WI	31.87	31.75
*36	Spacek, Avery	17	Cool Swim Team-MV	31.24	31.77
*36	Hecker, Bailey	16	Davenport Metro Swim Team-IA	30.21	31.77
38	Matheson, Abby	16	Central Iowa Aquatics-IA	31.45	31.80
39	Cerbin, Emy	15	Unattached Cia-IA	32.91	31.84
40	Enemark, Reagan	16	Cool Swim Team-MV	31.82	32.02
41	Weber, Lilly	18	Linn-Mar-IA	32.97	32.07
42	Gutierrez, Holly	18	Davenport Metro Swim Team-IA	30.20	32.14
43	Brown, Ella	15	Dowling Catholic Riptide-IA	32.37	32.38
44	Cortes, Juliana	17	Davenport Metro Swim Team-IA	33.55	32.43
45	LaHood, Katie	15	Cool Swim Team-MV	NT	32.46
46	Bird, Kate	15	Iowa Flyers Swim Club-IA	32.44	32.69
47	Koop, Megan	16	Sun Prairie Storm-WI	34.45	32.85
48	Griffin, Caroline	16	Cool Swim Team-MV	33.08	33.10
49	Brauer, Anna	18	Cool Swim Team-MV	32.50	33.40
50	Dobesh, Kya	15	Iowa Flyers Swim Club-IA	34.74	34.91
51	Pospisil, Jessie	15	Linn-Mar-IA	35.45	35.89
52	Zimmer, Coral	15	Des Moines Swimming Federation-IA	33.40	36.03
---	Carstensen, Maura	15	Iowa Flyers Swim Club-IA	30.70	NS
---	Schau, Lucy	15	Iowa Flyers Swim Club-IA	31.42	NS
---	Wilkins, Carlee	16	Iowa Flyers Swim Club-IA	29.97	NS
---	Hage, Willa	15	Central Iowa Aquatics-IA	27.65	NS
---	Martin, Scarlet	18	Iowa Flyers Swim Club-IA	27.37	NS
---	Chance, Charlotte	16	Dowling Catholic Riptide-IA	32.33	NS
---	Reisdorf, Olivia	16	Dowling Catholic Riptide-IA	34.67	NS
---	Valleroy, Lauren	15	Davenport Metro Swim Team-IA	31.94	SCR

Girls 15 & Over 50 LC Meter Freestyle**30.69 15&O IASI**

	Name	Age	Team	Seed Time	Finals Time
1	Kemp, Nora	16	Central Iowa Aquatics-IA	27.30	28.01 IASI
2	Rafferty, Payden	16	UnAtt - Greater Des Moines Ymc-IA	27.67	28.13 IASI
3	Pavelski, Ruthie	16	Sun Prairie Storm-WI	28.40	28.29 IASI
4	Swalley, Olivia	16	Central Iowa Aquatics-IA	27.62	28.43 IASI
5	Wandera, Athieno	15	Greater Des Moines YMCA-IA	28.38	28.92 IASI
6	Judas, Taylor	16	Greater Des Moines YMCA-IA	28.86	29.23 IASI
7	Hance, Ellie	16	Iowa Flyers Swim Club-IA	28.07	29.44 IASI
8	Hogenson, Dylan	16	Greater Des Moines YMCA-IA	29.86	29.78 IASI
9	Engels, Makenna	18	Greater Des Moines YMCA-IA	29.67	30.06 IASI
10	Henry, Molly	15	Kansas City Blue Wave Swim Tea-MV	29.76	30.21 IASI
11	Schmidt, Mikala	16	Linn-Mar-IA	32.96	30.36 IASI
12	Reese, Kolby	16	Iowa Flyers Swim Club-IA	30.71	30.44 IASI
13	Schneider, Layla	15	Sun Prairie Storm-WI	31.41	30.58 IASI
14	Fertig, Jordan	15	Rams Swim Club-IA	29.14	30.59 IASI
15	Henry, Jenna	16	Greater Des Moines YMCA-IA	29.93	30.72
16	Van Zee, Kate	15	Greater Des Moines YMCA-IA	29.55	30.76
17	Miller, Saoirse	15	Iowa Flyers Swim Club-IA	31.08	30.79
18	LaMark, Alla	17	Des Moines Swimming Federation-IA	30.36	30.91
19	Ford, Hannah	15	Davenport Metro Swim Team-IA	32.44	30.95
20	Adams, Lilly	15	Iowa Flyers Swim Club-IA	29.84	31.09

2022 IA CIA BEAT THE HEAT - 6/24/2022 to 6/26/2022**Prairie Meadows Pool, Sanction #: IA-22-060****Wellmark YMCA * Des Moines, IA * 50 Meter Course****Results****(Girls 15 & Over 50 LC Meter Freestyle)**

	Name	Age	Team	Seed Time	Finals Time
21	McDaniel, McKelvey	16	Kansas City Blue Wave Swim Tea-MV	NT	31.21
22	Sizemore, Emma	15	Greater Des Moines YMCA-IA	30.87	31.49
23	Baumann, Anne	18	Linn-Mar-IA	31.92	31.65
24	Loomis, Kennedy	15	Sun Prairie Storm-WI	31.01	31.67
25	Jenson, Greta	17	Des Moines Swimming Federation-IA	33.10	31.73
26	Bub, Cece	16	Sun Prairie Storm-WI	32.87	31.74
27	Scott, Zoe	17	Iowa Flyers Swim Club-IA	32.97	32.07
28	Tjebkes, Kaelen	15	Iowa Flyers Swim Club-IA	30.21	32.22
29	Capman, Kennedy	16	Rams Swim Club-IA	31.11	32.55
30	Stainbrook, Haley	16	Uss Destroyers Swim Club-IA	32.83	32.59
31	Voynov, Lily	16	Des Moines Swimming Federation-IA	31.65	32.64
32	Cortes, Juliana	17	Davenport Metro Swim Team-IA	33.55	32.79
33	Bird, Kate	15	Iowa Flyers Swim Club-IA	32.44	32.80
34	Kramer, Nina	15	Central Iowa Aquatics-IA	32.24	32.85
35	Cerbin, Emy	15	Unattached Cia-IA	32.91	32.86
36	McCrary, Sara	15	Greater Des Moines YMCA-IA	31.92	33.04
37	Koop, Megan	16	Sun Prairie Storm-WI	34.45	33.31
38	Diers, Laine	15	Sun Prairie Storm-WI	31.87	34.05
39	Fisher, Grace	16	Des Moines Swimming Federation-IA	33.61	34.51
40	Dobesh, Kya	15	Iowa Flyers Swim Club-IA	34.74	35.70
41	Cunningham, Lexie	15	Central Iowa Aquatics-IA	NT	36.97
42	Wittstruck, Grace	15	Kohawk Aquatics-IA	37.71	39.40
---	Stalkfleet, Heidi	18	Iowa Flyers Swim Club-IA	27.48	NS
---	Judas, Madison	18	Greater Des Moines YMCA-IA	28.50	NS
---	Gannon, Casey	17	Linn-Mar-IA	31.36	NS
---	Rounds, Taylor	17	Central Iowa Aquatics-IA	32.88	NS
---	Kimmel, Hayley	17	Linn-Mar-IA	27.48	NS
---	Doty, Elizabeth	15	Rams Swim Club-IA	32.08	SCR
---	McDevitt, Sophia	16	Des Moines Swimming Federation-IA	30.55	SCR
---	Hecker, Bailey	16	Davenport Metro Swim Team-IA	30.21	SCR
---	Valleroy, Lauren	15	Davenport Metro Swim Team-IA	31.94	SCR
---	Wilkins, Carlee	16	Iowa Flyers Swim Club-IA	29.97	SCR
---	Nelson, Emily	17	Central Iowa Aquatics-IA	29.66	SCR
---	Rolow, Rachel	16	Greater Des Moines YMCA-IA	29.48	SCR
---	Schafer, Leah	15	Greater Des Moines YMCA-IA	30.21	SCR
---	Dinkin, Cassidy	15	Greater Des Moines YMCA-IA	34.16	SCR

Girls 15 & Over 100 LC Meter Freestyle**1:06.69 15&O IASI**

	Name	Age	Team	Seed Time	Finals Time
1	Kemp, Nora	16	Central Iowa Aquatics-IA	58.22	1:00.48 IASI
	29.53				1:00.48 (30.95)
2	Stalkfleet, Heidi	18	Iowa Flyers Swim Club-IA	59.87	1:01.05 IASI
	29.52				1:01.05 (31.53)
3	Judas, Taylor	16	Greater Des Moines YMCA-IA	1:00.98	1:01.16 IASI
	29.87				1:01.16 (31.29)
4	Kell, Mallory	16	Greater Des Moines YMCA-IA	1:00.79	1:01.45 IASI
	29.90				1:01.45 (31.55)
5	Pavelski, Ruthie	16	Sun Prairie Storm-WI	1:01.14	1:01.84 IASI
	29.94				1:01.84 (31.90)

2022 IA CIA BEAT THE HEAT - 6/24/2022 to 6/26/2022**Prairie Meadows Pool, Sanction #: IA-22-060****Wellmark YMCA * Des Moines, IA * 50 Meter Course****Results****(Girls 15 & Over 100 LC Meter Freestyle)**

	Name	Age	Team	Seed Time	Finals Time	
6	Cong, Brianna	15	Central Iowa Aquatics-IA	59.96	1:02.05	IASI
	29.90				1:02.05 (32.15)	
7	Wandera, Athieno	15	Greater Des Moines YMCA-IA	1:03.03	1:02.85	IASI
	30.31				1:02.85 (32.54)	
8	Reese, Kolby	16	Iowa Flyers Swim Club-IA	1:02.89	1:03.75	IASI
	31.06				1:03.75 (32.69)	
9	Jacobs, Mia	15	Cool Swim Team-MV	1:04.56	1:04.25	IASI
10	Kimmel, Hayley	17	Linn-Mar-IA	58.79	1:04.35	IASI
	30.86				1:04.35 (33.49)	
11	Frantum, Faith	15	Central Iowa Aquatics-IA	1:04.90	1:04.36	IASI
	31.30				1:04.36 (33.06)	
12	Schwickerath, Evan	16	Greater Des Moines YMCA-IA	1:02.61	1:04.43	IASI
	30.84				1:04.43 (33.59)	
13	Schmidt, Mikala	16	Linn-Mar-IA	1:07.83	1:04.80	IASI
	31.65				1:04.80 (33.15)	
14	Henry, Molly	15	Kansas City Blue Wave Swim Tea-MV	1:03.27	1:04.91	IASI
	31.25				1:04.91 (33.66)	
15	Li, Adeline	15	Central Iowa Aquatics-IA	1:04.45	1:05.43	IASI
	31.76				1:05.43 (33.67)	
16	Huss, Anna	15	Des Moines Swimming Federation-IA	1:04.66	1:05.69	IASI
	30.80				1:05.69 (34.89)	
17	Lindaman, Gracie	15	Greater Des Moines YMCA-IA	1:04.28	1:06.19	IASI
	30.78				1:06.19 (35.41)	
18	Engels, Makenna	18	Greater Des Moines YMCA-IA	1:05.07	1:06.31	IASI
	31.02				1:06.31 (35.29)	
19	Schmidt, Emma	18	Cool Swim Team-MV	1:07.59	1:06.68	IASI
	31.87				1:06.68 (34.81)	
20	Ford, Hannah	15	Davenport Metro Swim Team-IA	1:12.46	1:06.82	
	31.61				1:06.82 (35.21)	
21	Habgood, Amelia	16	Greater Des Moines YMCA-IA	1:08.36	1:06.90	
	32.50				1:06.90 (34.40)	
22	Adams, Lilly	15	Iowa Flyers Swim Club-IA	1:03.01	1:07.09	
*23	Barton, Charlotte	15	Unattached Cool-MV	1:12.74	1:07.29	
	32.51				1:07.29 (34.78)	
*23	Wong, Carrie	15	Cool Swim Team-MV	1:09.58	1:07.29	
	32.31				1:07.29 (34.98)	
*25	Raghvani, Mehal	15	Linn-Mar-IA	1:04.65	1:07.47	
	32.68				1:07.47 (34.79)	
*25	Weber, Lilly	18	Linn-Mar-IA	1:08.98	1:07.47	
	32.31				1:07.47 (35.16)	
27	Ewalt, Emma	15	Carroll Area Swim Team-IA	1:07.51	1:07.72	
*28	Jenson, Greta	17	Des Moines Swimming Federation-IA	1:08.82	1:07.84	
	32.68				1:07.84 (35.16)	
*28	Bub, Cece	16	Sun Prairie Storm-WI	1:08.87	1:07.84	
	32.68				1:07.84 (35.16)	
30	Zenobi, Lydia	15	Sun Prairie Storm-WI	1:07.85	1:08.36	
	33.42				1:08.36 (34.94)	
31	Miller, Saoirse	15	Iowa Flyers Swim Club-IA	1:08.75	1:08.46	
	32.73				1:08.46 (35.73)	
32	Schneider, Layla	15	Sun Prairie Storm-WI	1:11.36	1:08.49	

2022 IA CIA BEAT THE HEAT - 6/24/2022 to 6/26/2022**Prairie Meadows Pool, Sanction #: IA-22-060****Wellmark YMCA * Des Moines, IA * 50 Meter Course****Results****(Girls 15 & Over 100 LC Meter Freestyle)**

Name	Age	Team	Seed Time	Finals Time
33 Carstensen, Maura 32.67	15	Iowa Flyers Swim Club-IA	1:08.64	1:08.55
			1:08.55 (35.88)	
34 McDaniel, McKelvey 33.04	16	Kansas City Blue Wave Swim Tea-MV	1:06.11	1:08.60
			1:08.60 (35.56)	
35 Henry, Jenna 32.71	16	Greater Des Moines YMCA-IA	1:05.85	1:08.64
			1:08.64 (35.93)	
36 Loomis, Kennedy 32.87	15	Sun Prairie Storm-WI	1:11.47	1:08.74
			1:08.74 (35.87)	
37 Smith, Kiley	15	Des Moines Swimming Federation-IA	1:08.22	1:08.94
38 Tjebkes, Kaelen	15	Iowa Flyers Swim Club-IA	1:09.64	1:09.33
39 Schau, Lucy 32.65	15	Iowa Flyers Swim Club-IA	1:08.28	1:09.62
			1:09.62 (36.97)	
40 Hecker, Bailey 33.46	16	Davenport Metro Swim Team-IA	1:06.01	1:09.73
			1:09.73 (36.27)	
41 Gutierrez, Hollye 32.57	18	Davenport Metro Swim Team-IA	1:09.48	1:09.77
			1:09.77 (37.20)	
42 Ellis, Madalyn 33.26	15	Des Moines Swimming Federation-IA	1:12.16	1:09.90
			1:09.90 (36.64)	
43 Scott, Zoe 33.15	17	Iowa Flyers Swim Club-IA	1:09.88	1:09.91
			1:09.91 (36.76)	
44 Voynov, Lily 33.11	16	Des Moines Swimming Federation-IA	1:07.81	1:09.95
			1:09.95 (36.84)	
45 Enemark, Reagan 32.47	16	Cool Swim Team-MV	1:11.66	1:10.05
			1:10.05 (37.58)	
46 Trosper, Abby 33.43	17	Central Iowa Aquatics-IA	1:08.17	1:10.54
			1:10.54 (37.11)	
47 Baumann, Anne 33.91	18	Linn-Mar-IA	1:08.71	1:11.53
			1:11.53 (37.62)	
48 Drugg, Mia 33.84	15	Iowa Flyers Swim Club-IA	1:13.59	1:11.57
			1:11.57 (37.73)	
49 Diers, Laine	15	Sun Prairie Storm-WI	1:10.87	1:11.76
33.83			1:11.76 (37.93)	
50 Kramer, Nina 34.18	15	Central Iowa Aquatics-IA	1:10.31	1:12.26
			1:12.26 (38.08)	
51 Brauer, Anna 34.51	18	Cool Swim Team-MV	1:16.32	1:12.69
			1:12.69 (38.18)	
52 Griffin, Caroline 33.77	16	Cool Swim Team-MV	1:13.21	1:12.82
			1:12.82 (39.05)	
53 Miner, Claire 33.82	15	Central Iowa Aquatics-IA	1:13.85	1:13.59
			1:13.59 (39.77)	
54 Cortes, Juliana 34.24	17	Davenport Metro Swim Team-IA	1:14.22	1:14.31
			1:14.31 (40.07)	
55 Koop, Megan 34.61	16	Sun Prairie Storm-WI	1:21.33	1:14.78
			1:14.78 (40.17)	
56 Cracraft, Sydney 34.95	17	Greater Des Moines YMCA-IA	1:13.04	1:15.20
			1:15.20 (40.25)	
57 Dinkin, Cassidy 36.48	15	Greater Des Moines YMCA-IA	1:13.45	1:16.59
			1:16.59 (40.11)	
58 Dobesh, Kya 37.55	15	Iowa Flyers Swim Club-IA	1:14.41	1:17.13
			1:17.13 (39.58)	

2022 IA CIA BEAT THE HEAT - 6/24/2022 to 6/26/2022**Prairie Meadows Pool, Sanction #: IA-22-060****Wellmark YMCA * Des Moines, IA * 50 Meter Course****Results****(Girls 15 & Over 100 LC Meter Freestyle)**

Name	Age	Team	Seed Time	Finals Time
59 Dose, Lydia	15	Carroll Area Swim Team-IA	1:27.55	1:23.01
37.70	1:23.01 (45.31)			
60 Wittstruck, Grace	15	Kohawk Aquatics-IA	1:21.07	1:26.86
40.65	1:26.86 (46.21)			
--- Walker, Caroline	17	Greater Des Moines YMCA-IA	1:03.45	NS
--- Judas, Madison	18	Greater Des Moines YMCA-IA	1:02.94	NS
--- Rolow, Rachel	16	Greater Des Moines YMCA-IA	1:04.04	NS
--- McCrary, Sara	15	Greater Des Moines YMCA-IA	1:10.36	NS
--- Martin, Scarlet	18	Iowa Flyers Swim Club-IA	58.77	NS
--- Fertig, Jordan	15	Rams Swim Club-IA	1:05.93	NS
--- Chidister, Abbie	15	Iowa Flyers Swim Club-IA	1:08.57	NS
--- Wilkins, Carlee	16	Iowa Flyers Swim Club-IA	1:06.26	NS
--- Zimmer, Coral	15	Des Moines Swimming Federation-IA	1:10.64	SCR
--- Valleroy, Lauren	15	Davenport Metro Swim Team-IA	1:12.89	SCR
--- Schafer, Leah	15	Greater Des Moines YMCA-IA	1:07.05	SCR

Girls 15 & Over 200 LC Meter Freestyle**2:22.09 15&0 IASI**

Name	Age	Team	Seed Time	Finals Time
1 Frantum, Olivia	17	Central Iowa Aquatics-IA	2:07.12	2:10.21 IASI
31.35	1:04.48 (33.13)	1:37.63 (33.15)	2:10.21 (32.58)	
2 Judas, Taylor	16	Greater Des Moines YMCA-IA	2:11.32	2:10.48 IASI
30.96	1:04.32 (33.36)	1:38.05 (33.73)	2:10.48 (32.43)	
3 Kemp, Nora	16	Central Iowa Aquatics-IA	2:05.25	2:10.90 IASI
30.86	1:04.26 (33.40)	1:38.13 (33.87)	2:10.90 (32.77)	
4 Stalkfleet, Heidi	18	Iowa Flyers Swim Club-IA	2:05.42	2:11.44 IASI
30.75	1:04.25 (33.50)	1:37.95 (33.70)	2:11.44 (33.49)	
5 Kell, Mallory	16	Greater Des Moines YMCA-IA	2:11.89	2:12.10 IASI
31.61	1:05.52 (33.91)	1:39.29 (33.77)	2:12.10 (32.81)	
6 Swalley, Olivia	16	Central Iowa Aquatics-IA	2:09.47	2:12.74 IASI
31.13	1:04.86 (33.73)	1:39.08 (34.22)	2:12.74 (33.66)	
7 Frantum, Faith	15	Central Iowa Aquatics-IA	2:13.63	2:15.92 IASI
32.54	1:06.72 (34.18)	1:41.13 (34.41)	2:15.92 (34.79)	
8 Reese, Kolby	16	Iowa Flyers Swim Club-IA	2:11.98	2:16.75 IASI
31.74	1:05.56 (33.82)	1:41.31 (35.75)	2:16.75 (35.44)	
9 Pavelski, Ruthie	16	Sun Prairie Storm-WI	2:16.08	2:17.57 IASI
30.27	1:05.06 (34.79)	1:41.62 (36.56)	2:17.57 (35.95)	
10 Schmidt, Mikala	16	Linn-Mar-IA	2:23.48	2:19.46 IASI
31.69	1:07.09 (35.40)	1:43.12 (36.03)	2:19.46 (36.34)	
11 Cong, Brianna	15	Central Iowa Aquatics-IA	2:16.51	2:20.62 IASI
31.94	1:06.89 (34.95)	1:43.55 (36.66)	2:20.62 (37.07)	
12 Van Zee, Kate	15	Greater Des Moines YMCA-IA	2:24.06	2:21.22 IASI
31.61	1:06.77 (35.16)	1:44.21 (37.44)	2:21.22 (37.01)	
13 Schwickerath, Evan	16	Greater Des Moines YMCA-IA	2:17.00	2:21.31 IASI
32.38	1:08.07 (35.69)	1:44.58 (36.51)	2:21.31 (36.73)	
14 Weber, Lilly	18	Linn-Mar-IA	2:17.00	2:21.85 IASI
32.70	1:08.54 (35.84)	1:45.01 (36.47)	2:21.85 (36.84)	
15 Gannon, Casey	17	Linn-Mar-IA	2:18.19	2:22.11
32.85	1:08.91 (36.06)	1:45.74 (36.83)	2:22.11 (36.37)	
16 Henry, Jenna	16	Greater Des Moines YMCA-IA	2:18.84	2:22.39
32.81	1:09.21 (36.40)	1:46.18 (36.97)	2:22.39 (36.21)	

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	Name	Age	Team	Seed Time	Finals Time
17	Adams, Lilly	15	Iowa Flyers Swim Club-IA	2:14.34	2:22.61
	32.87	1:08.77 (35.90)	1:45.70 (36.93)	2:22.61 (36.91)	
18	LaMark, Alla	17	Des Moines Swimming Federation-IA	2:26.74	2:23.03
	32.38	1:08.84 (36.46)	1:46.14 (37.30)	2:23.03 (36.89)	
19	Schmidt, Emma	18	Cool Swim Team-MV	2:14.56	2:24.53
	33.55	1:10.07 (36.52)	1:47.69 (37.62)	2:24.53 (36.84)	
20	Ford, Hannah	15	Davenport Metro Swim Team-IA	2:30.94	2:24.94
	33.61	1:10.15 (36.54)	1:47.71 (37.56)	2:24.94 (37.23)	
21	Wandera, Athieno	15	Greater Des Moines YMCA-IA	2:22.96	2:25.00
	32.62	1:09.09 (36.47)	1:46.82 (37.73)	2:25.00 (38.18)	
22	Jenson, Greta	17	Des Moines Swimming Federation-IA	NT	2:25.77
	33.46	1:10.52 (37.06)	1:49.06 (38.54)	2:25.77 (36.71)	
23	Wong, Carrie	15	Cool Swim Team-MV	2:30.44	2:26.25
	33.22	1:11.03 (37.81)	1:47.56 (36.53)	2:26.25 (38.69)	
24	Engels, Makenna	18	Greater Des Moines YMCA-IA	2:22.48	2:27.90
	31.93	1:08.10 (36.17)	2:27.90 (1:19.80)		
25	Barton, Charlotte	15	Unattached Cool-MV	2:42.31	2:28.42
	34.17	1:11.40 (37.23)	1:49.76 (38.36)	2:28.42 (38.66)	
26	Scott, Zoe	17	Iowa Flyers Swim Club-IA	2:26.03	2:28.60
	33.95	1:11.88 (37.93)	1:50.11 (38.23)	2:28.60 (38.49)	
27	Henry, Molly	15	Kansas City Blue Wave Swim Tea-MV	2:27.07	2:28.61
	33.51	1:11.58 (38.07)	1:50.92 (39.34)	2:28.61 (37.69)	
28	Raghwani, Mehal	15	Linn-Mar-IA	2:29.30	2:29.74
	36.57	1:14.89 (38.32)	1:52.93 (38.04)	2:29.74 (36.81)	
29	Carstensen, Maura	15	Iowa Flyers Swim Club-IA	2:32.22	2:30.41
	34.74	1:12.50 (37.76)	1:52.11 (39.61)	2:30.41 (38.30)	
30	Tecklenburg, Maia	15	Central Iowa Aquatics-IA	2:29.49	2:30.97
	33.66	1:11.74 (38.08)	1:51.64 (39.90)	2:30.97 (39.33)	
31	Schau, Lucy	15	Iowa Flyers Swim Club-IA	2:29.62	2:31.42
	33.32	1:11.29 (37.97)	1:51.70 (40.41)	2:31.42 (39.72)	
32	Matheson, Abby	16	Central Iowa Aquatics-IA	2:30.55	2:32.32
	34.47	1:13.88 (39.41)	1:54.47 (40.59)	2:32.32 (37.85)	
33	Gutierrez, Valerie	18	Davenport Metro Swim Team-IA	2:29.51	2:32.64
	34.37	1:12.90 (38.53)	1:52.44 (39.54)	2:32.64 (40.20)	
34	Voynov, Lily	16	Des Moines Swimming Federation-IA	2:26.18	2:32.76
	34.25	1:12.75 (38.50)	1:53.30 (40.55)	2:32.76 (39.46)	
35	Bub, Cece	16	Sun Prairie Storm-WI	2:27.87	2:32.81
	34.19	1:13.34 (39.15)	1:53.69 (40.35)	2:32.81 (39.12)	
36	Gutierrez, Hollye	18	Davenport Metro Swim Team-IA	2:39.50	2:32.84
	34.64	1:13.02 (38.38)	1:53.08 (40.06)	2:32.84 (39.76)	
37	Tjebkes, Kaelen	15	Iowa Flyers Swim Club-IA	2:30.68	2:32.97
	34.90	1:13.61 (38.71)	1:53.70 (40.09)	2:32.97 (39.27)	
38	Kramer, Nina	15	Central Iowa Aquatics-IA	2:32.39	2:33.53
	34.79	1:14.29 (39.50)	1:54.55 (40.26)	2:33.53 (38.98)	
39	Diers, Laine	15	Sun Prairie Storm-WI	2:42.87	2:35.41
	34.51	1:15.74 (41.23)	1:55.54 (39.80)	2:35.41 (39.87)	
*40	Miller, Saoirse	15	Iowa Flyers Swim Club-IA	2:33.04	2:36.07
	36.51	1:16.91 (40.40)	1:56.84 (39.93)	2:36.07 (39.23)	
*40	Enemark, Reagan	16	Cool Swim Team-MV	2:38.49	2:36.07
	33.17	1:12.21 (39.04)	1:53.80 (41.59)	2:36.07 (42.27)	

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Name	Age	Team	Seed Time	Finals Time
42 Cerbin, Emy	15	Unattached Cia-IA	2:35.67	2:36.17
35.47	1:14.41 (38.94)	1:56.14 (41.73)	2:36.17 (40.03)	
43 McDaniel, McKelvey	16	Kansas City Blue Wave Swim Tea-MV	2:30.20	2:38.38
35.22	1:15.94 (40.72)	1:58.31 (42.37)	2:38.38 (40.07)	
44 Griffin, Caroline	16	Cool Swim Team-MV	2:39.18	2:39.47
34.78	1:15.49 (40.71)	1:58.16 (42.67)	2:39.47 (41.31)	
45 Loomis, Kennedy	15	Sun Prairie Storm-WI	2:41.37	2:39.98
35.75	1:15.96 (40.21)	1:58.48 (42.52)	2:39.98 (41.50)	
46 Stainbrook, Haley	16	Uss Destroyers Swim Club-IA	2:40.32	2:40.28
37.31	1:18.31 (41.00)	2:00.66 (42.35)	2:40.28 (39.62)	
47 Koop, Megan	16	Sun Prairie Storm-WI	2:45.64	2:40.42
35.77	1:16.70 (40.93)	1:59.08 (42.38)	2:40.42 (41.34)	
48 Bird, Kate	15	Iowa Flyers Swim Club-IA	2:34.88	2:40.75
35.15	1:15.79 (40.64)	1:59.35 (43.56)	2:40.75 (41.40)	
49 Dobesh, Kya	15	Iowa Flyers Swim Club-IA	2:44.24	2:48.08
39.26	1:21.22 (41.96)	2:05.78 (44.56)	2:48.08 (42.30)	
50 Wittstruck, Grace	15	Kohawk Aquatics-IA	2:50.70	3:01.18
40.89	1:27.02 (46.13)	2:14.02 (47.00)	3:01.18 (47.16)	
--- Judas, Madison	18	Greater Des Moines YMCA-IA	2:12.16	NS
--- Valleroy, Lauren	15	Davenport Metro Swim Team-IA	3:41.38	SCR
--- Nelson, Emily	17	Central Iowa Aquatics-IA	2:25.09	SCR
--- Martin, Scarlet	18	Iowa Flyers Swim Club-IA	2:06.03	SCR
--- Hage, Willa	15	Central Iowa Aquatics-IA	2:14.06	SCR
--- Hecker, Bailey	16	Davenport Metro Swim Team-IA	2:40.08	SCR
--- Schafer, Leah	15	Greater Des Moines YMCA-IA	2:49.75	SCR
--- Wilkins, Carlee	16	Iowa Flyers Swim Club-IA	2:21.27	SCR

Girls 15 & Over 400 LC Meter Freestyle**5:07.29 15&O IASI****5:38.09 15&O SIL**

Name	Age	Team	Seed Time	Finals Time
1 Stalkfleet, Heidi	18	Iowa Flyers Swim Club-IA	4:25.39	4:33.65 IASI
31.99	1:07.07 (35.08)	1:41.29 (34.22)	2:15.95 (34.66)	
2:50.62 (34.67)	3:25.45 (34.83)	3:59.69 (34.24)	4:33.65 (33.96)	
2 Judas, Taylor	16	Greater Des Moines YMCA-IA	4:34.95	4:35.07 IASI
32.09	1:07.29 (35.20)	1:42.18 (34.89)	2:17.34 (35.16)	
2:51.78 (34.44)	3:26.77 (34.99)	4:01.02 (34.25)	4:35.07 (34.05)	
3 Frantum, Faith	15	Central Iowa Aquatics-IA	4:30.48	4:40.87 IASI
32.99	1:08.36 (35.37)	1:43.54 (35.18)	2:18.96 (35.42)	
2:53.86 (34.90)	3:29.74 (35.88)	4:05.38 (35.64)	4:40.87 (35.49)	
4 Kell, Mallory	16	Greater Des Moines YMCA-IA	5:30.20	4:42.08 IASI
32.45	1:08.07 (35.62)	1:43.79 (35.72)	2:19.70 (35.91)	
2:55.55 (35.85)	3:31.51 (35.96)	4:07.12 (35.61)	4:42.08 (34.96)	
5 Kemp, Nora	16	Central Iowa Aquatics-IA	4:26.82	4:42.97 IASI
32.23	1:07.96 (35.73)	1:42.92 (34.96)	2:18.07 (35.15)	
2:53.59 (35.52)	3:29.85 (36.26)	4:06.50 (36.65)	4:42.97 (36.47)	
6 Reese, Kolby	16	Iowa Flyers Swim Club-IA	4:35.42	4:47.68 IASI
34.07	1:09.99 (35.92)	1:46.11 (36.12)	2:21.91 (35.80)	
2:58.37 (36.46)	3:34.77 (36.40)	4:11.79 (37.02)	4:47.68 (35.89)	
7 Rafferty, Payden	16	UnAtt - Greater Des Moines Ymc-IA	4:52.85	4:47.72 IASI
34.07	1:11.51 (37.44)	1:47.54 (36.03)	2:24.18 (36.64)	
3:00.16 (35.98)	3:37.02 (36.86)	4:12.44 (35.42)	4:47.72 (35.28)	

2022 IA CIA BEAT THE HEAT - 6/24/2022 to 6/26/2022**Prairie Meadows Pool, Sanction #: IA-22-060****Wellmark YMCA * Des Moines, IA * 50 Meter Course****Results****(Girls 15 & Over 400 LC Meter Freestyle)**

	Name	Age	Team	Seed Time	Finals Time	
8	Jacobs, Kira	15	Cool Swim Team-MV	4:54.05	4:50.26	IASI
	32.27	1:08.81 (36.54)	1:46.19 (37.38)	2:23.84 (37.65)		
	3:00.80 (36.96)	3:38.22 (37.42)	4:15.17 (36.95)	4:50.26 (35.09)		
9	Peck, Anja	16	Greater Des Moines YMCA-IA	4:51.35	4:50.40	IASI
	33.50	1:11.01 (37.51)	1:47.90 (36.89)	2:24.86 (36.96)		
	3:01.58 (36.72)	3:38.39 (36.81)	4:14.68 (36.29)	4:50.40 (35.72)		
10	Schmidt, Mikala	16	Linn-Mar-IA	5:00.60	4:52.01	IASI
	34.04	1:11.15 (37.11)	1:48.17 (37.02)	2:26.16 (37.99)		
	3:02.32 (36.16)	3:39.33 (37.01)	4:16.00 (36.67)	4:52.01 (36.01)		
11	Sizemore, Emma	15	Greater Des Moines YMCA-IA	NT	4:55.34	IASI
	34.28	1:11.01 (36.73)	1:49.03 (38.02)	2:26.74 (37.71)		
	3:04.79 (38.05)	3:41.91 (37.12)	4:19.17 (37.26)	4:55.34 (36.17)		
12	Li, Adeline	15	Central Iowa Aquatics-IA	4:49.26	4:55.88	IASI
	33.86	1:10.53 (36.67)	1:48.08 (37.55)	2:25.85 (37.77)		
	3:03.76 (37.91)	3:42.16 (38.40)	4:19.52 (37.36)	4:55.88 (36.36)		
13	Pavelski, Ruthie	16	Sun Prairie Storm-WI	5:00.44	4:56.18	IASI
	33.61	1:10.76 (37.15)	1:48.73 (37.97)	2:26.68 (37.95)		
	3:04.62 (37.94)	3:42.70 (38.08)	4:19.92 (37.22)	4:56.18 (36.26)		
14	Jacobs, Mia	15	Cool Swim Team-MV	4:58.14	4:56.38	IASI
	33.67	1:11.50 (37.83)	1:49.03 (37.53)	2:26.91 (37.88)		
	3:04.32 (37.41)	3:42.71 (38.39)	4:19.92 (37.21)	4:56.38 (36.46)		
15	Scott, Zoe	17	Iowa Flyers Swim Club-IA	5:05.10	5:11.47	SIL
	34.86	1:12.95 (38.09)	1:52.19 (39.24)	2:32.24 (40.05)		
	3:12.33 (40.09)	3:52.77 (40.44)	4:32.42 (39.65)	5:11.47 (39.05)		
16	LaMark, Alla	17	Des Moines Swimming Federation-IA	NT	5:12.78	SIL
	34.16	1:13.08 (38.92)	1:52.62 (39.54)	2:33.43 (40.81)		
	3:13.10 (39.67)	3:53.69 (40.59)	4:33.38 (39.69)	5:12.78 (39.40)		
17	Voynov, Lily	16	Des Moines Swimming Federation-IA	5:05.18	5:13.01	SIL
	35.64	1:15.11 (39.47)	1:54.98 (39.87)	2:35.36 (40.38)		
	3:15.31 (39.95)	3:55.91 (40.60)	4:35.48 (39.57)	5:13.01 (37.53)		
18	Tecklenburg, Maia	15	Central Iowa Aquatics-IA	5:05.91	5:13.06	SIL
	35.60	1:15.09 (39.49)	1:55.10 (40.01)	2:35.38 (40.28)		
	3:15.52 (40.14)	3:55.99 (40.47)	4:35.48 (39.49)	5:13.06 (37.58)		
19	Schau, Lucy	15	Iowa Flyers Swim Club-IA	5:12.47	5:18.71	SIL
	36.31	1:16.36 (40.05)	1:56.58 (40.22)	2:37.20 (40.62)		
	3:17.78 (40.58)	3:58.84 (41.06)	4:38.73 (39.89)	5:18.71 (39.98)		
20	Schneider, Layla	15	Sun Prairie Storm-WI	5:38.19	5:20.66	SIL
	36.37	1:16.93 (40.56)	1:57.70 (40.77)	2:39.92 (42.22)		
	3:21.37 (41.45)	4:02.92 (41.55)	4:43.41 (40.49)	5:20.66 (37.25)		
21	Neville, Olivia	16	Central Iowa Aquatics-IA	NT	5:21.20	SIL
	37.81	1:19.27 (41.46)	2:00.61 (41.34)	2:42.30 (41.69)		
	3:23.45 (41.15)	4:04.33 (40.88)	4:43.25 (38.92)	5:21.20 (37.95)		
22	Kramer, Nina	15	Central Iowa Aquatics-IA	5:16.41	5:21.75	SIL
	35.87	1:17.42 (41.55)	1:59.06 (41.64)	2:40.77 (41.71)		
	3:22.67 (41.90)	4:03.27 (40.60)	4:42.96 (39.69)	5:21.75 (38.79)		
23	Wong, Carrie	15	Cool Swim Team-MV	5:19.70	5:21.76	SIL
	34.41	1:14.25 (39.84)	1:56.14 (41.89)	2:38.90 (42.76)		
	3:19.92 (41.02)	4:02.18 (42.26)	4:42.26 (40.08)	5:21.76 (39.50)		
24	Engels, Makenna	18	Greater Des Moines YMCA-IA	5:01.54	5:22.09	SIL
	33.31	1:10.57 (37.26)	1:49.99 (39.42)	2:30.98 (40.99)		
	3:15.19 (44.21)	3:57.55 (42.36)	5:22.09 (1:24.54)			

2022 IA CIA BEAT THE HEAT - 6/24/2022 to 6/26/2022**Prairie Meadows Pool, Sanction #: IA-22-060****Wellmark YMCA * Des Moines, IA * 50 Meter Course****Results****(Girls 15 & Over 400 LC Meter Freestyle)**

Name	Age	Team	Seed Time	Finals Time	
25 Ellis, Madalyn	15	Des Moines Swimming Federation-IA	5:32.26	5:22.33	SIL
35.69	1:15.99 (40.30)	1:56.98 (40.99)	2:38.57 (41.59)		
3:19.34 (40.77)	4:00.78 (41.44)	4:41.99 (41.21)	5:22.33 (40.34)		
26 Cerbin, Emy	15	Unattached Cia-IA	5:26.42	5:22.87	SIL
34.86	1:15.21 (40.35)	1:56.79 (41.58)	2:39.05 (42.26)		
3:20.65 (41.60)	4:02.33 (41.68)	4:43.07 (40.74)	5:22.87 (39.80)		
27 Barton, Charlotte	15	Unattached Cool-MV	NT	5:25.29	SIL
35.79	1:14.77 (38.98)	1:56.50 (41.73)	2:38.31 (41.81)		
3:20.83 (42.52)	4:03.26 (42.43)	4:45.00 (41.74)	5:25.29 (40.29)		
28 Zenobi, Lydia	15	Sun Prairie Storm-WI	5:16.22	5:34.64	SIL
36.65	1:18.73 (42.08)	2:01.89 (43.16)	2:44.66 (42.77)		
3:28.11 (43.45)	4:10.83 (42.72)	4:53.25 (42.42)	5:34.64 (41.39)		
29 Smith, Kiley	15	Des Moines Swimming Federation-IA	5:34.35	5:35.32	SIL
35.96	1:16.25 (40.29)	1:58.56 (42.31)	2:41.81 (43.25)		
3:25.99 (44.18)	4:09.40 (43.41)	4:53.67 (44.27)	5:35.32 (41.65)		
30 Griffin, Caroline	16	Cool Swim Team-MV	5:42.85	5:36.23	SIL
36.87	1:19.40 (42.53)	2:02.48 (43.08)	2:46.36 (43.88)		
3:29.77 (43.41)	4:13.24 (43.47)	4:55.85 (42.61)	5:36.23 (40.38)		
31 Miller, Saoirse	15	Iowa Flyers Swim Club-IA	5:47.79	5:38.04	SIL
38.34	1:22.00 (43.66)	2:05.80 (43.80)	2:50.13 (44.33)		
3:32.71 (42.58)	4:16.54 (43.83)	4:58.17 (41.63)	5:38.04 (39.87)		
32 Koop, Megan	16	Sun Prairie Storm-WI	6:01.87	5:44.81	
38.71	1:22.42 (43.71)	2:06.52 (44.10)	2:51.06 (44.54)		
3:36.18 (45.12)	4:20.09 (43.91)	5:04.02 (43.93)	5:44.81 (40.79)		
33 Enemark, Reagan	16	Cool Swim Team-MV	NT	5:50.34	
35.92	1:18.42 (42.50)		2:48.43 ()		
3:33.67 (45.24)	4:20.10 (46.43)	5:05.06 (44.96)	5:50.34 (45.28)		
34 Dobesh, Kya	15	Iowa Flyers Swim Club-IA	NT	5:57.03	
38.36	1:22.00 (43.64)	2:06.85 (44.85)	2:52.77 (45.92)		
3:38.68 (45.91)	4:25.63 (46.95)	5:12.33 (46.70)	5:57.03 (44.70)		
35 Cortes, Juliana	17	Davenport Metro Swim Team-IA	NT	5:57.31	
37.83	1:21.69 (43.86)	2:06.94 (45.25)	2:53.13 (46.19)		
3:39.91 (46.78)	4:27.04 (47.13)	5:13.67 (46.63)	5:57.31 (43.64)		
--- Judas, Madison	18	Greater Des Moines YMCA-IA	4:37.11		NS
--- Henry, Jenna	16	Greater Des Moines YMCA-IA	5:00.43		SCR
--- Nelson, Emily	17	Central Iowa Aquatics-IA	5:27.37		SCR
--- Zimmer, Coral	15	Des Moines Swimming Federation-IA	5:05.65		SCR
--- Brauer, Anna	18	Cool Swim Team-MV	4:22.60		SCR
--- Gannon, Casey	17	Linn-Mar-IA	4:49.29		SCR
--- Schafer, Leah	15	Greater Des Moines YMCA-IA	NT		SCR
--- Frantum, Olivia	17	Central Iowa Aquatics-IA	4:23.78		SCR

Girls 15 & Over 800 LC Meter Freestyle**10:35.39 15&O IASI****11:38.99 15&O SIL**

Name	Age	Team	Seed Time	Finals Time	
1 Roghair, Jade	16	Iowa Flyers Swim Club-IA	9:21.90	9:22.15	IASI
31.76	1:06.64 (34.88)	1:41.82 (35.18)	2:17.27 (35.45)		
2:52.69 (35.42)	3:28.20 (35.51)	4:03.29 (35.09)	4:38.50 (35.21)		
5:13.60 (35.10)	5:48.91 (35.31)	6:23.93 (35.02)	6:59.50 (35.57)		
7:35.08 (35.58)	8:11.02 (35.94)	8:46.73 (35.71)	9:22.15 (35.42)		

2022 IA CIA BEAT THE HEAT - 6/24/2022 to 6/26/2022**Prairie Meadows Pool, Sanction #: IA-22-060****Wellmark YMCA * Des Moines, IA * 50 Meter Course****Results****(Girls 15 & Over 800 LC Meter Freestyle)**

	Name	Age	Team	Seed Time	Finals Time	
2	Weber, Lilly	18	Linn-Mar-IA	9:27.41	9:34.24	IASI
	32.10	1:07.30 (35.20)	1:36.87 (29.57)	2:18.94 (42.07)		
	2:54.96 (36.02)	3:31.46 (36.50)	4:07.60 (36.14)	4:43.99 (36.39)		
	5:20.26 (36.27)	5:56.92 (36.66)	6:33.34 (36.42)	7:09.93 (36.59)		
	7:46.24 (36.31)	8:22.89 (36.65)	8:58.83 (35.94)	9:34.24 (35.41)		
3	Gannon, Casey	17	Linn-Mar-IA	9:44.17	9:56.52	IASI
	32.79	1:09.07 (36.28)	1:46.07 (37.00)	2:23.99 (37.92)		
	3:01.69 (37.70)	3:39.79 (38.10)	4:17.77 (37.98)	4:56.01 (38.24)		
	5:33.96 (37.95)	6:11.85 (37.89)	6:49.60 (37.75)	7:27.31 (37.71)		
	8:04.95 (37.64)	8:42.60 (37.65)	9:20.00 (37.40)	9:56.52 (36.52)		
4	Schmidt, Mikala	16	Linn-Mar-IA	10:25.48	10:12.11	IASI
	34.13	1:12.44 (38.31)	1:50.90 (38.46)	2:29.95 (39.05)		
	3:08.12 (38.17)	3:46.84 (38.72)	4:24.98 (38.14)	5:03.88 (38.90)		
	5:42.05 (38.17)	6:20.90 (38.85)	6:59.51 (38.61)	7:38.41 (38.90)		
	8:16.99 (38.58)	8:55.67 (38.68)	9:34.15 (38.48)	10:12.11 (37.96)		
5	Schmidt, Emma	18	Cool Swim Team-MV	NT	10:13.77	IASI
	34.91	1:12.77 (37.86)	1:51.82 (39.05)	2:30.49 (38.67)		
	3:09.88 (39.39)	3:48.64 (38.76)	4:28.12 (39.48)	5:07.02 (38.90)		
	5:46.61 (39.59)	6:25.67 (39.06)	7:04.61 (38.94)	7:43.05 (38.44)		
	8:21.68 (38.63)	8:59.71 (38.03)	9:37.66 (37.95)	10:13.77 (36.11)		
6	Ford, Hannah	15	Davenport Metro Swim Team-IA	10:58.70	10:33.00	IASI
	32.76	1:14.11 (41.35)	1:52.54 (38.43)	2:34.39 (41.85)		
	3:14.67 (40.28)	3:55.58 (40.91)	4:35.70 (40.12)	5:16.12 (40.42)		
	5:56.12 (40.00)	6:36.45 (40.33)	7:16.74 (40.29)	7:56.99 (40.25)		
	8:36.89 (39.90)	9:16.43 (39.54)	9:55.79 (39.36)	10:33.00 (37.21)		
7	Bub, Cece	16	Sun Prairie Storm-WI	11:25.87	11:13.25	SIL
	36.53	1:18.92 (42.39)	2:01.08 (42.16)	2:44.08 (43.00)		
	3:26.94 (42.86)	4:10.15 (43.21)	4:53.26 (43.11)	5:36.90 (43.64)		
	6:20.21 (43.31)	7:03.11 (42.90)	7:46.28 (43.17)	8:28.85 (42.57)		
	9:11.18 (42.33)	9:52.64 (41.46)	10:33.66 (41.02)	11:13.25 (39.59)		
8	McDaniel, McKelvey	16	Kansas City Blue Wave Swim Tea-MV	11:59.39	11:53.35	
	37.43	1:21.15 (43.72)	2:05.30 (44.15)	2:50.16 (44.86)		
	3:35.51 (45.35)	4:21.32 (45.81)	5:07.06 (45.74)	5:53.68 (46.62)		
	6:38.63 (44.95)	7:25.04 (46.41)	8:10.22 (45.18)	8:56.03 (45.81)		
	9:40.82 (44.79)	10:26.21 (45.39)	11:10.84 (44.63)	11:53.35 (42.51)		
9	Wittstruck, Grace	15	Kohawk Aquatics-IA	11:50.79	13:04.62	
	42.12	1:29.62 (47.50)	2:18.13 (48.51)	3:07.56 (49.43)		
	3:56.33 (48.77)	4:46.79 (50.46)	5:35.89 (49.10)	6:26.95 (51.06)		
	7:16.46 (49.51)	8:07.48 (51.02)	8:57.11 (49.63)	9:48.11 (51.00)		
	10:37.22 (49.11)	11:27.88 (50.66)	12:16.52 (48.64)	13:04.62 (48.10)		
---	Brown, Abbi	16	Greater Des Moines YMCA-IA	10:36.23	SCR	
---	Spacek, Avery	17	Cool Swim Team-MV	10:25.96	SCR	

2022 IA CIA BEAT THE HEAT - 6/24/2022 to 6/26/2022

Prairie Meadows Pool, Sanction #: IA-22-060

Wellmark YMCA * Des Moines, IA * 50 Meter Course

Results

Girls 15 & Over 1500 LC Meter Freestyle

20:20.49 15&O IASI

22:22.59 15&O SIL

Name	Age	Team	Seed Time	Finals Time	
1 Judas, Taylor	16	Greater Des Moines YMCA-IA	17:55.83	18:07.64	IASI
33.37	1:10.60 (37.23)	1:46.77 (36.17)	2:23.58 (36.81)		
2:54.20 (30.62)	3:37.00 (42.80)	4:13.40 (36.40)	4:50.28 (36.88)		
5:26.84 (36.56)	6:03.67 (36.83)	6:40.06 (36.39)	7:16.98 (36.92)		
7:53.53 (36.55)	8:30.35 (36.82)	9:06.72 (36.37)	9:43.47 (36.75)		
10:19.94 (36.47)	10:56.23 (36.29)	11:32.72 (36.49)	12:09.19 (36.47)		
12:45.68 (36.49)	13:22.14 (36.46)	13:58.10 (35.96)	14:34.30 (36.20)		
15:10.12 (35.82)	15:46.54 (36.42)	16:22.34 (35.80)	16:57.99 (35.65)		
17:32.90 (34.91)	18:07.64 (34.74)				
2 Frantum, Faith	15	Central Iowa Aquatics-IA	19:53.69	18:10.79	IASI
27.10	1:08.93 (41.83)	1:43.07 (34.14)	2:22.06 (38.99)		
2:58.62 (36.56)	3:35.25 (36.63)	4:12.08 (36.83)	4:48.95 (36.87)		
5:25.76 (36.81)	6:02.71 (36.95)	6:39.68 (36.97)	7:16.43 (36.75)		
7:53.30 (36.87)	8:29.97 (36.67)	9:06.88 (36.91)	9:43.43 (36.55)		
10:19.97 (36.54)	10:56.72 (36.75)	11:32.97 (36.25)	12:09.29 (36.32)		
12:45.36 (36.07)	13:21.58 (36.22)	13:57.89 (36.31)	14:34.27 (36.38)		
15:10.40 (36.13)	15:46.79 (36.39)	16:22.89 (36.10)	16:58.99 (36.10)		
17:28.15 (29.16)	18:10.79 (42.64)				
3 Peck, Anja	16	Greater Des Moines YMCA-IA	18:33.71	19:13.31	IASI
35.28	1:13.63 (38.35)	1:52.42 (38.79)	2:30.84 (38.42)		
3:09.62 (38.78)	3:47.75 (38.13)	4:26.50 (38.75)	5:04.54 (38.04)		
5:43.30 (38.76)	6:21.71 (38.41)	7:00.36 (38.65)	7:38.37 (38.01)		
8:17.14 (38.77)	8:55.23 (38.09)	9:34.18 (38.95)	10:12.92 (38.74)		
10:51.57 (38.65)	11:30.21 (38.64)	12:09.26 (39.05)	12:47.99 (38.73)		
13:26.76 (38.77)	14:05.42 (38.66)	14:44.53 (39.11)	15:23.39 (38.86)		
16:01.99 (38.60)	16:40.62 (38.63)	17:19.41 (38.79)	17:57.74 (38.33)		
18:33.53 (35.79)	19:13.31 (39.78)				
4 Schmidt, Mikala	16	Linn-Mar-IA	19:50.95	19:30.58	IASI
35.42	1:13.78 (38.36)	1:53.47 (39.69)	2:32.30 (38.83)		
3:11.80 (39.50)	3:51.04 (39.24)	4:31.05 (40.01)	5:10.84 (39.79)		
5:50.78 (39.94)	6:30.69 (39.91)	7:09.33 (38.64)	7:48.38 (39.05)		
8:27.59 (39.21)	9:07.44 (39.85)	9:47.25 (39.81)	10:26.27 (39.02)		
11:05.60 (39.33)	11:44.61 (39.01)	12:23.77 (39.16)	13:02.94 (39.17)		
13:41.88 (38.94)	14:20.47 (38.59)	15:00.08 (39.61)	15:38.61 (38.53)		
16:17.83 (39.22)	16:56.61 (38.78)	17:35.90 (39.29)	18:14.33 (38.43)		
18:53.56 (39.23)	19:30.58 (37.02)				
5 McDevitt, Sophia	16	Des Moines Swimming Federation-IA	NT	19:53.94	IASI
35.44	1:14.30 (38.86)	1:54.45 (40.15)	2:34.53 (40.08)		
3:15.03 (40.50)	3:55.31 (40.28)	4:35.80 (40.49)	5:15.98 (40.18)		
5:56.27 (40.29)	6:36.12 (39.85)	7:16.61 (40.49)	7:56.96 (40.35)		
8:32.64 (35.68)	9:17.74 (45.10)	9:58.40 (40.66)	10:38.31 (39.91)		
11:18.47 (40.16)	11:58.54 (40.07)	12:38.58 (40.04)	13:18.20 (39.62)		
13:58.40 (40.20)	14:38.46 (40.06)	15:19.08 (40.62)	15:59.42 (40.34)		
16:39.60 (40.18)	17:19.89 (40.29)	17:59.65 (39.76)	18:38.72 (39.07)		
19:17.57 (38.85)	19:53.94 (36.37)				

2022 IA CIA BEAT THE HEAT - 6/24/2022 to 6/26/2022

Prairie Meadows Pool, Sanction #: IA-22-060

Wellmark YMCA * Des Moines, IA * 50 Meter Course

Results

(Girls 15 & Over 1500 LC Meter Freestyle)

Name	Age	Team	Seed Time	Finals Time	
6 Tjebkes, Kaelen	15	Iowa Flyers Swim Club-IA	20:26.55	20:19.34	IASI
34.49	1:12.63 (38.14)	1:52.16 (39.53)	2:32.24 (40.08)		
3:12.44 (40.20)	3:53.11 (40.67)	4:33.85 (40.74)	5:14.68 (40.83)		
5:55.39 (40.71)	6:36.72 (41.33)	7:17.81 (41.09)	7:59.42 (41.61)		
8:40.07 (40.65)	9:20.97 (40.90)	10:02.14 (41.17)	10:43.17 (41.03)		
11:24.57 (41.40)	12:06.00 (41.43)	12:47.52 (41.52)	13:29.19 (41.67)		
14:10.24 (41.05)	14:51.20 (40.96)	15:32.83 (41.63)	16:14.72 (41.89)		
16:55.95 (41.23)	17:37.71 (41.76)	18:18.09 (40.38)	18:59.30 (41.21)		
19:39.98 (40.68)	20:19.34 (39.36)				
7 Cerbin, Emy	15	Unattached Cia-IA	21:25.20	20:38.14	SIL
35.05	1:14.96 (39.91)	1:55.81 (40.85)	2:37.08 (41.27)		
3:18.05 (40.97)	3:59.25 (41.20)	4:40.60 (41.35)	5:22.22 (41.62)		
6:04.12 (41.90)	6:46.06 (41.94)	7:27.76 (41.70)	8:09.82 (42.06)		
8:50.73 (40.91)	9:32.66 (41.93)	10:14.14 (41.48)	10:56.32 (42.18)		
11:37.82 (41.50)	12:19.63 (41.81)	13:01.76 (42.13)	13:43.56 (41.80)		
14:25.01 (41.45)	15:06.51 (41.50)	15:47.59 (41.08)	16:28.72 (41.13)		
17:10.16 (41.44)	17:52.35 (42.19)	18:34.00 (41.65)	19:15.94 (41.94)		
19:57.21 (41.27)	20:38.14 (40.93)				
8 Schau, Lucy	15	Iowa Flyers Swim Club-IA	NT	21:04.95	SIL
35.45	1:15.56 (40.11)	1:55.76 (40.20)	2:37.17 (41.41)		
3:18.41 (41.24)	4:00.40 (41.99)	4:41.51 (41.11)	5:23.99 (42.48)		
6:05.69 (41.70)	6:48.61 (42.92)	7:30.92 (42.31)	8:13.75 (42.83)		
8:56.41 (42.66)	9:39.55 (43.14)	10:21.48 (41.93)	11:04.47 (42.99)		
11:46.47 (42.00)	12:29.48 (43.01)	13:12.18 (42.70)	13:55.76 (43.58)		
14:38.59 (42.83)	15:22.26 (43.67)	16:05.60 (43.34)	16:49.74 (44.14)		
17:33.34 (43.60)	18:17.32 (43.98)	19:01.15 (43.83)	19:44.06 (42.91)		
20:22.45 (38.39)	21:04.95 (42.50)				
9 Bird, Kate	15	Iowa Flyers Swim Club-IA	20:51.71	21:14.38	SIL
36.36	1:17.69 (41.33)	1:59.20 (41.51)	2:41.22 (42.02)		
3:22.65 (41.43)	4:04.81 (42.16)	4:46.58 (41.77)	5:29.12 (42.54)		
6:11.41 (42.29)	6:54.41 (43.00)	7:36.48 (42.07)	8:20.08 (43.60)		
9:02.64 (42.56)	9:45.13 (42.49)	10:28.28 (43.15)	11:10.92 (42.64)		
11:53.64 (42.72)	12:36.45 (42.81)	13:19.86 (43.41)	14:02.40 (42.54)		
14:46.08 (43.68)	15:29.29 (43.21)	16:12.44 (43.15)	16:56.23 (43.79)		
17:39.91 (43.68)	18:23.01 (43.10)	19:05.72 (42.71)	19:48.95 (43.23)		
20:32.11 (43.16)	21:14.38 (42.27)				
10 McDaniel, McKelvey	16	Kansas City Blue Wave Swim Tea-MV	22:19.82	21:47.49	SIL
36.36	1:18.28 (41.92)	2:00.79 (42.51)	2:44.34 (43.55)		
3:27.81 (43.47)	4:10.75 (42.94)	4:54.49 (43.74)	5:38.42 (43.93)		
6:23.16 (44.74)	7:07.88 (44.72)	7:52.33 (44.45)	8:36.35 (44.02)		
9:20.55 (44.20)	10:05.23 (44.68)	10:49.74 (44.51)	11:33.69 (43.95)		
12:17.78 (44.09)	13:01.13 (43.35)	13:44.51 (43.38)	14:28.59 (44.08)		
15:12.24 (43.65)	15:56.47 (44.23)	16:39.71 (43.24)	17:23.23 (43.52)		
18:07.00 (43.77)	18:50.98 (43.98)	19:35.26 (44.28)	20:19.99 (44.73)		
21:04.68 (44.69)	21:47.49 (42.81)				
--- Judas, Madison	18	Greater Des Moines YMCA-IA	17:59.32		NS
--- Frantum, Olivia	17	Central Iowa Aquatics-IA	17:30.38		NS
--- Schneider, Layla	15	Sun Prairie Storm-WI	21:15.87		SCR

Women 15 & Over 50 LC Meter Backstroke

Name	Age	Team	Seed Time	Finals Time
1 Rafferty, Payden	16	UnAtt - Greater Des Moines Ymc-IA	31.71	31.98
2 Cong, Brianna	15	Central Iowa Aquatics-IA	31.61	32.15

2022 IA CIA BEAT THE HEAT - 6/24/2022 to 6/26/2022**Prairie Meadows Pool, Sanction #: IA-22-060****Wellmark YMCA * Des Moines, IA * 50 Meter Course****Results****(Women 15 & Over 50 LC Meter Backstroke)**

	Name	Age	Team	Seed Time	Finals Time
3	Kimmel, Hayley	17	Linn-Mar-IA	31.71	32.46
4	Swalley, Olivia	16	Central Iowa Aquatics-IA	34.66	32.54
5	Frantum, Olivia	17	Central Iowa Aquatics-IA	32.84	33.85
6	Jacobs, Kira	15	Cool Swim Team-MV	38.16	33.90
7	Rolow, Rachel	16	Greater Des Moines YMCA-IA	32.79	33.91
8	Roghair, Jade	16	Iowa Flyers Swim Club-IA	35.01	34.03
9	Wandera, Athieno	15	Greater Des Moines YMCA-IA	33.69	34.08
10	Kemp, Nora	16	Central Iowa Aquatics-IA	36.71	34.36
11	Engels, Makenna	18	Greater Des Moines YMCA-IA	35.01	35.05
12	Zenobi, Lydia	15	Sun Prairie Storm-WI	34.88	35.26
13	Reese, Kolby	16	Iowa Flyers Swim Club-IA	37.77	35.29
14	Lindaman, Gracie	15	Greater Des Moines YMCA-IA	39.06	35.47
15	Trosper, Abby	17	Central Iowa Aquatics-IA	33.30	35.53
16	Raghwani, Mehal	15	Linn-Mar-IA	38.94	35.65
17	Li, Adeline	15	Central Iowa Aquatics-IA	34.39	36.07
18	Spacek, Avery	17	Cool Swim Team-MV	43.27	36.13
19	Weber, Lilly	18	Linn-Mar-IA	38.84	36.28
20	Gannon, Casey	17	Linn-Mar-IA	39.60	36.30
21	Frantum, Faith	15	Central Iowa Aquatics-IA	37.18	36.55
22	Bub, Cece	16	Sun Prairie Storm-WI	37.87	36.57
23	Henry, Molly	15	Kansas City Blue Wave Swim Tea-MV	35.83	36.68
*24	Diers, Laine	15	Sun Prairie Storm-WI	37.87	36.87
*24	Christensen, Kate	15	Unattached-IA	NT	36.87
26	Schneider, Layla	15	Sun Prairie Storm-WI	39.29	36.93
27	Gutierrez, Valerie	18	Davenport Metro Swim Team-IA	40.87	36.99
28	Bush, Macy	17	Cool Swim Team-MV	NT	37.44
29	McDaniel, McKelvey	16	Kansas City Blue Wave Swim Tea-MV	37.69	37.76
30	Gutierrez, Hollye	18	Davenport Metro Swim Team-IA	38.65	38.65
31	Griffin, Caroline	16	Cool Swim Team-MV	NT	39.38
32	Cerbin, Emy	15	Unattached Cia-IA	41.64	39.50
33	Enemark, Reagan	16	Cool Swim Team-MV	41.67	39.60
34	Hecker, Bailey	16	Davenport Metro Swim Team-IA	36.34	39.70
35	Kramer, Nina	15	Central Iowa Aquatics-IA	38.95	39.86
36	Drugg, Mia	15	Iowa Flyers Swim Club-IA	43.93	40.32
37	Bird, Kate	15	Iowa Flyers Swim Club-IA	44.47	41.07
38	Cortes, Juliana	17	Davenport Metro Swim Team-IA	NT	41.24
39	Miller, Saoirse	15	Iowa Flyers Swim Club-IA	NT	42.42
40	Koop, Megan	16	Sun Prairie Storm-WI	42.75	42.91
41	Reisdorf, Olivia	16	Dowling Catholic Riptide-IA	49.38	46.50
---	Carstensen, Maura	15	Iowa Flyers Swim Club-IA	36.54	NS
---	Martin, Scarlet	18	Iowa Flyers Swim Club-IA	30.71	NS
---	Hage, Willa	15	Central Iowa Aquatics-IA	33.56	NS
---	Chance, Charlotte	16	Dowling Catholic Riptide-IA	36.89	NS
---	Dobesh, Kya	15	Iowa Flyers Swim Club-IA	NT	NS
---	Schau, Lucy	15	Iowa Flyers Swim Club-IA	43.22	NS
---	Wilkins, Carlee	16	Iowa Flyers Swim Club-IA	32.02	NS
---	Valleroy, Lauren	15	Davenport Metro Swim Team-IA	55.07	SCR

2022 IA CIA BEAT THE HEAT - 6/24/2022 to 6/26/2022**Prairie Meadows Pool, Sanction #: IA-22-060****Wellmark YMCA * Des Moines, IA * 50 Meter Course****Results****Girls 15 & Over 100 LC Meter Backstroke****1:15.99 15&O IASI**

Name	Age	Team	Seed Time	Finals Time	
1 Rafferty, Payden	16	UnAtt - Greater Des Moines Ymc-IA	1:08.13	1:07.85	IASI
32.95				1:07.85 (34.90)	
2 Cong, Brianna	15	Central Iowa Aquatics-IA	1:07.03	1:09.09	IASI
33.03				1:09.09 (36.06)	
3 Roghair, Jade	16	Iowa Flyers Swim Club-IA	1:10.95	1:09.57	IASI
33.72				1:09.57 (35.85)	
4 Judas, Taylor	16	Greater Des Moines YMCA-IA	1:10.96	1:10.82	IASI
34.91				1:10.82 (35.91)	
5 Schwickerath, Evan	16	Greater Des Moines YMCA-IA	1:10.20	1:12.15	IASI
35.27				1:12.15 (36.88)	
6 Jacobs, Kira	15	Cool Swim Team-MV	1:12.56	1:12.44	IASI
35.18				1:12.44 (37.26)	
7 Spacek, Avery	17	Cool Swim Team-MV	1:19.49	1:13.80	IASI
35.61				1:13.80 (38.19)	
8 Kimmel, Hayley	17	Linn-Mar-IA	1:05.50	1:14.57	IASI
9 Wandera, Athieno	15	Greater Des Moines YMCA-IA	1:12.57	1:15.01	IASI
36.31				1:15.01 (38.70)	
10 Adams, Lilly	15	Iowa Flyers Swim Club-IA	1:10.13	1:15.13	IASI
36.51				1:15.13 (38.62)	
11 Henry, Molly	15	Kansas City Blue Wave Swim Tea-MV	1:15.82	1:15.27	IASI
36.88				1:15.27 (38.39)	
12 Bilskemper, Ave	15	Iowa Flyers Swim Club-IA	1:16.00	1:15.84	IASI
36.82				1:15.84 (39.02)	
13 Jenson, Greta	17	Des Moines Swimming Federation-IA	1:21.30	1:16.71	
37.86				1:16.71 (38.85)	
14 Raghvani, Mehal	15	Linn-Mar-IA	1:18.19	1:16.73	
37.34				1:16.73 (39.39)	
15 Habgood, Amelia	16	Greater Des Moines YMCA-IA	1:15.41	1:16.77	
37.49				1:16.77 (39.28)	
16 Schmidt, Mikala	16	Linn-Mar-IA	1:16.62	1:16.98	
37.64				1:16.98 (39.34)	
17 Lindaman, Gracie	15	Greater Des Moines YMCA-IA	1:17.53	1:17.28	
37.68				1:17.28 (39.60)	
18 Bub, Cece	16	Sun Prairie Storm-WI	1:18.87	1:17.56	
37.42				1:17.56 (40.14)	
19 McDevitt, Sophia	16	Des Moines Swimming Federation-IA	1:15.82	1:17.68	
37.42				1:17.68 (40.26)	
20 Engels, Makenna	18	Greater Des Moines YMCA-IA	1:14.94	1:17.70	
36.93				1:17.70 (40.77)	
21 Tecklenburg, Maia	15	Central Iowa Aquatics-IA	1:14.34	1:18.07	
37.97				1:18.07 (40.10)	
22 Gutierrez, Valerie	18	Davenport Metro Swim Team-IA	1:17.01	1:18.16	
37.07				1:18.16 (41.09)	
23 Baumann, Anne	18	Linn-Mar-IA	1:11.83	1:18.35	
37.33				1:18.35 (41.02)	
24 LaMark, Alla	17	Des Moines Swimming Federation-IA	1:20.45	1:18.40	
37.85				1:18.40 (40.55)	
25 Carstensen, Maura	15	Iowa Flyers Swim Club-IA	1:17.47	1:19.29	
37.98				1:19.29 (41.31)	

2022 IA CIA BEAT THE HEAT - 6/24/2022 to 6/26/2022**Prairie Meadows Pool, Sanction #: IA-22-060****Wellmark YMCA * Des Moines, IA * 50 Meter Course****Results****(Girls 15 & Over 100 LC Meter Backstroke)**

	Name	Age	Team	Seed Time	Finals Time
26	Tjebkes, Kaelen	15	Iowa Flyers Swim Club-IA	1:19.38	1:19.34
	39.50				1:19.34 (39.84)
*27	Schneider, Layla	15	Sun Prairie Storm-WI	1:23.26	1:20.22
	38.64				1:20.22 (41.58)
*27	Gutierrez, Hollye	18	Davenport Metro Swim Team-IA	1:19.20	1:20.22
	38.01				1:20.22 (42.21)
29	Ford, Hannah	15	Davenport Metro Swim Team-IA	1:22.28	1:20.35
	38.79				1:20.35 (41.56)
30	Capman, Kennedy	16	Rams Swim Club-IA	1:19.31	1:20.44
	38.90				1:20.44 (41.54)
31	Enemark, Reagan	16	Cool Swim Team-MV	1:28.57	1:21.11
	38.53				1:21.11 (42.58)
32	Smith, Kiley	15	Des Moines Swimming Federation-IA	1:21.27	1:21.38
	38.90				1:21.38 (42.48)
33	Diers, Laine	15	Sun Prairie Storm-WI	1:20.87	1:22.17
	38.74				1:22.17 (43.43)
34	Scott, Zoe	17	Iowa Flyers Swim Club-IA	1:23.78	1:23.35
	40.61				1:23.35 (42.74)
35	Hecker, Bailey	16	Davenport Metro Swim Team-IA	1:17.72	1:23.71
	41.19				1:23.71 (42.52)
36	Ellis, Madalyn	15	Des Moines Swimming Federation-IA	1:25.90	1:23.80
	40.36				1:23.80 (43.44)
37	McDaniel, McKelvey	16	Kansas City Blue Wave Swim Tea-MV	1:19.45	1:24.05
	40.18				1:24.05 (43.87)
38	Cracraft, Sydney	17	Greater Des Moines YMCA-IA	1:23.70	1:26.14
	41.34				1:26.14 (44.80)
39	Ewalt, Emma	15	Carroll Area Swim Team-IA	1:26.03	1:26.61
	42.84				1:26.61 (43.77)
40	Griffin, Caroline	16	Cool Swim Team-MV	1:30.19	1:27.19
	41.74				1:27.19 (45.45)
41	Loomis, Kennedy	15	Sun Prairie Storm-WI	1:27.35	1:28.02
	42.87				1:28.02 (45.15)
42	Dinkin, Cassidy	15	Greater Des Moines YMCA-IA	1:26.58	1:28.70
	43.58				1:28.70 (45.12)
43	Drugg, Mia	15	Iowa Flyers Swim Club-IA	1:29.56	1:28.96
	42.22				1:28.96 (46.74)
44	LaHood, Katie	15	Cool Swim Team-MV	NT	1:33.04
45	Dobesh, Kya	15	Iowa Flyers Swim Club-IA	1:34.21	1:37.82
46	Dose, Lydia	15	Carroll Area Swim Team-IA	1:41.25	1:38.23
47	Wittstruck, Grace	15	Kohawk Aquatics-IA	1:36.95	1:42.55
	48.88				1:42.55 (53.67)
---	Rolow, Rachel	16	Greater Des Moines YMCA-IA	1:09.51	NS
---	Frantum, Olivia	17	Central Iowa Aquatics-IA	1:05.36	NS
---	Chidister, Abbie	15	Iowa Flyers Swim Club-IA	1:15.56	NS
---	Wilkins, Carlee	16	Iowa Flyers Swim Club-IA	1:09.00	NS
---	Martin, Scarlet	18	Iowa Flyers Swim Club-IA	1:04.81	NS
---	Brown, Abbi	16	Greater Des Moines YMCA-IA	1:12.43	NS
---	Schafer, Leah	15	Greater Des Moines YMCA-IA	1:17.30	SCR
---	Nelson, Emily	17	Central Iowa Aquatics-IA	1:17.89	SCR

2022 IA CIA BEAT THE HEAT - 6/24/2022 to 6/26/2022**Prairie Meadows Pool, Sanction #: IA-22-060****Wellmark YMCA * Des Moines, IA * 50 Meter Course****Results****Girls 15 & Over 200 LC Meter Backstroke****2:46.89 15&O IASI****3:03.59 15&O SIL**

Name	Age	Team	Seed Time	Finals Time	
1 Frantum, Olivia	17	Central Iowa Aquatics-IA	2:20.18	2:28.04	IASI
34.89	1:12.15 (37.26)	1:50.16 (38.01)	2:28.04 (37.88)		
2 Judas, Taylor	16	Greater Des Moines YMCA-IA	2:26.60	2:29.06	IASI
35.37	1:13.07 (37.70)	1:51.33 (38.26)	2:29.06 (37.73)		
3 Roghair, Jade	16	Iowa Flyers Swim Club-IA	2:44.54	2:31.59	IASI
36.02	1:14.39 (38.37)	1:53.05 (38.66)	2:31.59 (38.54)		
4 Cong, Brianna	15	Central Iowa Aquatics-IA	2:25.79	2:32.46	IASI
33.92	1:11.76 (37.84)	1:51.48 (39.72)	2:32.46 (40.98)		
5 Swalley, Olivia	16	Central Iowa Aquatics-IA	2:41.67	2:32.54	IASI
36.60	1:15.09 (38.49)	1:54.15 (39.06)	2:32.54 (38.39)		
6 Reese, Kolby	16	Iowa Flyers Swim Club-IA	2:28.97	2:33.58	IASI
36.76	1:15.27 (38.51)	1:54.55 (39.28)	2:33.58 (39.03)		
7 Peck, Anja	16	Greater Des Moines YMCA-IA	NT	2:34.81	IASI
36.67	1:15.18 (38.51)	1:54.20 (39.02)	2:34.81 (40.61)		
8 Schwickerath, Evan	16	Greater Des Moines YMCA-IA	2:34.47	2:37.69	IASI
36.76	1:16.79 (40.03)	1:57.55 (40.76)	2:37.69 (40.14)		
9 Adams, Lilly	15	Iowa Flyers Swim Club-IA	2:31.03	2:38.80	IASI
37.37	1:16.97 (39.60)	1:57.94 (40.97)	2:38.80 (40.86)		
10 Spacek, Avery	17	Cool Swim Team-MV	2:43.60	2:39.53	IASI
36.51	1:17.04 (40.53)	1:58.49 (41.45)	2:39.53 (41.04)		
11 Schmidt, Mikala	16	Linn-Mar-IA	2:41.73	2:41.91	IASI
38.87	1:19.76 (40.89)	2:01.02 (41.26)	2:41.91 (40.89)		
12 Weber, Lilly	18	Linn-Mar-IA	2:37.80	2:44.40	IASI
38.12	1:19.26 (41.14)	2:01.70 (42.44)	2:44.40 (42.70)		
13 Jenson, Greta	17	Des Moines Swimming Federation-IA	2:58.17	2:44.46	IASI
39.09	1:21.52 (42.43)	2:04.12 (42.60)	2:44.46 (40.34)		
14 Gannon, Casey	17	Linn-Mar-IA	2:42.45	2:44.64	IASI
37.52	1:19.46 (41.94)	2:02.40 (42.94)	2:44.64 (42.24)		
15 Engels, Makenna	18	Greater Des Moines YMCA-IA	2:57.52	2:46.34	IASI
39.11	1:20.63 (41.52)	2:03.48 (42.85)	2:46.34 (42.86)		
16 LaMark, Alla	17	Des Moines Swimming Federation-IA	NT	2:46.58	IASI
39.62	1:22.14 (42.52)	2:05.65 (43.51)	2:46.58 (40.93)		
17 Raghvani, Mehal	15	Linn-Mar-IA	2:45.61	2:46.74	IASI
40.49	1:22.58 (42.09)	2:05.46 (42.88)	2:46.74 (41.28)		
18 Li, Adeline	15	Central Iowa Aquatics-IA	2:36.37	2:47.56	SIL
38.61	1:20.93 (42.32)	2:03.72 (42.79)	2:47.56 (43.84)		
19 Baumann, Anne	18	Linn-Mar-IA	2:29.53	2:48.49	SIL
40.13	1:23.00 (42.87)	2:06.58 (43.58)	2:48.49 (41.91)		
20 Tecklenburg, Maia	15	Central Iowa Aquatics-IA	2:46.34	2:48.67	SIL
39.35	1:22.06 (42.71)	2:05.74 (43.68)	2:48.67 (42.93)		
21 Scott, Zoe	17	Iowa Flyers Swim Club-IA	NT	2:48.75	SIL
40.37	1:23.29 (42.92)	2:06.03 (42.74)	2:48.75 (42.72)		
22 Carstensen, Maura	15	Iowa Flyers Swim Club-IA	2:48.94	2:48.77	SIL
40.08	1:22.40 (42.32)	2:05.65 (43.25)	2:48.77 (43.12)		
23 Bush, Macy	17	Cool Swim Team-MV	2:48.72	2:50.37	SIL
41.33	1:24.82 (43.49)	2:08.51 (43.69)	2:50.37 (41.86)		
24 Barton, Charlotte	15	Unattached Cool-MV	3:08.49	2:51.08	SIL
40.99	1:24.53 (43.54)	2:07.66 (43.13)	2:51.08 (43.42)		

2022 IA CIA BEAT THE HEAT - 6/24/2022 to 6/26/2022**Prairie Meadows Pool, Sanction #: IA-22-060****Wellmark YMCA * Des Moines, IA * 50 Meter Course****Results****(Girls 15 & Over 200 LC Meter Backstroke)**

Name	Age	Team	Seed Time	Finals Time	
25 Bub, Cece	16	Sun Prairie Storm-WI	2:48.87	2:51.31	SIL
39.83	1:23.86 (44.03)	2:07.96 (44.10)	2:51.31 (43.35)		
26 Gutierrez, Hollye	18	Davenport Metro Swim Team-IA	2:54.51	2:52.28	SIL
39.77	1:22.85 (43.08)	2:08.33 (45.48)	2:52.28 (43.95)		
27 Diers, Laine	15	Sun Prairie Storm-WI	3:02.87	2:52.78	SIL
41.27	1:27.05 (45.78)	2:09.76 (42.71)	2:52.78 (43.02)		
28 Schau, Lucy	15	Iowa Flyers Swim Club-IA	2:52.98	2:53.95	SIL
41.16	1:25.24 (44.08)	2:10.69 (45.45)	2:53.95 (43.26)		
29 Schneider, Layla	15	Sun Prairie Storm-WI	2:58.33	2:54.16	SIL
41.00	1:25.70 (44.70)	2:10.79 (45.09)	2:54.16 (43.37)		
30 Gutierrez, Valerie	18	Davenport Metro Swim Team-IA	3:00.79	2:56.38	SIL
40.35	1:24.56 (44.21)	2:10.81 (46.25)	2:56.38 (45.57)		
31 McDaniel, McKelvey	16	Kansas City Blue Wave Swim Tea-MV	2:50.17	2:57.45	SIL
40.93	1:27.29 (46.36)	2:13.25 (45.96)	2:57.45 (44.20)		
32 Bird, Kate	15	Iowa Flyers Swim Club-IA	3:02.27	3:01.67	SIL
42.97	1:29.28 (46.31)	2:15.64 (46.36)	3:01.67 (46.03)		
33 Griffin, Caroline	16	Cool Swim Team-MV	3:06.00	3:05.81	
42.61	1:30.40 (47.79)	2:17.53 (47.13)	3:05.81 (48.28)		
34 Koop, Megan	16	Sun Prairie Storm-WI	3:15.87	3:15.39	
45.49	1:35.36 (49.87)	2:25.66 (50.30)	3:15.39 (49.73)		
35 Loomis, Kennedy	15	Sun Prairie Storm-WI	3:12.46	3:21.09	
46.49	1:38.99 (52.50)	2:31.67 (52.68)	3:21.09 (49.42)		
36 Dobesh, Kya	15	Iowa Flyers Swim Club-IA	3:20.92	3:28.77	
49.43		2:37.39 ()	3:28.77 (51.38)		
--- Enemark, Reagan	16	Cool Swim Team-MV	3:00.39	DQ	
Delay initiating turn					
42.07	1:29.08 (47.01)	2:15.40 (46.32)	DQ (45.83)		
--- Wittstruck, Grace	15	Kohawk Aquatics-IA	3:16.91	NS	
--- Brown, Abbi	16	Greater Des Moines YMCA-IA	2:34.25	NS	
--- Rolow, Rachel	16	Greater Des Moines YMCA-IA	2:30.34	SCR	
--- Dinkin, Cassidy	15	Greater Des Moines YMCA-IA	3:19.38	SCR	
--- Hage, Willa	15	Central Iowa Aquatics-IA	2:46.06	SCR	
--- Martin, Scarlet	18	Iowa Flyers Swim Club-IA	2:23.27	SCR	
--- Doty, Elizabeth	15	Rams Swim Club-IA	2:52.52	SCR	
--- Zenobi, Lydia	15	Sun Prairie Storm-WI	2:41.89	SCR	
--- Wilkins, Carlee	16	Iowa Flyers Swim Club-IA	2:27.85	SCR	

Women 15 & Over 50 LC Meter Breaststroke

Name	Age	Team	Seed Time	Finals Time	
1 Swalley, Olivia	16	Central Iowa Aquatics-IA	33.02	34.67	
2 Kimmel, Hayley	17	Linn-Mar-IA	34.88	35.32	
3 Bush, Macy	17	Cool Swim Team-MV	36.32	36.43	
4 Jacobs, Mia	15	Cool Swim Team-MV	43.01	37.24	
5 Rafferty, Payden	16	UnAtt - Greater Des Moines Ymc-IA	37.33	37.63	
6 Cerbin, Emy	15	Unattached Cia-IA	35.93	38.05	
7 Gannon, Casey	17	Linn-Mar-IA	37.96	38.18	
8 Frantum, Faith	15	Central Iowa Aquatics-IA	40.43	38.91	
9 Li, Adeline	15	Central Iowa Aquatics-IA	38.37	39.00	
10 Roghair, Jade	16	Iowa Flyers Swim Club-IA	40.68	39.13	
*11 Miller, Saoirse	15	Iowa Flyers Swim Club-IA	41.09	40.14	
*11 Cortes, Juliana	17	Davenport Metro Swim Team-IA	NT	40.14	

2022 IA CIA BEAT THE HEAT - 6/24/2022 to 6/26/2022**Prairie Meadows Pool, Sanction #: IA-22-060****Wellmark YMCA * Des Moines, IA * 50 Meter Course****Results****(Women 15 & Over 50 LC Meter Breaststroke)**

Name	Age	Team	Seed Time	Finals Time
13 Brauer, Anna	18	Cool Swim Team-MV	41.34	40.26
14 Dahlen, Lily	16	Dowling Catholic Riptide-IA	42.92	40.31
15 LaHood, Katie	15	Cool Swim Team-MV	NT	40.33
16 Rolow, Rachel	16	Greater Des Moines YMCA-IA	44.31	40.65
17 Kemp, Nora	16	Central Iowa Aquatics-IA	41.90	41.01
18 Frantum, Olivia	17	Central Iowa Aquatics-IA	40.45	41.08
19 Matheson, Abby	16	Central Iowa Aquatics-IA	41.32	41.43
20 Schmidt, Emma	18	Cool Swim Team-MV	NT	41.82
21 Raghvani, Mehal	15	Linn-Mar-IA	47.07	42.36
22 Weber, Lilly	18	Linn-Mar-IA	41.43	42.41
23 Schneider, Layla	15	Sun Prairie Storm-WI	48.42	43.97
24 Gutierrez, Valerie	18	Davenport Metro Swim Team-IA	1:24.66	44.01
25 Bub, Cece	16	Sun Prairie Storm-WI	45.87	44.10
26 Drugg, Mia	15	Iowa Flyers Swim Club-IA	47.69	44.13
27 Henry, Molly	15	Kansas City Blue Wave Swim Tea-MV	48.03	44.60
*28 Zenobi, Lydia	15	Sun Prairie Storm-WI	46.95	44.91
*28 Wong, Carrie	15	Cool Swim Team-MV	46.96	44.91
30 McDaniel, McKelvey	16	Kansas City Blue Wave Swim Tea-MV	59.76	45.45
31 Gutierrez, Hollye	18	Davenport Metro Swim Team-IA	1:04.41	45.83
32 Barton, Charlotte	15	Unattached Cool-MV	NT	46.56
33 Reese, Kolby	16	Iowa Flyers Swim Club-IA	47.06	46.91
34 Enemark, Reagan	16	Cool Swim Team-MV	NT	47.13
35 Reisdorf, Olivia	16	Dowling Catholic Riptide-IA	46.66	47.23
36 Brown, Ella	15	Dowling Catholic Riptide-IA	45.95	47.28
37 Pospisil, Jessie	15	Linn-Mar-IA	53.37	47.33
38 Koop, Megan	16	Sun Prairie Storm-WI	47.54	47.96
39 Bird, Kate	15	Iowa Flyers Swim Club-IA	1:01.82	49.61
40 Dobesh, Kya	15	Iowa Flyers Swim Club-IA	NT	49.79
41 Hecker, Bailey	16	Davenport Metro Swim Team-IA	55.86	50.86
--- Diers, Laine	15	Sun Prairie Storm-WI	42.87	DQ
Two strokes under water				
--- Hage, Willa	15	Central Iowa Aquatics-IA	34.25	NS
--- McCrary, Sara	15	Greater Des Moines YMCA-IA	43.29	NS
--- Chance, Charlotte	16	Dowling Catholic Riptide-IA	44.13	NS
--- Schau, Lucy	15	Iowa Flyers Swim Club-IA	46.34	NS
--- Carstensen, Maura	15	Iowa Flyers Swim Club-IA	37.65	NS
--- Valleroy, Lauren	15	Davenport Metro Swim Team-IA	41.59	SCR

Girls 15 & Over 100 LC Meter Breaststroke**1:25.39 15&O IASI**

Name	Age	Team	Seed Time	Finals Time
1 Peck, Anja	16	Greater Des Moines YMCA-IA	1:15.68	1:17.63 IASI
36.52	1:17.63 (41.11)			
2 Hogenson, Dylan	16	Greater Des Moines YMCA-IA	1:19.87	1:18.65 IASI
36.82	1:18.65 (41.83)			
*3 Kimmel, Hayley	17	Linn-Mar-IA	1:13.73	1:19.68 IASI
36.61	1:19.68 (43.07)			
*3 Van Zee, Kate	15	Greater Des Moines YMCA-IA	1:19.17	1:19.68 IASI
36.97	1:19.68 (42.71)			

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Name	Age	Team	Seed Time	Finals Time	
5 Frantum, Olivia	17	Central Iowa Aquatics-IA	1:23.08	1:22.24	IASI
39.64	1:22.24 (42.60)				
6 Bush, Macy	17	Cool Swim Team-MV	1:20.78	1:22.71	IASI
38.82	1:22.71 (43.89)				
7 Jacobs, Mia	15	Cool Swim Team-MV	1:22.10	1:23.22	IASI
38.90	1:23.22 (44.32)				
8 Cerbin, Emy	15	Unattached Cia-IA	1:19.46	1:24.03	IASI
40.27	1:24.03 (43.76)				
9 Stalkfleet, Heidi	18	Iowa Flyers Swim Club-IA	1:27.09	1:24.07	IASI
39.38	1:24.07 (44.69)				
10 Sizemore, Emma	15	Greater Des Moines YMCA-IA	1:21.99	1:24.27	IASI
38.61	1:24.27 (45.66)				
11 Rafferty, Payden	16	UnAtt - Greater Des Moines Ymc-IA	1:29.74	1:24.35	IASI
39.10	1:24.35 (45.25)				
12 Roghair, Jade	16	Iowa Flyers Swim Club-IA	1:27.53	1:24.71	IASI
38.93	1:24.71 (45.78)				
13 Pavelski, Ruthie	16	Sun Prairie Storm-WI	1:23.72	1:24.78	IASI
40.27	1:24.78 (44.51)				
14 Li, Adeline	15	Central Iowa Aquatics-IA	1:19.10	1:25.04	IASI
40.35	1:25.04 (44.69)				
15 Jacobs, Kira	15	Cool Swim Team-MV	1:30.33	1:25.27	IASI
39.57	1:25.27 (45.70)				
16 Capman, Kennedy	16	Rams Swim Club-IA	1:22.20	1:25.48	
39.94	1:25.48 (45.54)				
17 Carstensen, Maura	15	Iowa Flyers Swim Club-IA	1:19.54	1:25.87	
40.20	1:25.87 (45.67)				
18 Brauer, Anna	18	Cool Swim Team-MV	1:23.93	1:26.24	
41.18	1:26.24 (45.06)				
19 Gannon, Casey	17	Linn-Mar-IA	1:21.63	1:26.41	
40.12	1:26.41 (46.29)				
20 Cortes, Juliana	17	Davenport Metro Swim Team-IA	1:36.72	1:28.48	
41.05	1:28.48 (47.43)				
21 Miller, Saoirse	15	Iowa Flyers Swim Club-IA	1:33.48	1:28.71	
42.16	1:28.71 (46.55)				
22 Frantum, Faith	15	Central Iowa Aquatics-IA	1:24.86	1:29.11	
42.30	1:29.11 (46.81)				
23 Henry, Jenna	16	Greater Des Moines YMCA-IA	1:24.54	1:29.12	
41.48	1:29.12 (47.64)				
24 LaHood, Katie	15	Cool Swim Team-MV	NT	1:29.16	
41.42	1:29.16 (47.74)				
25 Hance, Ellie	16	Iowa Flyers Swim Club-IA	1:25.70	1:29.78	
41.94	1:29.78 (47.84)				
26 Matheson, Abby	16	Central Iowa Aquatics-IA	1:27.75	1:30.06	
42.81	1:30.06 (47.25)				
27 Stainbrook, Haley	16	Uss Destroyers Swim Club-IA	1:29.75	1:31.59	
43.43	1:31.59 (48.16)				
28 Schau, Lucy	15	Iowa Flyers Swim Club-IA	1:32.71	1:32.13	
44.71	1:32.13 (47.42)				
29 Baumann, Anne	18	Linn-Mar-IA	1:27.50	1:32.56	
43.22	1:32.56 (49.34)				

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	Name	Age	Team	Seed Time	Finals Time
30	Schmidt, Emma	18	Cool Swim Team-MV	1:25.55	1:33.72
	43.34				1:33.72 (50.38)
31	Raghvani, Mehal	15	Linn-Mar-IA	1:37.35	1:33.80
	44.86				1:33.80 (48.94)
32	Neville, Olivia	16	Central Iowa Aquatics-IA	1:28.49	1:33.99
	43.34				1:33.99 (50.65)
33	Voynov, Lily	16	Des Moines Swimming Federation-IA	1:27.41	1:34.62
	43.55				1:34.62 (51.07)
34	Fertig, Jordan	15	Rams Swim Club-IA	1:31.61	1:35.04
	43.89				1:35.04 (51.15)
35	Henry, Molly	15	Kansas City Blue Wave Swim Tea-MV	NT	1:35.37
	44.48				1:35.37 (50.89)
36	Trosper, Abby	17	Central Iowa Aquatics-IA	1:35.47	1:35.66
	44.67				1:35.66 (50.99)
37	McCrary, Sara	15	Greater Des Moines YMCA-IA	1:39.99	1:35.72
	44.84				1:35.72 (50.88)
38	Schneider, Layla	15	Sun Prairie Storm-WI	1:44.87	1:35.94
	44.88				1:35.94 (51.06)
39	Cunningham, Lexie	15	Central Iowa Aquatics-IA	NT	1:36.35
	45.28				1:36.35 (51.07)
40	Fisher, Grace	16	Des Moines Swimming Federation-IA	1:31.72	1:37.89
	46.33				1:37.89 (51.56)
41	Diers, Laine	15	Sun Prairie Storm-WI	1:33.87	1:39.92
	45.17				1:39.92 (54.75)
42	McDaniel, McKelvey	16	Kansas City Blue Wave Swim Tea-MV	1:37.81	1:42.53
	47.24				1:42.53 (55.29)
43	Pospisil, Jessie	15	Linn-Mar-IA	1:56.47	1:42.97
	48.52				1:42.97 (54.45)
44	Enemark, Reagan	16	Cool Swim Team-MV	1:53.23	1:44.54
	47.26				1:44.54 (57.28)
45	Koop, Megan	16	Sun Prairie Storm-WI	1:46.87	1:47.26
	48.96				1:47.26 (58.30)
46	Dobesh, Kya	15	Iowa Flyers Swim Club-IA	1:48.76	1:49.53
	52.61				1:49.53 (56.92)
47	Loomis, Kennedy	15	Sun Prairie Storm-WI	1:53.71	1:51.10
	53.49				1:51.10 (57.61)
---	Rounds, Taylor	17	Central Iowa Aquatics-IA	1:29.57	NS
---	McDevitt, Sophia	16	Des Moines Swimming Federation-IA	1:30.42	SCR
---	Nelson, Emily	17	Central Iowa Aquatics-IA	1:27.02	SCR
---	Valleroy, Lauren	15	Davenport Metro Swim Team-IA	1:30.53	SCR
---	Hecker, Bailey	16	Davenport Metro Swim Team-IA	2:10.26	SCR
---	Dinkin, Cassidy	15	Greater Des Moines YMCA-IA	1:39.30	SCR

Girls 15 & Over 200 LC Meter Breaststroke**3:13.09 15&O IASI****3:32.49 15&O SIL**

	Name	Age	Team	Seed Time	Finals Time
1	Peck, Anja	16	Greater Des Moines YMCA-IA	2:46.28	2:49.47 IASI
	39.04				1:21.49 (42.45) 2:05.41 (43.92) 2:49.47 (44.06)
2	Van Zee, Kate	15	Greater Des Moines YMCA-IA	2:49.08	2:52.26 IASI
	38.10				1:21.88 (43.78) 2:07.71 (45.83) 2:52.26 (44.55)

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	Name	Age	Team	Seed Time	Finals Time	
3	Jacobs, Mia	15	Cool Swim Team-MV	2:53.10	2:53.20	IASI
	39.60	1:23.60 (44.00)	2:08.80 (45.20)	2:53.20 (44.40)		
4	Sizemore, Emma	15	Greater Des Moines YMCA-IA	2:59.03	2:58.17	IASI
	40.90	1:27.23 (46.33)	2:13.22 (45.99)	2:58.17 (44.95)		
5	Kimmel, Hayley	17	Linn-Mar-IA	2:39.29	2:58.55	IASI
	38.90	1:23.42 (44.52)	2:10.54 (47.12)	2:58.55 (48.01)		
6	Cerbin, Emy	15	Unattached Cia-IA	2:52.47	3:00.65	IASI
	41.68	1:26.58 (44.90)	2:14.40 (47.82)	3:00.65 (46.25)		
7	Jacobs, Kira	15	Cool Swim Team-MV	3:14.15	3:04.04	IASI
	40.83	1:27.85 (47.02)	2:15.60 (47.75)	3:04.04 (48.44)		
8	Brauer, Anna	18	Cool Swim Team-MV	2:57.39	3:04.92	IASI
	42.34	1:30.15 (47.81)	2:18.03 (47.88)	3:04.92 (46.89)		
9	Bush, Macy	17	Cool Swim Team-MV	3:01.61	3:05.55	IASI
	42.71	1:30.07 (47.36)	2:18.03 (47.96)	3:05.55 (47.52)		
10	Matheson, Abby	16	Central Iowa Aquatics-IA	3:12.10	3:09.16	IASI
	43.09	1:32.32 (49.23)	2:20.84 (48.52)	3:09.16 (48.32)		
11	McDevitt, Sophia	16	Des Moines Swimming Federation-IA	3:11.09	3:11.69	IASI
	44.28	1:32.44 (48.16)	2:22.57 (50.13)	3:11.69 (49.12)		
12	Miller, Saoirse	15	Iowa Flyers Swim Club-IA	3:24.76	3:13.12	SIL
	44.13	1:34.52 (50.39)	2:25.18 (50.66)	3:13.12 (47.94)		
13	Neville, Olivia	16	Central Iowa Aquatics-IA	3:23.69	3:16.47	SIL
	46.21	1:37.27 (51.06)	2:26.88 (49.61)	3:16.47 (49.59)		
14	Schau, Lucy	15	Iowa Flyers Swim Club-IA	3:15.80	3:16.86	SIL
	45.79	1:37.49 (51.70)	2:27.97 (50.48)	3:16.86 (48.89)		
15	LaHood, Katie	15	Cool Swim Team-MV	NT	3:23.25	SIL
	45.35	1:37.97 (52.62)	2:29.77 (51.80)	3:23.25 (53.48)		
16	Tjebkes, Kaelen	15	Iowa Flyers Swim Club-IA	3:29.21	3:30.96	SIL
	49.03	1:42.33 (53.30)	2:37.24 (54.91)	3:30.96 (53.72)		
17	Diers, Laine	15	Sun Prairie Storm-WI	NT	3:33.96	
	46.35	1:41.86 (55.51)	2:37.41 (55.55)	3:33.96 (56.55)		
18	Pospisil, Jessie	15	Linn-Mar-IA	3:43.23	3:36.28	
	49.93	1:44.70 (54.77)	2:42.34 (57.64)	3:36.28 (53.94)		
19	Koop, Megan	16	Sun Prairie Storm-WI	NT	3:45.59	
	51.08	1:50.00 (58.92)	2:47.62 (57.62)	3:45.59 (57.97)		
---	Hance, Ellie	16	Iowa Flyers Swim Club-IA	3:14.17		NS
---	Voynov, Lily	16	Des Moines Swimming Federation-IA	3:12.55		NS
---	Swalley, Olivia	16	Central Iowa Aquatics-IA	2:32.82		NS
---	Hage, Willa	15	Central Iowa Aquatics-IA	2:43.40		NS
---	Frantum, Olivia	17	Central Iowa Aquatics-IA	2:45.49		NS
---	Valleroy, Lauren	15	Davenport Metro Swim Team-IA	3:14.60		SCR

Women 15 & Over 50 LC Meter Butterfly

	Name	Age	Team	Seed Time	Finals Time
1	Cong, Brianna	15	Central Iowa Aquatics-IA	28.84	29.81
2	Rafferty, Payden	16	UnAtt - Greater Des Moines Ymc-IA	32.95	30.15
3	Kimmel, Hayley	17	Linn-Mar-IA	28.96	30.17
4	Swalley, Olivia	16	Central Iowa Aquatics-IA	30.48	30.35
5	Zenobi, Lydia	15	Sun Prairie Storm-WI	33.87	30.87
6	Kemp, Nora	16	Central Iowa Aquatics-IA	31.04	30.95
7	Jacobs, Mia	15	Cool Swim Team-MV	36.67	31.04
8	Jacobs, Kira	15	Cool Swim Team-MV	35.37	31.06

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Name	Age	Team	Seed Time	Finals Time
9 Roghair, Jade	16	Iowa Flyers Swim Club-IA	30.87	31.22
10 Li, Adeline	15	Central Iowa Aquatics-IA	30.27	31.54
11 Engels, Makenna	18	Greater Des Moines YMCA-IA	30.41	31.76
12 Frantum, Faith	15	Central Iowa Aquatics-IA	33.24	32.23
13 Gutierrez, Valerie	18	Davenport Metro Swim Team-IA	30.72	32.74
14 Gannon, Casey	17	Linn-Mar-IA	33.48	32.77
15 Wong, Carrie	15	Cool Swim Team-MV	34.21	32.82
16 Habgood, Amelia	16	Greater Des Moines YMCA-IA	39.38	32.89
17 Matheson, Abby	16	Central Iowa Aquatics-IA	31.79	33.04
18 Wandera, Athieno	15	Greater Des Moines YMCA-IA	32.37	33.11
19 Walker, Caroline	17	Greater Des Moines YMCA-IA	30.58	33.16
20 Henry, Molly	15	Kansas City Blue Wave Swim Tea-MV	31.24	33.20
21 Rolow, Rachel	16	Greater Des Moines YMCA-IA	32.68	33.25
22 Raghvani, Mehal	15	Linn-Mar-IA	33.28	33.38
23 Frantum, Olivia	17	Central Iowa Aquatics-IA	34.20	33.48
24 Schmidt, Emma	18	Cool Swim Team-MV	NT	33.62
25 Trosper, Abby	17	Central Iowa Aquatics-IA	33.25	33.75
26 Reese, Kolby	16	Iowa Flyers Swim Club-IA	33.41	34.10
27 Miller, Saoirse	15	Iowa Flyers Swim Club-IA	NT	34.35
28 Spacek, Avery	17	Cool Swim Team-MV	42.77	34.37
*29 Brown, Ella	15	Dowling Catholic Riptide-IA	33.63	34.46
*29 Schneider, Layla	15	Sun Prairie Storm-WI	38.16	34.46
31 Gutierrez, Hollye	18	Davenport Metro Swim Team-IA	33.87	34.96
32 Bub, Cece	16	Sun Prairie Storm-WI	36.87	35.31
33 Dahlen, Lily	16	Dowling Catholic Riptide-IA	37.32	35.37
34 Cerbin, Emy	15	Unattached Cia-IA	35.21	36.08
35 Diers, Laine	15	Sun Prairie Storm-WI	35.87	36.17
36 Cortes, Juliana	17	Davenport Metro Swim Team-IA	NT	36.22
37 Kramer, Nina	15	Central Iowa Aquatics-IA	36.06	36.32
38 Weber, Lilly	18	Linn-Mar-IA	37.03	36.41
39 McDaniel, McKelvey	16	Kansas City Blue Wave Swim Tea-MV	40.00	36.55
40 Griffin, Caroline	16	Cool Swim Team-MV	35.68	36.65
41 Christensen, Kate	15	Unattached-IA	NT	36.88
42 Barton, Charlotte	15	Unattached Cool-MV	NT	36.89
43 LaHood, Katie	15	Cool Swim Team-MV	NT	36.97
44 Hecker, Bailey	16	Davenport Metro Swim Team-IA	41.82	37.08
45 Koop, Megan	16	Sun Prairie Storm-WI	41.55	37.09
46 Brauer, Anna	18	Cool Swim Team-MV	41.31	37.11
47 Drugg, Mia	15	Iowa Flyers Swim Club-IA	38.29	38.21
48 Zimmer, Coral	15	Des Moines Swimming Federation-IA	38.59	38.99
49 Pospisil, Jessie	15	Linn-Mar-IA	40.10	39.63
50 Dobesh, Kya	15	Iowa Flyers Swim Club-IA	44.93	47.35
--- McCrary, Sara	15	Greater Des Moines YMCA-IA	35.74	NS
--- Hage, Willa	15	Central Iowa Aquatics-IA	31.22	NS
--- Chance, Charlotte	16	Dowling Catholic Riptide-IA	36.14	NS
--- Wilkins, Carlee	16	Iowa Flyers Swim Club-IA	31.02	NS
--- Carstensen, Maura	15	Iowa Flyers Swim Club-IA	31.99	NS
--- Martin, Scarlet	18	Iowa Flyers Swim Club-IA	27.44	NS
--- Valleroy, Lauren	15	Davenport Metro Swim Team-IA	32.30	SCR

2022 IA CIA BEAT THE HEAT - 6/24/2022 to 6/26/2022**Prairie Meadows Pool, Sanction #: IA-22-060****Wellmark YMCA * Des Moines, IA * 50 Meter Course****Results****Girls 15 & Over 100 LC Meter Butterfly****1:13.39 15&O IASI**

Name	Age	Team	Seed Time	Finals Time	
1 Kell, Mallory	16	Greater Des Moines YMCA-IA	1:04.71	1:06.38	IASI
31.83		1:06.38 (34.55)			
2 Cong, Brianna	15	Central Iowa Aquatics-IA	1:04.01	1:07.21	IASI
31.19		1:07.21 (36.02)			
3 Kemp, Nora	16	Central Iowa Aquatics-IA	1:08.92	1:07.93	IASI
31.89		1:07.93 (36.04)			
4 Pavelski, Ruthie	16	Sun Prairie Storm-WI	1:08.42	1:08.60	IASI
32.42		1:08.60 (36.18)			
5 Hogenson, Dylan	16	Greater Des Moines YMCA-IA	NT	1:09.81	IASI
32.44		1:09.81 (37.37)			
6 Frantum, Faith	15	Central Iowa Aquatics-IA	1:08.29	1:10.41	IASI
33.53		1:10.41 (36.88)			
7 Zenobi, Lydia	15	Sun Prairie Storm-WI	1:15.75	1:10.54	IASI
32.26		1:10.54 (38.28)			
8 Li, Adeline	15	Central Iowa Aquatics-IA	1:07.96	1:10.71	IASI
33.40		1:10.71 (37.31)			
9 Engels, Makenna	18	Greater Des Moines YMCA-IA	1:08.59	1:11.38	IASI
33.42		1:11.38 (37.96)			
10 Jacobs, Mia	15	Cool Swim Team-MV	1:12.61	1:12.34	IASI
33.52		1:12.34 (38.82)			
11 Wong, Carrie	15	Cool Swim Team-MV	1:13.63	1:12.57	IASI
33.20		1:12.57 (39.37)			
12 Huss, Anna	15	Des Moines Swimming Federation-IA	1:12.27	1:12.79	IASI
33.54		1:12.79 (39.25)			
13 Gannon, Casey	17	Linn-Mar-IA	1:12.83	1:14.46	
34.34		1:14.46 (40.12)			
14 Reese, Kolby	16	Iowa Flyers Swim Club-IA	1:15.09	1:14.58	
34.93		1:14.58 (39.65)			
15 Schmidt, Emma	18	Cool Swim Team-MV	NT	1:16.19	
35.16		1:16.19 (41.03)			
16 Matheson, Abby	16	Central Iowa Aquatics-IA	1:10.90	1:16.56	
35.77		1:16.56 (40.79)			
17 Carstensen, Maura	15	Iowa Flyers Swim Club-IA	1:11.98	1:16.99	
36.46		1:16.99 (40.53)			
18 Raghvani, Mehal	15	Linn-Mar-IA	1:18.38	1:17.23	
36.52		1:17.23 (40.71)			
19 Gutierrez, Valerie	18	Davenport Metro Swim Team-IA	1:12.54	1:17.33	
34.45		1:17.33 (42.88)			
20 Bilskemper, Ave	15	Iowa Flyers Swim Club-IA	1:18.54	1:17.76	
35.07		1:17.76 (42.69)			
21 Trosper, Abby	17	Central Iowa Aquatics-IA	1:16.68	1:18.15	
36.12		1:18.15 (42.03)			
22 Spacek, Avery	17	Cool Swim Team-MV	1:16.58	1:19.38	
35.72		1:19.38 (43.66)			
23 Gutierrez, Hollye	18	Davenport Metro Swim Team-IA	1:17.24	1:20.92	
35.71		1:20.92 (45.21)			
24 Loomis, Kennedy	15	Sun Prairie Storm-WI	1:24.99	1:23.91	
37.89		1:23.91 (46.02)			
25 Griffin, Caroline	16	Cool Swim Team-MV	1:20.55	1:26.22	
38.65		1:26.22 (47.57)			

2022 IA CIA BEAT THE HEAT - 6/24/2022 to 6/26/2022**Prairie Meadows Pool, Sanction #: IA-22-060****Wellmark YMCA * Des Moines, IA * 50 Meter Course****Results****(Girls 15 & Over 100 LC Meter Butterfly)**

	Name	Age	Team	Seed Time	Finals Time
26	Jenson, Greta	17	Des Moines Swimming Federation-IA	NT	1:27.28
	40.49			1:27.28 (46.79)	
27	LaHood, Katie	15	Cool Swim Team-MV	NT	1:27.36
	39.67			1:27.36 (47.69)	
28	Cortes, Juliana	17	Davenport Metro Swim Team-IA	1:27.54	1:28.32
	39.80			1:28.32 (48.52)	
29	Pospisil, Jessie	15	Linn-Mar-IA	1:33.27	1:29.99
	40.23			1:29.99 (49.76)	
30	Hecker, Bailey	16	Davenport Metro Swim Team-IA	1:30.50	1:30.38
	40.20			1:30.38 (50.18)	
31	Bush, Macy	17	Cool Swim Team-MV	1:27.04	1:32.76
	40.43			1:32.76 (52.33)	
32	Diers, Laine	15	Sun Prairie Storm-WI	1:29.87	1:33.81
	40.68			1:33.81 (53.13)	
---	Hance, Ellie	16	Iowa Flyers Swim Club-IA	1:09.99	NS
---	Dinkin, Cassidy	15	Greater Des Moines YMCA-IA	1:24.60	NS
---	Swalley, Olivia	16	Central Iowa Aquatics-IA	1:05.30	NS
---	Walker, Caroline	17	Greater Des Moines YMCA-IA	1:07.89	NS
---	Hage, Willa	15	Central Iowa Aquatics-IA	1:08.55	NS
---	Rolow, Rachel	16	Greater Des Moines YMCA-IA	1:18.50	NS
---	Henry, Molly	15	Kansas City Blue Wave Swim Tea-MV	1:08.11	NS
---	Chidister, Abbie	15	Iowa Flyers Swim Club-IA	1:21.89	NS
---	Baumann, Anne	18	Linn-Mar-IA	1:25.96	NS
---	Fertig, Jordan	15	Rams Swim Club-IA	1:24.20	NS
---	McCrary, Sara	15	Greater Des Moines YMCA-IA	1:17.61	NS
---	Wilkins, Carlee	16	Iowa Flyers Swim Club-IA	1:10.92	NS
---	Valleroy, Lauren	15	Davenport Metro Swim Team-IA	1:11.66	SCR

Girls 15 & Over 200 LC Meter Butterfly**2:48.09 15&O IASI****3:04.99 15&O SIL**

	Name	Age	Team	Seed Time	Finals Time	
1	Kell, Mallory	16	Greater Des Moines YMCA-IA	2:26.54	2:30.50	IASI
	32.32			1:09.13 (36.81)	1:47.43 (38.30)	2:30.50 (43.07)
2	Cong, Brianna	15	Central Iowa Aquatics-IA	2:33.38	2:33.92	IASI
	31.92			1:10.17 (38.25)	1:51.10 (40.93)	2:33.92 (42.82)
3	Swalley, Olivia	16	Central Iowa Aquatics-IA	2:48.88	2:33.97	IASI
	33.04			1:10.40 (37.36)	1:51.38 (40.98)	2:33.97 (42.59)
4	Frantum, Faith	15	Central Iowa Aquatics-IA	2:30.39	2:36.99	IASI
	34.64			1:15.22 (40.58)	1:56.27 (41.05)	2:36.99 (40.72)
5	Kemp, Nora	16	Central Iowa Aquatics-IA	2:48.90	2:39.27	IASI
	34.97			1:15.30 (40.33)	1:56.89 (41.59)	2:39.27 (42.38)
6	Jacobs, Kira	15	Cool Swim Team-MV	2:55.10	2:47.04	IASI
	35.36			1:17.10 (41.74)	2:02.13 (45.03)	2:47.04 (44.91)
7	Jacobs, Mia	15	Cool Swim Team-MV	2:49.38	2:47.14	IASI
	35.69			1:17.62 (41.93)	2:01.77 (44.15)	2:47.14 (45.37)
8	Engels, Makenna	18	Greater Des Moines YMCA-IA	2:46.48	2:47.95	IASI
	34.46			1:14.79 (40.33)	1:59.75 (44.96)	2:47.95 (48.20)
9	Zenobi, Lydia	15	Sun Prairie Storm-WI	3:01.74	2:52.53	SIL
	35.61			1:20.66 (45.05)	2:09.83 (49.17)	2:52.53 (42.70)

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	Name	Age	Team	Seed Time	Finals Time	
10	Wong, Carrie	15	Cool Swim Team-MV	NT	2:54.17	SIL
	36.06	1:19.83 (43.77)	2:06.84 (47.01)	2:54.17 (47.33)		
11	Spacek, Avery	17	Cool Swim Team-MV	NT	3:01.82	SIL
	39.81	1:26.45 (46.64)	2:14.95 (48.50)	3:01.82 (46.87)		
12	Neville, Olivia	16	Central Iowa Aquatics-IA	NT	3:03.22	SIL
	39.52	1:27.20 (47.68)	2:14.47 (47.27)	3:03.22 (48.75)		
13	Griffin, Caroline	16	Cool Swim Team-MV	NT	3:16.64	
	40.68	1:30.86 (50.18)	2:24.83 (53.97)	3:16.64 (51.81)		
14	Brauer, Anna	18	Cool Swim Team-MV	3:16.84	3:17.55	
	39.99	1:27.35 (47.36)	2:20.22 (52.87)	3:17.55 (57.33)		
15	LaHood, Katie	15	Cool Swim Team-MV	NT	3:18.39	
	44.72	1:36.12 (51.40)	2:29.18 (53.06)	3:18.39 (49.21)		
16	Pospisil, Jessie	15	Linn-Mar-IA	3:27.14	3:23.78	
	43.78	1:36.47 (52.69)	2:32.18 (55.71)	3:23.78 (51.60)		
---	Trosper, Abby	17	Central Iowa Aquatics-IA	NT		NS
---	Schmidt, Emma	18	Cool Swim Team-MV	NT		NS
---	McDaniel, McKelvey	16	Kansas City Blue Wave Swim Tea-MV	3:04.37		SCR
---	Hage, Willa	15	Central Iowa Aquatics-IA	2:39.23		SCR
---	Valleroy, Lauren	15	Davenport Metro Swim Team-IA	2:44.23		SCR

Girls 15 & Over 200 LC Meter IM**2:44.79 15&O IASI**

	Name	Age	Team	Seed Time	Finals Time	
1	Roghair, Jade	16	Iowa Flyers Swim Club-IA	2:29.86	2:29.74	IASI
	31.46	1:10.44 (38.98)	1:55.83 (45.39)	2:29.74 (33.91)		
2	Stalkfleet, Heidi	18	Iowa Flyers Swim Club-IA	2:26.68	2:30.79	IASI
	31.22	1:10.61 (39.39)	1:57.27 (46.66)	2:30.79 (33.52)		
3	Kemp, Nora	16	Central Iowa Aquatics-IA	2:24.25	2:31.94	IASI
	32.06	1:09.89 (37.83)	1:57.11 (47.22)	2:31.94 (34.83)		
4	Frantum, Faith	15	Central Iowa Aquatics-IA	2:28.03	2:32.47	IASI
	32.47	1:13.86 (41.39)	1:58.56 (44.70)	2:32.47 (33.91)		
5	Hogenson, Dylan	16	Greater Des Moines YMCA-IA	NT	2:34.51	IASI
	31.69	1:11.85 (40.16)	1:55.99 (44.14)	2:34.51 (38.52)		
6	Jacobs, Kira	15	Cool Swim Team-MV	2:33.73	2:35.41	IASI
	32.54	1:12.81 (40.27)	1:59.75 (46.94)	2:35.41 (35.66)		
7	Pavelski, Ruthie	16	Sun Prairie Storm-WI	2:33.53	2:36.61	IASI
	31.36	1:11.66 (40.30)	2:01.63 (49.97)	2:36.61 (34.98)		
8	Li, Adeline	15	Central Iowa Aquatics-IA	2:30.75	2:37.56	IASI
	32.24	1:14.78 (42.54)	2:00.55 (45.77)	2:37.56 (37.01)		
9	Van Zee, Kate	15	Greater Des Moines YMCA-IA	2:46.35	2:37.93	IASI
	33.93	1:16.31 (42.38)	2:00.98 (44.67)	2:37.93 (36.95)		
10	Adams, Lilly	15	Iowa Flyers Swim Club-IA	2:26.61	2:39.58	IASI
	34.18	1:15.61 (41.43)	2:02.60 (46.99)	2:39.58 (36.98)		
11	Gannon, Casey	17	Linn-Mar-IA	2:34.01	2:39.59	IASI
	33.95	1:15.36 (41.41)	2:01.97 (46.61)	2:39.59 (37.62)		
12	Bilskemper, Ave	15	Iowa Flyers Swim Club-IA	2:39.49	2:42.22	IASI
	35.02	1:16.55 (41.53)	2:03.93 (47.38)	2:42.22 (38.29)		
13	Zenobi, Lydia	15	Sun Prairie Storm-WI	2:53.95	2:42.44	IASI
	31.54	1:13.43 (41.89)	2:03.79 (50.36)	2:42.44 (38.65)		
14	Henry, Molly	15	Kansas City Blue Wave Swim Tea-MV	2:45.15	2:43.86	IASI
	31.75	1:12.61 (40.86)	2:04.31 (51.70)	2:43.86 (39.55)		

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	Name	Age	Team	Seed Time	Finals Time	
15	Schmidt, Emma	18	Cool Swim Team-MV	2:39.82	2:44.24	IASI
	35.95	1:19.52 (43.57)	2:07.27 (47.75)	2:44.24 (36.97)		
16	Raghvani, Mehal	15	Linn-Mar-IA	2:43.02	2:44.69	IASI
	35.12	1:16.23 (41.11)	2:05.67 (49.44)	2:44.69 (39.02)		
17	Baumann, Anne	18	Linn-Mar-IA	2:38.02	2:45.30	
	35.00	1:16.84 (41.84)	2:06.84 (50.00)	2:45.30 (38.46)		
18	Spacek, Avery	17	Cool Swim Team-MV	2:45.72	2:45.43	
	35.62	1:16.22 (40.60)	2:07.40 (51.18)	2:45.43 (38.03)		
19	LaMark, Alla	17	Des Moines Swimming Federation-IA	NT	2:46.01	
	34.17	1:16.07 (41.90)	2:06.28 (50.21)	2:46.01 (39.73)		
20	Henry, Jenna	16	Greater Des Moines YMCA-IA	2:47.42	2:46.43	
	36.46	1:21.66 (45.20)	2:09.16 (47.50)	2:46.43 (37.27)		
21	Wong, Carrie	15	Cool Swim Team-MV	2:47.55	2:46.82	
	33.60	1:20.03 (46.43)	2:10.06 (50.03)	2:46.82 (36.76)		
22	Weber, Lilly	18	Linn-Mar-IA	2:44.82	2:46.94	
	37.17	1:18.28 (41.11)	2:08.87 (50.59)	2:46.94 (38.07)		
23	Bush, Macy	17	Cool Swim Team-MV	2:46.81	2:46.95	
	39.70	1:23.36 (43.66)	2:08.78 (45.42)	2:46.95 (38.17)		
24	Matheson, Abby	16	Central Iowa Aquatics-IA	2:45.47	2:48.59	
	33.51	1:18.70 (45.19)	2:09.18 (50.48)	2:48.59 (39.41)		
25	Schneider, Layla	15	Sun Prairie Storm-WI	3:04.30	2:48.95	
	35.47	1:17.97 (42.50)	2:11.00 (53.03)	2:48.95 (37.95)		
26	Tecklenburg, Maia	15	Central Iowa Aquatics-IA	2:47.85	2:49.69	
	33.34	1:16.59 (43.25)	2:09.98 (53.39)	2:49.69 (39.71)		
27	Capman, Kennedy	16	Rams Swim Club-IA	2:45.83	2:49.86	
	37.88	1:20.88 (43.00)	2:08.90 (48.02)	2:49.86 (40.96)		
28	Cerbin, Emy	15	Unattached Cia-IA	2:41.89	2:49.95	
	36.68	1:23.75 (47.07)	2:10.03 (46.28)	2:49.95 (39.92)		
29	Gutierrez, Valerie	18	Davenport Metro Swim Team-IA	2:46.34	2:50.28	
	34.28	1:16.89 (42.61)	2:10.88 (53.99)	2:50.28 (39.40)		
30	Scott, Zoe	17	Iowa Flyers Swim Club-IA	2:46.31	2:50.86	
	36.22	1:21.18 (44.96)	2:11.14 (49.96)	2:50.86 (39.72)		
31	Neville, Olivia	16	Central Iowa Aquatics-IA	2:52.31	2:50.87	
	37.56	1:24.45 (46.89)	2:12.82 (48.37)	2:50.87 (38.05)		
32	Trosper, Abby	17	Central Iowa Aquatics-IA	2:41.88	2:51.33	
	35.42	1:16.65 (41.23)	2:12.10 (55.45)	2:51.33 (39.23)		
33	Hance, Ellie	16	Iowa Flyers Swim Club-IA	2:35.12	2:52.19	
	36.18	1:19.80 (43.62)	2:11.16 (51.36)	2:52.19 (41.03)		
34	Tjebkes, Kaelen	15	Iowa Flyers Swim Club-IA	2:51.69	2:52.58	
	37.39	1:20.36 (42.97)	2:13.89 (53.53)	2:52.58 (38.69)		
35	Schau, Lucy	15	Iowa Flyers Swim Club-IA	2:50.58	2:53.08	
	37.20	1:22.48 (45.28)	2:15.67 (53.19)	2:53.08 (37.41)		
36	Bub, Cece	16	Sun Prairie Storm-WI	2:55.87	2:56.59	
	35.82	1:19.79 (43.97)	2:16.50 (56.71)	2:56.59 (40.09)		
37	Barton, Charlotte	15	Unattached Cool-MV	3:05.57	2:56.64	
	39.12	1:24.21 (45.09)	2:18.77 (54.56)	2:56.64 (37.87)		
38	Miller, Saoirse	15	Iowa Flyers Swim Club-IA	3:06.24	2:58.13	
	38.16	1:28.62 (50.46)	2:18.82 (50.20)	2:58.13 (39.31)		
39	Brauer, Anna	18	Cool Swim Team-MV	2:50.61	2:58.81	
		1:26.41 ()	2:58.81 (1:32.40)			

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Name	Age	Team	Seed Time	Finals Time
40 McDaniel, McKelvey	16	Kansas City Blue Wave Swim Tea-MV	2:55.72	3:00.59
37.47	1:24.01 (46.54)	2:21.48 (57.47)	3:00.59 (39.11)	
41 Kramer, Nina	15	Central Iowa Aquatics-IA	2:58.17	3:01.55
38.03	1:24.39 (46.36)	2:20.37 (55.98)	3:01.55 (41.18)	
42 Loomis, Kennedy	15	Sun Prairie Storm-WI	3:09.62	3:02.46
35.46	1:23.66 (48.20)	2:20.93 (57.27)	3:02.46 (41.53)	
43 Ewalt, Emma	15	Carroll Area Swim Team-IA	3:08.96	3:02.55
36.74	1:24.10 (47.36)	2:23.21 (59.11)	3:02.55 (39.34)	
44 LaHood, Katie	15	Cool Swim Team-MV	NT	3:04.71
38.48	1:30.83 (52.35)	2:20.35 (49.52)	3:04.71 (44.36)	
45 Enemark, Reagan	16	Cool Swim Team-MV	3:05.50	3:04.83
38.27	1:25.15 (46.88)	2:22.62 (57.47)	3:04.83 (42.21)	
46 Dinkin, Cassidy	15	Greater Des Moines YMCA-IA	2:59.93	3:05.64
39.03	1:25.68 (46.65)	2:22.65 (56.97)	3:05.64 (42.99)	
47 Koop, Megan	16	Sun Prairie Storm-WI	3:10.87	3:07.82
38.83	1:30.42 (51.59)	2:25.64 (55.22)	3:07.82 (42.18)	
48 Pospisil, Jessie	15	Linn-Mar-IA	3:12.99	3:09.29
40.99	1:30.41 (49.42)	2:27.17 (56.76)	3:09.29 (42.12)	
49 Drugg, Mia	15	Iowa Flyers Swim Club-IA	3:16.57	3:14.06
	1:33.70 ()	2:31.64 (57.94)	3:14.06 (42.42)	
50 Dobesh, Kya	15	Iowa Flyers Swim Club-IA	3:23.09	3:22.30
48.39	1:41.31 (52.92)	2:39.71 (58.40)	3:22.30 (42.59)	
--- Rolow, Rachel	16	Greater Des Moines YMCA-IA	2:36.27	NS
--- Swalley, Olivia	16	Central Iowa Aquatics-IA	2:17.11	NS
--- Hage, Willa	15	Central Iowa Aquatics-IA	2:25.87	NS
--- Martin, Scarlet	18	Iowa Flyers Swim Club-IA	2:24.94	NS
--- Fertig, Jordan	15	Rams Swim Club-IA	2:53.11	NS
--- Frantum, Olivia	17	Central Iowa Aquatics-IA	2:26.32	NS
--- Valleroy, Lauren	15	Davenport Metro Swim Team-IA	2:51.43	SCR
--- Nelson, Emily	17	Central Iowa Aquatics-IA	2:52.47	SCR

Girls 15 & Over 400 LC Meter IM

5:49.69 15&O IASI

6:24.69 15&O SIL

Name	Age	Team	Seed Time	Finals Time
1 Frantum, Olivia	17	Central Iowa Aquatics-IA	5:07.08	5:16.50 IASI
33.31	1:11.81 (38.50)	1:50.85 (39.04)	2:30.34 (39.49)	
3:15.74 (45.40)	4:03.26 (47.52)	4:40.28 (37.02)	5:16.50 (36.22)	
2 Roghair, Jade	16	Iowa Flyers Swim Club-IA	5:20.32	5:19.58 IASI
33.07	1:11.05 (37.98)	1:51.27 (40.22)	2:31.49 (40.22)	
3:18.95 (47.46)	4:08.32 (49.37)	4:43.65 (35.33)	5:19.58 (35.93)	
3 Frantum, Faith	15	Central Iowa Aquatics-IA	5:10.00	5:22.47 IASI
33.84	1:12.33 (38.49)	1:56.48 (44.15)	2:38.97 (42.49)	
3:24.74 (45.77)	4:11.63 (46.89)	4:47.56 (35.93)	5:22.47 (34.91)	
4 Kemp, Nora	16	Central Iowa Aquatics-IA	5:09.26	5:23.78 IASI
33.05	1:11.94 (38.89)	1:52.45 (40.51)	2:31.80 (39.35)	
3:21.06 (49.26)	4:11.46 (50.40)	4:47.96 (36.50)	5:23.78 (35.82)	
5 Jacobs, Kira	15	Cool Swim Team-MV	5:36.43	5:27.30 IASI
33.88	1:13.83 (39.95)	1:56.20 (42.37)	2:37.44 (41.24)	
3:24.28 (46.84)	4:13.27 (48.99)	4:50.74 (37.47)	5:27.30 (36.56)	

2022 IA CIA BEAT THE HEAT - 6/24/2022 to 6/26/2022**Prairie Meadows Pool, Sanction #: IA-22-060****Wellmark YMCA * Des Moines, IA * 50 Meter Course****Results****(Girls 15 & Over 400 LC Meter IM)**

	Name	Age	Team	Seed Time	Finals Time	
6	Jacobs, Mia	15	Cool Swim Team-MV	5:29.85	5:27.79	IASI
	34.86	1:16.62 (41.76)	1:58.53 (41.91)	2:40.52 (41.99)		
	3:26.69 (46.17)	4:13.30 (46.61)	4:51.09 (37.79)	5:27.79 (36.70)		
7	Li, Adeline	15	Central Iowa Aquatics-IA	5:21.99	5:28.20	IASI
	33.56	1:12.78 (39.22)	1:56.74 (43.96)	2:41.47 (44.73)		
	3:26.96 (45.49)	4:14.57 (47.61)	4:52.51 (37.94)	5:28.20 (35.69)		
8	Reese, Kolby	16	Iowa Flyers Swim Club-IA	5:30.54	5:31.79	IASI
	35.08	1:15.32 (40.24)	1:55.46 (40.14)	2:35.77 (40.31)		
	3:26.57 (50.80)	4:19.05 (52.48)	4:55.58 (36.53)	5:31.79 (36.21)		
9	Pavelski, Ruthie	16	Sun Prairie Storm-WI	5:56.33	5:40.85	IASI
	33.51	1:12.45 (38.94)	1:59.02 (46.57)	2:41.36 (42.34)		
	3:33.85 (52.49)	4:25.70 (51.85)	5:04.49 (38.79)	5:40.85 (36.36)		
10	Henry, Molly	15	Kansas City Blue Wave Swim Tea-MV	5:45.87	5:48.71	IASI
	34.68	1:14.46 (39.78)	1:57.77 (43.31)	2:40.73 (42.96)		
	3:33.44 (52.71)	4:28.05 (54.61)	5:09.76 (41.71)	5:48.71 (38.95)		
11	Spacek, Avery	17	Cool Swim Team-MV	5:44.75	5:51.51	SIL
	36.31	1:21.10 (44.79)	2:04.19 (43.09)	2:46.54 (42.35)		
	3:39.14 (52.60)	4:32.94 (53.80)	5:12.87 (39.93)	5:51.51 (38.64)		
12	Zenobi, Lydia	15	Sun Prairie Storm-WI	6:22.14	5:51.64	SIL
	32.19	1:12.76 (40.57)	1:59.28 (46.52)	2:42.55 (43.27)		
	3:36.11 (53.56)	4:30.62 (54.51)	5:11.84 (41.22)	5:51.64 (39.80)		
13	Wong, Carrie	15	Cool Swim Team-MV	NT	5:58.02	SIL
	33.90	1:14.96 (41.06)	2:04.17 (49.21)	2:52.92 (48.75)		
	3:43.82 (50.90)	4:38.23 (54.41)	5:18.49 (40.26)	5:58.02 (39.53)		
14	Neville, Olivia	16	Central Iowa Aquatics-IA	NT	6:00.66	SIL
	39.33	1:25.96 (46.63)	2:12.33 (46.37)	2:59.59 (47.26)		
	3:50.30 (50.71)	4:42.64 (52.34)	5:21.91 (39.27)	6:00.66 (38.75)		
15	Raghwani, Mehal	15	Linn-Mar-IA	6:00.35	6:04.46	SIL
	37.18	1:21.41 (44.23)	2:05.83 (44.42)	2:51.23 (45.40)		
	3:44.74 (53.51)	4:40.31 (55.57)	5:22.51 (42.20)	6:04.46 (41.95)		
16	Schneider, Layla	15	Sun Prairie Storm-WI	6:03.09	6:04.48	SIL
	35.34	1:18.34 (43.00)	2:05.05 (46.71)	2:51.93 (46.88)		
	3:47.53 (55.60)	4:44.79 (57.26)	5:25.47 (40.68)	6:04.48 (39.01)		
17	Bush, Macy	17	Cool Swim Team-MV	NT	6:06.36	SIL
	40.60	1:33.04 (52.44)	2:19.61 (46.57)	3:06.63 (47.02)		
	3:55.40 (48.77)	4:46.62 (51.22)	5:27.77 (41.15)	6:06.36 (38.59)		
18	Capman, Kennedy	16	Rams Swim Club-IA	5:52.72	6:06.58	SIL
	38.53	1:25.54 (47.01)	2:12.60 (47.06)	2:59.38 (46.78)		
	3:48.85 (49.47)	4:38.38 (49.53)	5:23.16 (44.78)	6:06.58 (43.42)		
19	Tjebkes, Kaelen	15	Iowa Flyers Swim Club-IA	6:03.14	6:06.67	SIL
	38.74	1:26.89 (48.15)	2:11.09 (44.20)	2:57.34 (46.25)		
	3:50.92 (53.58)	4:47.07 (56.15)	5:26.40 (39.33)	6:06.67 (40.27)		
20	Hance, Ellie	16	Iowa Flyers Swim Club-IA	5:40.46	6:15.99	SIL
	37.80	1:25.94 (48.14)	2:11.97 (46.03)	2:58.98 (47.01)		
	3:51.59 (52.61)	4:47.80 (56.21)	5:32.51 (44.71)	6:15.99 (43.48)		
21	Brauer, Anna	18	Cool Swim Team-MV	6:12.11	6:16.09	SIL
	38.29	1:28.05 (49.76)	2:18.64 (50.59)	3:08.20 (49.56)		
	3:58.30 (50.10)	4:49.70 (51.40)	5:34.24 (44.54)	6:16.09 (41.85)		
22	Barton, Charlotte	15	Unattached Cool-MV	6:43.71	6:20.29	SIL
	42.07	1:32.51 (50.44)	2:20.98 (48.47)	3:08.98 (48.00)		
	4:04.69 (55.71)	5:01.87 (57.18)	5:41.64 (39.77)	6:20.29 (38.65)		

2022 IA CIA BEAT THE HEAT - 6/24/2022 to 6/26/2022**Prairie Meadows Pool, Sanction #: IA-22-060****Wellmark YMCA * Des Moines, IA * 50 Meter Course****Results****(Girls 15 & Over 400 LC Meter IM)**

Name	Age	Team	Seed Time	Finals Time
23 Bub, Cece	16	Sun Prairie Storm-WI	6:25.87	6:26.12
			38.07 1:26.66 (48.59) 2:16.84 (50.18) 3:04.09 (47.25)	
			4:02.58 (58.49) 5:00.81 (58.23) 5:45.68 (44.87) 6:26.12 (40.44)	
24 Pospisil, Jessie	15	Linn-Mar-IA	6:52.06	6:39.71
			41.24 1:33.00 (51.76) 2:23.71 (50.71) 3:15.48 (51.77)	
			4:12.20 (56.72) 5:11.36 (59.16) 5:55.92 (44.56) 6:39.71 (43.79)	
--- LaHood, Katie	15	Cool Swim Team-MV	NT	DQ
		Multiple strokes - back		
			42.19 1:33.63 (51.44) 2:26.99 (53.36) 3:18.84 (51.85)	
			4:11.29 (52.45) 5:02.20 (50.91) 5:49.42 (47.22) DQ (42.33)	
--- Rolow, Rachel	16	Greater Des Moines YMCA-IA	5:33.11	SCR
--- Matheson, Abby	16	Central Iowa Aquatics-IA	5:55.62	SCR

Boys 8 & Under 50 LC Meter Freestyle**33.49 8&U AAA****41.59 8&U IASI**

Name	Age	Team	Seed Time	Finals Time
1 Steven, Adrian	8	Central Iowa Aquatics-IA	37.43	38.17 IASI
2 Gerke, Markus	8	Iowa City Eels-IA	43.86	44.36
3 Johnston, Kamden	8	Greater Des Moines YMCA-IA	45.48	49.61
4 Thompson, Liam	8	Uss Destroyers Swim Club-IA	51.71	50.73
5 Weiland, Graham	8	Central Iowa Aquatics-IA	54.63	56.75
6 Wittnebel, Greg	7	Linn-Mar-IA	1:04.04	56.99
7 Naylor, Jackson	8	Central Iowa Aquatics-IA	NT	57.30
8 Bylander, Finn	7	Greater Des Moines YMCA-IA	NT	1:05.14
--- Steven, Tatum	6	Central Iowa Aquatics-IA	1:17.85	NS

Boys 8 & Under 50 LC Meter Freestyle**33.49 8&U AAA****41.59 8&U IASI**

Name	Age	Team	Seed Time	Finals Time
1 Steven, Adrian	8	Central Iowa Aquatics-IA	37.43	37.49 IASI
2 Fausch, Zach	8	Central Iowa Aquatics-IA	47.99	45.40
3 Landon, Mason	7	Iowa Flyers Swim Club-IA	50.57	48.67
4 Thompson, Liam	8	Uss Destroyers Swim Club-IA	51.71	49.42
5 Viteri, Sebastian	8	Rams Swim Club-IA	NT	59.47
6 Wittnebel, Greg	7	Linn-Mar-IA	1:04.04	1:03.25
7 Naylor, Jackson	8	Central Iowa Aquatics-IA	NT	1:04.68
8 Steven, Tatum	6	Central Iowa Aquatics-IA	1:17.85	1:20.11

Boys 8 & Under 100 LC Meter Freestyle**1:13.69 8&U AAA****1:30.19 8&U IASI**

Name	Age	Team	Seed Time	Finals Time
1 Steven, Adrian	8	Central Iowa Aquatics-IA	1:22.85	1:22.33 IASI
			39.09 1:22.33 (43.24)	
2 Gerke, Markus	8	Iowa City Eels-IA	1:44.66	1:38.21
			44.92 1:38.21 (53.29)	
3 Weiland, Graham	8	Central Iowa Aquatics-IA	1:53.57	2:08.56
4 Wittnebel, Greg	7	Linn-Mar-IA	2:25.25	2:17.37
5 Naylor, Jackson	8	Central Iowa Aquatics-IA	NT	2:19.24

2022 IA CIA BEAT THE HEAT - 6/24/2022 to 6/26/2022**Prairie Meadows Pool, Sanction #: IA-22-060****Wellmark YMCA * Des Moines, IA * 50 Meter Course****Results****Boys 8 & Under 200 LC Meter Freestyle****2:38.09 8&U AAA****3:12.09 8&U IASI**

Name	Age	Team	Seed Time	Finals Time	
1 Steven, Adrian	8	Central Iowa Aquatics-IA	2:59.10	2:56.76	IASI
	40.16	1:25.65 (45.49)	2:11.45 (45.80)	2:56.76 (45.31)	
2 Johnston, Kamden	8	Greater Des Moines YMCA-IA	NT	3:49.73	
	49.51	1:49.21 (59.70)	2:48.19 (58.98)	3:49.73 (1:01.54)	

Boys 8 & Under 400 LC Meter Freestyle**5:36.29 8&U AAA****6:44.49 8&U IASI****8:05.59 8&U SIL**

Name	Age	Team	Seed Time	Finals Time	
1 Steven, Adrian	8	Central Iowa Aquatics-IA	6:27.13	6:16.93	IASI
	42.69	1:30.00 (47.31)	2:18.82 (48.82)	3:06.97 (48.15)	
	3:56.04 (49.07)	4:43.12 (47.08)	5:31.33 (48.21)	6:16.93 (45.60)	

Boys 8 & Under 50 LC Meter Backstroke**39.99 8&U AAA****52.29 8&U IASI**

Name	Age	Team	Seed Time	Finals Time	
1 Steven, Adrian	8	Central Iowa Aquatics-IA	44.57	46.57	IASI
2 Gerke, Markus	8	Iowa City Eels-IA	57.43	53.88	
3 Johnston, Kamden	8	Greater Des Moines YMCA-IA	55.63	59.57	
4 Naylor, Jackson	8	Central Iowa Aquatics-IA	NT	1:02.49	
5 Wittnebel, Greg	7	Linn-Mar-IA	1:18.18	1:10.22	
6 Weiland, Graham	8	Central Iowa Aquatics-IA	1:05.71	1:27.06	
7 Steven, Tatum	6	Central Iowa Aquatics-IA	1:36.84	1:49.03	

Boys 8 & Under 50 LC Meter Backstroke**39.99 8&U AAA****52.29 8&U IASI**

Name	Age	Team	Seed Time	Finals Time	
1 Steven, Adrian	8	Central Iowa Aquatics-IA	44.57	45.40	IASI
2 Landon, Mason	7	Iowa Flyers Swim Club-IA	55.09	57.15	
3 Fausch, Zach	8	Central Iowa Aquatics-IA	1:06.36	58.19	
4 Naylor, Jackson	8	Central Iowa Aquatics-IA	NT	1:01.00	
5 Thompson, Liam	8	Uss Destroyers Swim Club-IA	59.82	1:01.40	
6 Viteri, Sebastian	8	Rams Swim Club-IA	NT	1:01.85	
--- Wittnebel, Greg	7	Linn-Mar-IA	1:18.18	DQ	
		Shoulders past vertical toward breast			
--- Steven, Tatum	6	Central Iowa Aquatics-IA	1:36.84	DQ	
		Shoulders past vertical toward breast			

Boys 8 & Under 100 LC Meter Backstroke**1:25.39 8&U AAA****1:43.09 8&U IASI**

Name	Age	Team	Seed Time	Finals Time	
1 Steven, Adrian	8	Central Iowa Aquatics-IA	1:34.37	1:35.02	IASI
	46.09	1:35.02 (48.93)			

2022 IA CIA BEAT THE HEAT - 6/24/2022 to 6/26/2022

Prairie Meadows Pool, Sanction #: IA-22-060

Wellmark YMCA * Des Moines, IA * 50 Meter Course

Results

(Boys 8 & Under 100 LC Meter Backstroke)

Name	Age	Team	Seed Time	Finals Time
2 Gerke, Markus 57.36 1:58.80 (1:01.44)	8	Iowa City Eels-IA	2:00.29	1:58.80
3 Johnston, Kamden 57.17 2:00.00 (1:02.83)	8	Greater Des Moines YMCA-IA	1:53.38	2:00.00
4 Bylander, Finn 1:14.36 2:24.23 (1:09.87)	7	Greater Des Moines YMCA-IA	NT	2:24.23

Boys 8 & Under 50 LC Meter Breaststroke

44.09 8&U AAA

56.49 8&U IASI

Name	Age	Team	Seed Time	Finals Time
1 Steven, Adrian	8	Central Iowa Aquatics-IA	55.64	58.36
2 Fausch, Zach	8	Central Iowa Aquatics-IA	1:03.96	59.47
3 Landon, Mason	7	Iowa Flyers Swim Club-IA	1:12.30	1:11.73
4 Thompson, Liam	8	Uss Destroyers Swim Club-IA	1:32.11	1:19.33
5 Naylor, Jackson	8	Central Iowa Aquatics-IA	NT	1:19.64
--- Steven, Tatum One hand touch	6	Central Iowa Aquatics-IA	NT	DQ
--- Wittnebel, Greg Alternating Kick	7	Linn-Mar-IA	1:27.27	DQ

Boys 8 & Under 50 LC Meter Breaststroke

44.09 8&U AAA

56.49 8&U IASI

Name	Age	Team	Seed Time	Finals Time
1 Weiland, Graham	8	Central Iowa Aquatics-IA	1:12.98	1:11.82
2 Gerke, Markus	8	Iowa City Eels-IA	1:21.50	1:15.76
3 Naylor, Jackson	8	Central Iowa Aquatics-IA	NT	1:18.46
4 Thompson, Liam	8	Uss Destroyers Swim Club-IA	1:32.11	1:21.16
--- Steven, Tatum	6	Central Iowa Aquatics-IA	NT	NS

Boys 8 & Under 100 LC Meter Breaststroke

1:36.79 8&U AAA

1:55.99 8&U IASI

Name	Age	Team	Seed Time	Finals Time
1 Weiland, Graham 1:11.96 2:26.00 (1:14.04)	8	Central Iowa Aquatics-IA	2:18.78	2:26.00

Boys 8 & Under 50 LC Meter Butterfly

36.99 8&U AAA

48.89 8&U IASI

Name	Age	Team	Seed Time	Finals Time
1 Steven, Adrian	8	Central Iowa Aquatics-IA	42.59	45.56 IASI
2 Landon, Mason	7	Iowa Flyers Swim Club-IA	1:09.92	1:08.73
--- Steven, Tatum Arms underwater recovery	6	Central Iowa Aquatics-IA	NT	DQ
--- Wittnebel, Greg Arms underwater recovery	7	Linn-Mar-IA	1:21.21	DQ

2022 IA CIA BEAT THE HEAT - 6/24/2022 to 6/26/2022**Prairie Meadows Pool, Sanction #: IA-22-060****Wellmark YMCA * Des Moines, IA * 50 Meter Course****Results****Boys 8 & Under 50 LC Meter Butterfly**

36.99 8&U AAA

48.89 8&U IASI

Name	Age	Team	Seed Time	Finals Time	
1 Steven, Adrian	8	Central Iowa Aquatics-IA	42.59	45.45	IASI
2 Gerke, Markus	8	Iowa City Eels-IA	NT	57.21	

Boys 8 & Under 200 LC Meter IM

3:01.69 8&U AAA

3:40.79 8&U IASI

Name	Age	Team	Seed Time	Finals Time	
1 Steven, Adrian	8	Central Iowa Aquatics-IA	3:31.06	3:36.37	IASI
	46.92	1:40.90 (53.98)	2:49.65 (1:08.75)	3:36.37 (46.72)	

Boys 9-10 50 LC Meter Freestyle

33.49 9-10 AAA

41.59 9-10 IASI

Name	Age	Team	Seed Time	Finals Time	
1 An, Linrui	10	Iowa Flyers Swim Club-IA	31.93	31.94	AAA
2 Qualley, Parker	9	Greater Des Moines YMCA-IA	35.95	36.02	IASI
3 Weis, Bradyn	10	Linn-Mar-IA	50.73	36.83	IASI
4 Wittmayer, Matthew	10	Central Iowa Aquatics-IA	35.98	36.95	IASI
5 Cwiertny, Nate	9	Iowa Flyers Swim Club-IA	37.33	37.62	IASI
6 Rychnovsky, Beckum	9	Des Moines Swimming Federation-IA	40.91	38.76	IASI
7 McGhee, Sully	10	Des Moines Swimming Federation-IA	39.57	39.07	IASI
8 McKibbin, Louis	9	Des Moines Swimming Federation-IA	40.32	39.76	IASI
9 Deardorff, Renaud	9	Des Moines Swimming Federation-IA	41.04	40.73	IASI
10 Staiert, Easton	9	Des Moines Swimming Federation-IA	40.33	41.00	IASI
11 Keenan, Jude	10	Central Iowa Aquatics-IA	42.49	41.55	IASI
12 Pellett, Colton	10	Greater Des Moines YMCA-IA	41.73	41.67	
13 Smith, Harry	9	Des Moines Swimming Federation-IA	41.95	43.02	
14 Hergenreter, Luke	10	Greater Des Moines YMCA-IA	41.08	43.16	
15 Adam, Brenden	9	Davenport Metro Swim Team-IA	46.15	43.51	
16 Peterson, Logan	10	Davenport Metro Swim Team-IA	49.53	43.74	
17 Zenobi, Owen	9	Sun Prairie Storm-WI	42.34	44.42	
18 Scott, Henry	10	Iowa Flyers Swim Club-IA	50.14	44.74	
19 Cook, Hudson	9	Davenport Metro Swim Team-IA	48.17	46.40	
20 Spradling, Tyler	10	Central Iowa Aquatics-IA	NT	58.27	
21 Davidson, Liam	10	Central Iowa Aquatics-IA	1:22.28	1:02.92	

Boys 9-10 50 LC Meter Freestyle

33.49 9-10 AAA

41.59 9-10 IASI

Name	Age	Team	Seed Time	Finals Time	
1 An, Linrui	10	Iowa Flyers Swim Club-IA	31.93	31.76	AAA
2 Jeffries, Max	10	Central Iowa Aquatics-IA	34.28	34.30	IASI
3 Wittmayer, Matthew	10	Central Iowa Aquatics-IA	35.98	34.99	IASI
4 Estapa, Theo	10	Iowa Flyers Swim Club-IA	39.01	37.31	IASI
5 Cwiertny, Nate	9	Iowa Flyers Swim Club-IA	37.33	38.28	IASI
6 Gagov, Alex	10	Central Iowa Aquatics-IA	39.88	38.89	IASI
7 Staiert, Easton	9	Des Moines Swimming Federation-IA	40.33	41.03	IASI
8 McGhee, Sully	10	Des Moines Swimming Federation-IA	39.57	41.75	

2022 IA CIA BEAT THE HEAT - 6/24/2022 to 6/26/2022**Prairie Meadows Pool, Sanction #: IA-22-060****Wellmark YMCA * Des Moines, IA * 50 Meter Course****Results****(Boys 9-10 50 LC Meter Freestyle)**

	Name	Age	Team	Seed Time	Finals Time
9	Otis, Bennett	9	Des Moines Swimming Federation-IA	40.83	41.98
10	Smith, Harry	9	Des Moines Swimming Federation-IA	41.95	42.29
11	Zenobi, Owen	9	Sun Prairie Storm-WI	42.34	42.97
12	Adam, Brenden	9	Davenport Metro Swim Team-IA	46.15	43.34
13	Cook, Hudson	9	Davenport Metro Swim Team-IA	48.17	43.62
14	Peterson, Logan	10	Davenport Metro Swim Team-IA	49.53	44.51
15	Price, Nate	10	Rams Swim Club-IA	NT	46.52
16	Inthalangsy, Lennon	10	Central Iowa Aquatics-IA	NT	47.71
17	Slama, Mason	9	Central Iowa Aquatics-IA	47.53	48.42
18	Davidson, Liam	10	Central Iowa Aquatics-IA	1:22.28	58.65
---	Deardorff, Renaud	9	Des Moines Swimming Federation-IA	41.04	NS

Boys 9-10 100 LC Meter Freestyle**1:13.69 9-10 AAA****1:30.19 9-10 IASI**

	Name	Age	Team	Seed Time	Finals Time	
1	An, Linrui	10	Iowa Flyers Swim Club-IA	1:09.58	1:10.16	AAA
	34.24		1:10.16 (35.92)			
2	Jeffryes, Max	10	Central Iowa Aquatics-IA	1:15.02	1:14.49	IASI
	36.35		1:14.49 (38.14)			
3	Wittmayer, Matthew	10	Central Iowa Aquatics-IA	1:21.70	1:24.13	IASI
	39.20		1:24.13 (44.93)			
4	Weis, Bradyn	10	Linn-Mar-IA	1:24.86	1:25.35	IASI
	39.63		1:25.35 (45.72)			
5	Estapa, Theo	10	Iowa Flyers Swim Club-IA	1:27.58	1:26.96	IASI
	40.02		1:26.96 (46.94)			
6	Rychnovsky, Beckum	9	Des Moines Swimming Federation-IA	1:26.14	1:28.80	IASI
	43.03		1:28.80 (45.77)			
7	Deardorff, Renaud	9	Des Moines Swimming Federation-IA	1:32.52	1:29.07	IASI
	42.53		1:29.07 (46.54)			
8	Cwiertny, Nate	9	Iowa Flyers Swim Club-IA	1:25.16	1:29.11	IASI
	42.95		1:29.11 (46.16)			
9	Sikora, Owen	10	Rams Swim Club-IA	1:44.32	1:30.57	
	43.74		1:30.57 (46.83)			
10	McGhee, Sully	10	Des Moines Swimming Federation-IA	1:29.22	1:30.68	
11	Otis, Bennett	9	Des Moines Swimming Federation-IA	1:29.65	1:32.24	
	46.19		1:32.24 (46.05)			
12	Staiert, Easton	9	Des Moines Swimming Federation-IA	1:34.20	1:33.73	
	43.54		1:33.73 (50.19)			
13	McKibbin, Louis	9	Des Moines Swimming Federation-IA	1:31.76	1:34.69	
	45.69		1:34.69 (49.00)			
14	Smith, Harry	9	Des Moines Swimming Federation-IA	1:30.36	1:37.51	
	47.37		1:37.51 (50.14)			
15	Pellett, Colton	10	Greater Des Moines YMCA-IA	1:36.65	1:38.25	
	46.00		1:38.25 (52.25)			
16	Keenan, Jude	10	Central Iowa Aquatics-IA	1:39.65	1:38.39	
	46.86		1:38.39 (51.53)			
17	Adam, Brenden	9	Davenport Metro Swim Team-IA	1:40.85	1:39.97	
	47.62		1:39.97 (52.35)			
18	Zenobi, Owen	9	Sun Prairie Storm-WI	2:00.87	1:42.65	
	49.91		1:42.65 (52.74)			

2022 IA CIA BEAT THE HEAT - 6/24/2022 to 6/26/2022**Prairie Meadows Pool, Sanction #: IA-22-060****Wellmark YMCA * Des Moines, IA * 50 Meter Course****Results****(Boys 9-10 100 LC Meter Freestyle)**

Name	Age	Team	Seed Time	Finals Time
19 Peterson, Logan	10	Davenport Metro Swim Team-IA	1:54.47	1:44.49
49.21	1:44.49 (55.28)			
20 Scott, Henry	10	Iowa Flyers Swim Club-IA	2:21.53	1:45.41
50.55	1:45.41 (54.86)			
21 Cook, Hudson	9	Davenport Metro Swim Team-IA	1:52.02	1:49.81
51.10	1:49.81 (58.71)			
--- Qualley, Parker	9	Greater Des Moines YMCA-IA	1:23.77	NS

Boys 9-10 200 LC Meter Freestyle**2:38.09 9-10 AAA****3:12.09 9-10 IASI**

Name	Age	Team	Seed Time	Finals Time
1 An, Linrui	10	Iowa Flyers Swim Club-IA	2:28.71	2:32.25 AAA
35.45	1:15.20 (39.75)	1:55.46 (40.26)	2:32.25 (36.79)	
2 Jeffryes, Max	10	Central Iowa Aquatics-IA	2:37.99	2:39.94 IASI
35.51	1:17.11 (41.60)	1:59.71 (42.60)	2:39.94 (40.23)	
3 Weis, Bradyn	10	Linn-Mar-IA	3:15.15	2:49.39 IASI
38.65	1:23.59 (44.94)	2:08.06 (44.47)	2:49.39 (41.33)	
4 Rychnovsky, Beckum	9	Des Moines Swimming Federation-IA	3:19.97	3:09.65 IASI
42.72	1:31.99 (49.27)	2:21.23 (49.24)	3:09.65 (48.42)	
5 Cwiertny, Nate	9	Iowa Flyers Swim Club-IA	3:13.83	3:11.72 IASI
42.95	1:32.12 (49.17)	2:23.28 (51.16)	3:11.72 (48.44)	
6 Otis, Bennett	9	Des Moines Swimming Federation-IA	3:10.04	3:13.72
44.51	1:35.04 (50.53)	2:25.45 (50.41)	3:13.72 (48.27)	
7 Deardorff, Renaud	9	Des Moines Swimming Federation-IA	NT	3:13.98
43.77	1:35.50 (51.73)	2:26.13 (50.63)	3:13.98 (47.85)	
8 Smith, Harry	9	Des Moines Swimming Federation-IA	3:14.16	3:15.19
46.31	1:40.20 (53.89)	2:29.31 (49.11)	3:15.19 (45.88)	
9 Gagov, Alex	10	Central Iowa Aquatics-IA	3:11.02	3:15.58
44.53	1:37.85 (53.32)	2:30.88 (53.03)	3:15.58 (44.70)	
10 Cook, Hudson	9	Davenport Metro Swim Team-IA	NT	3:39.65
50.24	1:47.66 (57.42)	2:46.70 (59.04)	3:39.65 (52.95)	

Boys 9-10 400 LC Meter Freestyle**5:36.29 9-10 AAA****6:44.49 9-10 IASI****8:05.59 9-10 SIL**

Name	Age	Team	Seed Time	Finals Time
1 Jeffryes, Max	10	Central Iowa Aquatics-IA	5:30.09	5:36.67 IASI
37.28	1:19.36 (42.08)	2:03.27 (43.91)	2:45.56 (42.29)	
3:27.84 (42.28)	4:10.87 (43.03)	4:54.63 (43.76)	5:36.67 (42.04)	
2 Weis, Bradyn	10	Linn-Mar-IA	6:58.58	6:05.76 IASI
40.44	1:27.68 (47.24)	2:13.04 (45.36)	2:59.75 (46.71)	
3:45.86 (46.11)	4:32.55 (46.69)	5:20.73 (48.18)	6:05.76 (45.03)	
3 Otis, Bennett	9	Des Moines Swimming Federation-IA	NT	6:30.64 IASI
44.81	1:34.94 (50.13)	2:25.40 (50.46)	3:15.29 (49.89)	
4:05.48 (50.19)	4:56.74 (51.26)	5:45.19 (48.45)	6:30.64 (45.45)	
4 Deardorff, Renaud	9	Des Moines Swimming Federation-IA	6:58.12	6:31.84 IASI
41.97	1:32.62 (50.65)	2:23.88 (51.26)	3:14.55 (50.67)	
4:05.23 (50.68)	4:56.19 (50.96)	5:44.59 (48.40)	6:31.84 (47.25)	

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Name	Age	Team	Seed Time	Finals Time	
5 Rychnovsky, Beckum	9	Des Moines Swimming Federation-IA	6:41.35	6:34.52	IASI
			44.52 1:34.91 (50.39) 2:26.18 (51.27) 3:16.88 (50.70)		
			4:08.43 (51.55) 4:59.01 (50.58) 5:48.80 (49.79) 6:34.52 (45.72)		
6 Cwiertny, Nate	9	Iowa Flyers Swim Club-IA	6:36.14	6:40.09	IASI
			43.60 1:34.58 (50.98) 3:19.25 ()		
			4:09.85 (50.60) 5:02.38 (52.53) 5:53.07 (50.69) 6:40.09 (47.02)		
7 Smith, Harry	9	Des Moines Swimming Federation-IA	6:41.80	6:50.96	SIL
			47.38 1:41.13 (53.75) 2:34.98 (53.85) 3:26.27 (51.29)		
			4:19.13 (52.86) 5:11.60 (52.47) 6:02.09 (50.49) 6:50.96 (48.87)		
8 Gagov, Alex	10	Central Iowa Aquatics-IA	7:13.09	6:55.75	SIL
			45.18 1:38.47 (53.29) 2:32.91 (54.44) 3:27.14 (54.23)		
			4:20.96 (53.82) 5:15.96 (55.00) 6:08.97 (53.01) 6:55.75 (46.78)		
9 Qualley, Parker	9	Greater Des Moines YMCA-IA	NT	6:56.84	SIL
			45.72 1:37.93 (52.21) 2:33.14 (55.21) 3:28.29 (55.15)		
			4:22.77 (54.48) 5:16.99 (54.22) 6:10.06 (53.07) 6:56.84 (46.78)		

Boys 9-10 50 LC Meter Backstroke**39.99 9-10 AAA****52.29 9-10 IASI**

Name	Age	Team	Seed Time	Finals Time	
1 Cook, Hudson	9	Davenport Metro Swim Team-IA	NT	51.12	IASI
			51.12 ()		

Boys 9-10 50 LC Meter Backstroke**39.99 9-10 AAA****52.29 9-10 IASI**

Name	Age	Team	Seed Time	Finals Time	
1 An, Linrui	10	Iowa Flyers Swim Club-IA	37.31	37.25	AAA
2 Wittmayer, Matthew	10	Central Iowa Aquatics-IA	40.57	39.24	AAA
3 Jeffryes, Max	10	Central Iowa Aquatics-IA	42.13	42.34	IASI
4 Cwiertny, Nate	9	Iowa Flyers Swim Club-IA	46.40	46.97	IASI
5 Estapa, Theo	10	Iowa Flyers Swim Club-IA	46.11	47.61	IASI
6 Zenobi, Owen	9	Sun Prairie Storm-WI	51.82	49.46	IASI
7 Staiert, Easton	9	Des Moines Swimming Federation-IA	48.17	49.48	IASI
8 Otis, Bennett	9	Des Moines Swimming Federation-IA	49.62	50.08	IASI
9 Peterson, Logan	10	Davenport Metro Swim Team-IA	56.61	50.61	IASI
10 Cook, Hudson	9	Davenport Metro Swim Team-IA	53.71	53.15	
11 Smith, Harry	9	Des Moines Swimming Federation-IA	50.04	53.70	
12 McGhee, Sully	10	Des Moines Swimming Federation-IA	49.49	54.20	
13 Adam, Brenden	9	Davenport Metro Swim Team-IA	54.45	54.56	
14 Price, Nate	10	Rams Swim Club-IA	NT	56.44	
15 Inthalangsy, Lennon	10	Central Iowa Aquatics-IA	1:01.20	57.16	
16 Slama, Mason	9	Central Iowa Aquatics-IA	1:03.01	1:01.43	
17 Davidson, Liam	10	Central Iowa Aquatics-IA	1:11.72	1:10.41	

Boys 9-10 50 LC Meter Backstroke**39.99 9-10 AAA****52.29 9-10 IASI**

Name	Age	Team	Seed Time	Finals Time	
1 Wittmayer, Matthew	10	Central Iowa Aquatics-IA	40.57	39.75	AAA
2 Jeffryes, Max	10	Central Iowa Aquatics-IA	42.13	42.75	IASI

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Name	Age	Team	Seed Time	Finals Time	
3 Qualley, Parker	9	Greater Des Moines YMCA-IA	43.00	43.07	IASI
4 Sikora, Owen	10	Rams Swim Club-IA	48.53	45.75	IASI
5 Estapa, Theo	10	Iowa Flyers Swim Club-IA	46.11	46.01	IASI
6 Weis, Bradyn	10	Linn-Mar-IA	45.55	46.24	IASI
7 Cwiertny, Nate	9	Iowa Flyers Swim Club-IA	46.40	46.85	IASI
8 Pellett, Colton	10	Greater Des Moines YMCA-IA	46.48	47.23	IASI
9 Staiert, Easton	9	Des Moines Swimming Federation-IA	48.17	48.64	IASI
10 Zenobi, Owen	9	Sun Prairie Storm-WI	51.82	49.86	IASI
11 Keenan, Jude	10	Central Iowa Aquatics-IA	52.16	50.76	IASI
12 Peterson, Logan	10	Davenport Metro Swim Team-IA	56.61	50.86	IASI
13 Rychnovsky, Beckum	9	Des Moines Swimming Federation-IA	50.43	51.48	IASI
14 McKibbin, Louis	9	Des Moines Swimming Federation-IA	48.47	52.21	IASI
15 Adam, Brenden	9	Davenport Metro Swim Team-IA	54.45	52.89	
16 Smith, Harry	9	Des Moines Swimming Federation-IA	50.04	53.94	
17 Scott, Henry	10	Iowa Flyers Swim Club-IA	1:06.20	56.88	
18 Spradling, Tyler	10	Central Iowa Aquatics-IA	NT	58.00	

Boys 9-10 100 LC Meter Backstroke**1:25.39 9-10 AAA****1:43.09 9-10 IASI**

Name	Age	Team	Seed Time	Finals Time	
1 An, Linrui	10	Iowa Flyers Swim Club-IA	1:20.24	1:20.95	AAA
39.72				1:20.95 (41.23)	
2 Wittmayer, Matthew	10	Central Iowa Aquatics-IA	1:29.51	1:28.25	IASI
42.85				1:28.25 (45.40)	
3 Jeffryes, Max	10	Central Iowa Aquatics-IA	1:32.97	1:31.85	IASI
45.55				1:31.85 (46.30)	
4 Qualley, Parker	9	Greater Des Moines YMCA-IA	1:33.24	1:34.98	IASI
45.91				1:34.98 (49.07)	
5 Pellett, Colton	10	Greater Des Moines YMCA-IA	1:39.85	1:39.90	IASI
47.72				1:39.90 (52.18)	
6 Weis, Bradyn	10	Linn-Mar-IA	1:35.94	1:41.81	IASI
49.30				1:41.81 (52.51)	
7 Cwiertny, Nate	9	Iowa Flyers Swim Club-IA	1:38.73	1:44.00	
8 Rychnovsky, Beckum	9	Des Moines Swimming Federation-IA	NT	1:45.05	
51.80				1:45.05 (53.25)	
9 Otis, Bennett	9	Des Moines Swimming Federation-IA	1:45.75	1:45.89	
51.93				1:45.89 (53.96)	
10 McKibbin, Louis	9	Des Moines Swimming Federation-IA	1:50.04	1:46.40	
52.49				1:46.40 (53.91)	
11 Staiert, Easton	9	Des Moines Swimming Federation-IA	1:47.31	1:47.29	
51.29				1:47.29 (56.00)	
12 Smith, Harry	9	Des Moines Swimming Federation-IA	1:45.18	1:47.32	
52.70				1:47.32 (54.62)	
13 Zenobi, Owen	9	Sun Prairie Storm-WI	2:10.87	1:47.56	
52.68				1:47.56 (54.88)	
14 Cook, Hudson	9	Davenport Metro Swim Team-IA	NT	1:49.91	
51.12				1:49.91 (58.79)	
15 Adam, Brenden	9	Davenport Metro Swim Team-IA	2:01.37	1:53.34	
55.25				1:53.34 (58.09)	

2022 IA CIA BEAT THE HEAT - 6/24/2022 to 6/26/2022**Prairie Meadows Pool, Sanction #: IA-22-060****Wellmark YMCA * Des Moines, IA * 50 Meter Course****Results****(Boys 9-10 100 LC Meter Backstroke)**

Name	Age	Team	Seed Time	Finals Time
16 Peterson, Logan	10	Davenport Metro Swim Team-IA	2:01.98	1:55.28
55.73	1:55.28 (59.55)			
17 Scott, Henry	10	Iowa Flyers Swim Club-IA	1:51.02	1:56.81
59.11	1:56.81 (57.70)			
--- Keenan, Jude	10	Central Iowa Aquatics-IA	1:51.35	DQ
Multiple strokes				

Boys 9-10 200 LC Meter Backstroke

Name	Age	Team	Seed Time	Finals Time
1 An, Linrui	10	Iowa Flyers Swim Club-IA	NT	2:49.35
40.71	1:25.93 (45.22)	2:09.37 (43.44)	2:49.35 (39.98)	
2 Weis, Bradyn	10	Linn-Mar-IA	3:32.32	3:21.00
46.30	1:38.60 (52.30)	2:32.37 (53.77)	3:21.00 (48.63)	
3 Pellett, Colton	10	Greater Des Moines YMCA-IA	NT	3:30.50
48.59	1:42.80 (54.21)	2:37.70 (54.90)	3:30.50 (52.80)	
4 Keenan, Jude	10	Central Iowa Aquatics-IA	NT	4:04.95
58.45	2:00.61 (1:02.16)	4:04.95 (2:04.34)		

Boys 9-10 50 LC Meter Breaststroke**44.09 9-10 AAA****56.49 9-10 IASI**

Name	Age	Team	Seed Time	Finals Time	
1 Qualley, Parker	9	Greater Des Moines YMCA-IA	49.51	53.40	IASI
2 Pellett, Colton	10	Greater Des Moines YMCA-IA	54.99	54.33	IASI
3 Deardorff, Renaud	9	Des Moines Swimming Federation-IA	52.03	54.70	IASI
4 Weis, Bradyn	10	Linn-Mar-IA	57.38	57.83	
5 Cook, Hudson	9	Davenport Metro Swim Team-IA	1:06.52	1:00.61	
6 McKibbin, Louis	9	Des Moines Swimming Federation-IA	1:05.05	1:04.46	
7 Otis, Bennett	9	Des Moines Swimming Federation-IA	1:02.40	1:04.51	
8 Peterson, Logan	10	Davenport Metro Swim Team-IA	NT	1:05.74	
9 Smith, Harry	9	Des Moines Swimming Federation-IA	1:08.35	1:06.65	
10 Hergenreter, Luke	10	Greater Des Moines YMCA-IA	1:05.24	1:06.81	
11 Keenan, Jude	10	Central Iowa Aquatics-IA	1:04.10	1:09.24	
12 Scott, Henry	10	Iowa Flyers Swim Club-IA	1:24.43	1:11.84	
13 Adam, Brenden	9	Davenport Metro Swim Team-IA	NT	1:14.47	
14 Davidson, Liam	10	Central Iowa Aquatics-IA	1:23.35	1:19.00	
15 Zenobi, Owen	9	Sun Prairie Storm-WI	1:22.87	1:21.27	

Boys 9-10 50 LC Meter Breaststroke**44.09 9-10 AAA****56.49 9-10 IASI**

Name	Age	Team	Seed Time	Finals Time	
1 Jeffryes, Max	10	Central Iowa Aquatics-IA	47.66	46.18	IASI
2 An, Linrui	10	Iowa Flyers Swim Club-IA	46.09	46.37	IASI
3 Estapa, Theo	10	Iowa Flyers Swim Club-IA	53.96	56.60	
4 Gagov, Alex	10	Central Iowa Aquatics-IA	56.14	57.14	
5 Cook, Hudson	9	Davenport Metro Swim Team-IA	1:06.52	1:01.72	
6 Cwiertny, Nate	9	Iowa Flyers Swim Club-IA	59.57	1:03.86	
7 Peterson, Logan	10	Davenport Metro Swim Team-IA	NT	1:05.13	
8 Smith, Harry	9	Des Moines Swimming Federation-IA	1:08.35	1:06.54	
9 Slama, Mason	9	Central Iowa Aquatics-IA	NT	1:11.86	

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Name	Age	Team	Seed Time	Finals Time
10 Adam, Brenden	9	Davenport Metro Swim Team-IA	NT	1:14.65
11 Davidson, Liam	10	Central Iowa Aquatics-IA	1:23.35	1:17.57
12 Zenobi, Owen	9	Sun Prairie Storm-WI	1:22.87	1:17.93
13 Inthalangsy, Lennon	10	Central Iowa Aquatics-IA	NT	1:51.95
--- Deardorff, Renaud	9	Des Moines Swimming Federation-IA	52.03	NS

Boys 9-10 100 LC Meter Breaststroke**1:36.79 9-10 AAA****1:55.99 9-10 IASI**

Name	Age	Team	Seed Time	Finals Time
1 Jeffryes, Max	10	Central Iowa Aquatics-IA	1:40.66	1:41.30 IASI
48.19		1:41.30 (53.11)		
2 Qualley, Parker	9	Greater Des Moines YMCA-IA	1:54.22	1:55.20 IASI
55.88		1:55.20 (59.32)		
3 Deardorff, Renaud	9	Des Moines Swimming Federation-IA	1:55.32	1:56.11
54.56		1:56.11 (1:01.55)		
4 Estapa, Theo	10	Iowa Flyers Swim Club-IA	1:59.95	2:02.52
56.19		2:02.52 (1:06.33)		
5 Gagov, Alex	10	Central Iowa Aquatics-IA	2:03.61	2:05.29
59.92		2:05.29 (1:05.37)		
6 Otis, Bennett	9	Des Moines Swimming Federation-IA	2:11.90	2:15.48
1:06.70		2:15.48 (1:08.78)		
7 Cook, Hudson	9	Davenport Metro Swim Team-IA	2:24.43	2:16.73
1:06.23		2:16.73 (1:10.50)		
8 McKibbin, Louis	9	Des Moines Swimming Federation-IA	2:24.66	2:22.09
1:06.15		2:22.09 (1:15.94)		
9 Smith, Harry	9	Des Moines Swimming Federation-IA	2:20.71	2:26.42
1:09.17		2:26.42 (1:17.25)		
--- Scott, Henry	10	Iowa Flyers Swim Club-IA	2:38.23	DQ
One hand touch				
1:13.07		DQ (1:21.80)		

Boys 9-10 50 LC Meter Butterfly**36.99 9-10 AAA****48.89 9-10 IASI**

Name	Age	Team	Seed Time	Finals Time
1 Jeffryes, Max	10	Central Iowa Aquatics-IA	35.40	35.56 AAA
2 An, Linrui	10	Iowa Flyers Swim Club-IA	35.88	35.68 AAA
3 Staiert, Easton	9	Des Moines Swimming Federation-IA	50.76	52.65
4 Cook, Hudson	9	Davenport Metro Swim Team-IA	NT	54.01
5 Adam, Brenden	9	Davenport Metro Swim Team-IA	1:06.84	55.81
6 Cwiertny, Nate	9	Iowa Flyers Swim Club-IA	58.13	56.82
7 Peterson, Logan	10	Davenport Metro Swim Team-IA	NT	57.10
8 Smith, Harry	9	Des Moines Swimming Federation-IA	1:08.90	1:00.29
9 McGhee, Sully	10	Des Moines Swimming Federation-IA	1:11.82	1:04.78
10 Slama, Mason	9	Central Iowa Aquatics-IA	NT	1:13.85
--- Zenobi, Owen	9	Sun Prairie Storm-WI	57.87	DQ
Arms underwater recovery				
--- Inthalangsy, Lennon	10	Central Iowa Aquatics-IA	NT	DQ
One hand touch				

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Name	Age	Team	Seed Time	Finals Time	
1 Wittmayer, Matthew	10	Central Iowa Aquatics-IA	43.13	41.45	IASI
2 Estapa, Theo	10	Iowa Flyers Swim Club-IA	46.15	44.81	IASI
3 Qualley, Parker	9	Greater Des Moines YMCA-IA	55.81	48.31	IASI
4 Staiert, Easton	9	Des Moines Swimming Federation-IA	50.76	50.43	
5 Peterson, Logan	10	Davenport Metro Swim Team-IA	NT	51.42	
6 Sikora, Owen	10	Rams Swim Club-IA	NT	53.24	
7 Keenan, Jude	10	Central Iowa Aquatics-IA	52.36	55.65	
8 Adam, Brenden	9	Davenport Metro Swim Team-IA	1:06.84	57.67	
9 Rychnovsky, Beckum	9	Des Moines Swimming Federation-IA	55.07	58.04	
10 Zenobi, Owen	9	Sun Prairie Storm-WI	57.87	58.76	
11 McKibbin, Louis	9	Des Moines Swimming Federation-IA	56.71	58.83	
12 Scott, Henry	10	Iowa Flyers Swim Club-IA	NT	59.11	
13 Otis, Bennett	9	Des Moines Swimming Federation-IA	59.17	59.86	
14 McGhee, Sully	10	Des Moines Swimming Federation-IA	1:11.82	1:05.92	

Boys 9-10 100 LC Meter Butterfly**1:25.99 9-10 AAA****1:50.79 9-10 IASI**

Name	Age	Team	Seed Time	Finals Time	
1 An, Linrui	10	Iowa Flyers Swim Club-IA	1:20.27	1:21.07	AAA
				37.69	1:21.07 (43.38)
2 Jeffryes, Max	10	Central Iowa Aquatics-IA	1:21.66	1:24.01	AAA
				38.44	1:24.01 (45.57)
3 McKibbin, Louis	9	Des Moines Swimming Federation-IA	2:15.95	2:18.46	
				1:02.02	2:18.46 (1:16.44)

Boys 9-10 200 LC Meter IM**3:01.69 9-10 AAA****3:40.79 9-10 IASI**

Name	Age	Team	Seed Time	Finals Time	
1 An, Linrui	10	Iowa Flyers Swim Club-IA	2:51.83	2:56.96	AAA
				39.22	1:24.43 (45.21) 2:18.60 (54.17) 2:56.96 (38.36)
2 Jeffryes, Max	10	Central Iowa Aquatics-IA	3:03.13	3:03.05	IASI
				38.94	1:25.96 (47.02) 2:22.04 (56.08) 3:03.05 (41.01)
3 Wittmayer, Matthew	10	Central Iowa Aquatics-IA	3:42.53	3:39.27	IASI
				50.89	1:40.17 (49.28) 2:50.46 (1:10.29) 3:39.27 (48.81)
4 Gagov, Alex	10	Central Iowa Aquatics-IA	3:47.49	3:49.42	
				58.82	1:58.76 (59.94) 3:04.85 (1:06.09) 3:49.42 (44.57)
5 Hergenreter, Luke	10	Greater Des Moines YMCA-IA	3:45.90	3:51.34	
				51.16	1:49.54 (58.38) 3:05.30 (1:15.76) 3:51.34 (46.04)
6 Otis, Bennett	9	Des Moines Swimming Federation-IA	3:57.69	3:51.68	
				1:00.03	1:56.02 (55.99) 3:51.68 (1:55.66)
7 Staiert, Easton	9	Des Moines Swimming Federation-IA	3:58.07	3:56.03	
				56.02	1:50.49 (54.47) 3:05.13 (1:14.64) 3:56.03 (50.90)
8 Keenan, Jude	10	Central Iowa Aquatics-IA	NT	4:09.79	
					2:01.46 () 4:09.79 (2:08.33)

2022 IA CIA BEAT THE HEAT - 6/24/2022 to 6/26/2022**Prairie Meadows Pool, Sanction #: IA-22-060****Wellmark YMCA * Des Moines, IA * 50 Meter Course****Results****Boys 11-12 50 LC Meter Freestyle****30.19 11-12 AAA****34.69 11-12 IASI**

	Name	Age	Team	Seed Time	Finals Time	
1	Susil, Ben	12	Central Iowa Aquatics-IA	29.84	29.30	AAA
2	Macho, Max	12	Iowa Flyers Swim Club-IA	30.49	30.09	AAA
3	Landuyt, Connor	12	Kansas City Blue Wave Swim Tea-MV	31.12	30.29	IASI
4	Thompson, TJ	12	Des Moines Swimming Federation-IA	30.52	30.59	IASI
5	Lopez, Asher	12	Sun Prairie Storm-WI	32.83	31.82	IASI
6	Polyak, Nik	11	Iowa Flyers Swim Club-IA	32.60	32.21	IASI
7	Tann, Benjamin	12	Cool Swim Team-MV	39.67	32.89	IASI
8	Ford, John	11	Iowa Flyers Swim Club-IA	34.68	33.09	IASI
9	Schlueter, Nathan	11	Central Iowa Aquatics-IA	33.10	33.41	IASI
10	Fausch, Jackson	11	Central Iowa Aquatics-IA	33.76	33.79	IASI
11	Smith, Carter	11	Des Moines Swimming Federation-IA	35.62	34.97	
12	Frantum, Gabe	12	Central Iowa Aquatics-IA	44.28	35.14	
13	Bailiff, Ryne	12	Central Iowa Aquatics-IA	35.77	36.18	
14	Skinner, Grayson	11	Central Iowa Aquatics-IA	35.46	37.24	
15	DeBourcy, Fin	11	Davenport Metro Swim Team-IA	NT	39.39	
16	Cunningham, Titus	11	North Side Swim Team-IA	41.49	41.73	
17	Wigant, Grayson	11	Dowling Catholic Riptide-IA	54.99	47.15	
18	Shenouda, Nehemiah	11	Dowling Catholic Riptide-IA	52.44	52.85	
---	Potratz, Jaden	11	Rams Swim Club-IA	NT	NS	
---	Zenobi, Weston	11	Sun Prairie Storm-WI	36.87	NS	
---	Deardorff, Dysen	11	Des Moines Swimming Federation-IA	41.23	NS	
---	Willrich, Seth	12	Des Moines Swimming Federation-IA	48.31	SCR	
---	Bogenrief, Beck	11	Dowling Catholic Riptide-IA	NT	SCR	

Boys 11-12 50 LC Meter Freestyle**30.19 11-12 AAA****34.69 11-12 IASI**

	Name	Age	Team	Seed Time	Finals Time	
1	Bykov, Leon	12	Des Moines Swimming Federation-IA	29.13	28.93	AAA
2	Soloviov, Misha	12	Iowa Flyers Swim Club-IA	29.38	29.01	AAA
3	Oiler, Charlie	12	Greater Des Moines YMCA-IA	30.36	29.65	AAA
4	Polyak, Nik	11	Iowa Flyers Swim Club-IA	32.60	31.44	IASI
5	Voynov, Clive	12	Des Moines Swimming Federation-IA	32.14	31.51	IASI
6	Staber, Evan	12	Iowa Flyers Swim Club-IA	33.73	32.73	IASI
7	Diaz, Santi	12	Davenport Metro Swim Team-IA	35.43	34.20	IASI
8	Treharne, Clayton	11	Linn-Mar-IA	36.90	34.44	IASI
9	Balachandar, Jeyadev	12	Davenport Metro Swim Team-IA	39.23	35.43	
10	Bailiff, Ryne	12	Central Iowa Aquatics-IA	35.77	35.49	
11	Hames, Henry	12	Kansas City Blue Wave Swim Tea-MV	39.07	36.76	
12	Skinner, Grayson	11	Central Iowa Aquatics-IA	35.46	38.03	
13	Schau, Oliver	11	Iowa City Eels-IA	41.61	38.93	
14	Draheim, Jackson	11	Greater Des Moines YMCA-IA	38.43	39.99	
15	Boender, Sully	11	South East Aquatics-IA	41.62	40.31	
16	Zenobi, Weston	11	Sun Prairie Storm-WI	35.88	40.80	
17	Schumacher, Brant	11	Central Iowa Aquatics-IA	45.60	42.07	
---	Ammar, Yoyo	12	Greater Des Moines YMCA-IA	NT	NS	
---	Willrich, Seth	12	Des Moines Swimming Federation-IA	48.31	SCR	

2022 IA CIA BEAT THE HEAT - 6/24/2022 to 6/26/2022**Prairie Meadows Pool, Sanction #: IA-22-060****Wellmark YMCA * Des Moines, IA * 50 Meter Course****Results****Boys 11-12 100 LC Meter Freestyle****1:05.59 11-12 AAA****1:15.49 11-12 IASI**

Name	Age	Team	Seed Time	Finals Time	
1 Bykov, Leon	12	Des Moines Swimming Federation-IA	1:03.75	1:05.03	AAA
	30.89	1:05.03 (34.14)			
2 Macho, Max	12	Iowa Flyers Swim Club-IA	1:05.83	1:06.58	IASI
	31.85	1:06.58 (34.73)			
3 Thompson, TJ	12	Des Moines Swimming Federation-IA	1:05.90	1:08.48	IASI
4 Voynov, Clive	12	Des Moines Swimming Federation-IA	1:10.26	1:09.86	IASI
	34.06	1:09.86 (35.80)			
5 Polyak, Nik	11	Iowa Flyers Swim Club-IA	1:09.73	1:10.15	IASI
	34.13	1:10.15 (36.02)			
6 Landuyt, Connor	12	Kansas City Blue Wave Swim Tea-MV	1:12.19	1:10.73	IASI
	33.93	1:10.73 (36.80)			
7 Lopez, Asher	12	Sun Prairie Storm-WI	1:13.91	1:11.54	IASI
	33.58	1:11.54 (37.96)			
8 Smith, Carter	11	Des Moines Swimming Federation-IA	1:14.57	1:14.42	IASI
	36.22	1:14.42 (38.20)			
9 Diaz, Santi	12	Davenport Metro Swim Team-IA	1:25.12	1:16.32	
	37.42	1:16.32 (38.90)			
10 Ortman, Link	12	Iowa City Eels-IA	1:21.30	1:16.43	
	35.98	1:16.43 (40.45)			
11 Ford, John	11	Iowa Flyers Swim Club-IA	1:18.28	1:17.42	
	37.19	1:17.42 (40.23)			
12 Treharne, Clayton	11	Linn-Mar-IA	1:25.08	1:17.62	
	36.41	1:17.62 (41.21)			
13 Bailiff, Ryne	12	Central Iowa Aquatics-IA	1:18.07	1:17.93	
	37.72	1:17.93 (40.21)			
14 Palmer, Jackson	11	Greater Des Moines YMCA-IA	1:30.51	1:18.41	
	36.09	1:18.41 (42.32)			
15 Weiland, Owen	11	Central Iowa Aquatics-IA	1:17.11	1:19.12	
	38.27	1:19.12 (40.85)			
16 Frantum, Gabe	12	Central Iowa Aquatics-IA	1:28.01	1:23.83	
	41.88	1:23.83 (41.95)			
17 Hames, Henry	12	Kansas City Blue Wave Swim Tea-MV	1:31.18	1:28.17	
	40.94	1:28.17 (47.23)			
18 Boender, Sully	11	South East Aquatics-IA	1:42.20	1:29.69	
	44.50	1:29.69 (45.19)			
19 DeBourcy, Fin	11	Davenport Metro Swim Team-IA	NT	1:30.17	
	42.57	1:30.17 (47.60)			
20 Zenobi, Weston	11	Sun Prairie Storm-WI	1:25.51	1:31.17	
	42.84	1:31.17 (48.33)			
21 Deardorff, Dysen	11	Des Moines Swimming Federation-IA	1:30.28	1:31.22	
	44.23	1:31.22 (46.99)			
22 Draheim, Jackson	11	Greater Des Moines YMCA-IA	1:27.09	1:31.62	
	42.03	1:31.62 (49.59)			
23 Schau, Oliver	11	Iowa City Eels-IA	1:33.61	1:32.22	
	44.79	1:32.22 (47.43)			
24 Moyer, Evan	11	Greater Des Moines YMCA-IA	NT	1:48.57	
	49.51	1:48.57 (59.06)			
25 Schumacher, Brant	11	Central Iowa Aquatics-IA	NT	1:49.28	
--- Willrich, Seth	12	Des Moines Swimming Federation-IA	1:52.13	SCR	

2022 IA CIA BEAT THE HEAT - 6/24/2022 to 6/26/2022**Prairie Meadows Pool, Sanction #: IA-22-060****Wellmark YMCA * Des Moines, IA * 50 Meter Course****Results****Boys 11-12 200 LC Meter Freestyle****2:22.69 11-12 AAA****2:44.89 11-12 IASI**

Name	Age	Team	Seed Time	Finals Time	
1 Susil, Ben	12	Central Iowa Aquatics-IA	2:21.08	2:20.00	AAA
30.70	1:06.46 (35.76)	1:43.76 (37.30)	2:20.00 (36.24)		
2 Bykov, Leon	12	Des Moines Swimming Federation-IA	2:17.58	2:23.71	IASI
31.96	1:09.07 (37.11)	1:47.26 (38.19)	2:23.71 (36.45)		
3 Soloviov, Misha	12	Iowa Flyers Swim Club-IA	2:31.36	2:25.66	IASI
32.12	1:10.16 (38.04)	1:49.49 (39.33)	2:25.66 (36.17)		
4 Thompson, TJ	12	Des Moines Swimming Federation-IA	2:27.03	2:26.45	IASI
	1:12.08 ()	1:50.86 (38.78)	2:26.45 (35.59)		
5 Macho, Max	12	Iowa Flyers Swim Club-IA	2:29.67	2:26.77	IASI
34.17	1:12.47 (38.30)	1:50.43 (37.96)	2:26.77 (36.34)		
6 Polyak, Nik	11	Iowa Flyers Swim Club-IA	2:27.01	2:27.79	IASI
33.97	1:12.08 (38.11)	1:50.55 (38.47)	2:27.79 (37.24)		
7 Voynov, Clive	12	Des Moines Swimming Federation-IA	2:34.60	2:32.78	IASI
34.20	1:13.09 (38.89)	1:53.07 (39.98)	2:32.78 (39.71)		
8 Landuyt, Connor	12	Kansas City Blue Wave Swim Tea-MV	2:40.26	2:34.78	IASI
33.16	1:13.44 (40.28)	1:55.46 (42.02)	2:34.78 (39.32)		
9 Smith, Carter	11	Des Moines Swimming Federation-IA	2:40.27	2:39.42	IASI
36.43	1:17.67 (41.24)	1:59.36 (41.69)	2:39.42 (40.06)		
10 Staber, Evan	12	Iowa Flyers Swim Club-IA	2:44.81	2:41.29	IASI
36.98	1:18.51 (41.53)	2:00.62 (42.11)	2:41.29 (40.67)		
11 Lopez, Asher	12	Sun Prairie Storm-WI	2:39.17	2:42.64	IASI
34.85	1:18.69 (43.84)	2:01.62 (42.93)	2:42.64 (41.02)		
12 Artikov, Isaac	12	Des Moines Swimming Federation-IA	2:43.19	2:42.91	IASI
37.18	1:18.30 (41.12)	2:02.25 (43.95)	2:42.91 (40.66)		
13 Ford, John	11	Iowa Flyers Swim Club-IA	2:48.92	2:48.45	
35.95	1:19.37 (43.42)	2:05.82 (46.45)	2:48.45 (42.63)		
14 Weiland, Owen	11	Central Iowa Aquatics-IA	2:46.31	2:49.87	
40.59	1:24.62 (44.03)	2:08.03 (43.41)	2:49.87 (41.84)		
15 Tann, Benjamin	12	Cool Swim Team-MV	3:22.69	2:57.07	
36.14	1:20.64 (44.50)	2:57.07 (1:36.43)			
16 Frantum, Gabe	12	Central Iowa Aquatics-IA	3:03.09	3:03.82	
41.69	1:30.04 (48.35)	2:17.86 (47.82)	3:03.82 (45.96)		
17 Hames, Henry	12	Kansas City Blue Wave Swim Tea-MV	3:20.18	3:07.14	
39.08	1:27.57 (48.49)	2:18.13 (50.56)	3:07.14 (49.01)		
18 Draheim, Jackson	11	Greater Des Moines YMCA-IA	3:07.85	3:13.78	
40.97	1:32.37 (51.40)	2:24.93 (52.56)	3:13.78 (48.85)		
19 Boender, Sully	11	South East Aquatics-IA	3:54.38	3:23.18	
47.72	1:41.16 (53.44)	2:37.08 (55.92)	3:23.18 (46.10)		
20 Zenobi, Weston	11	Sun Prairie Storm-WI	3:37.77	3:24.92	
42.72		2:32.71 ()	3:24.92 (52.21)		

Boys 11-12 400 LC Meter Freestyle**5:01.79 11-12 AAA****5:40.79 11-12 IASI****6:41.09 11-12 SIL**

Name	Age	Team	Seed Time	Finals Time	
1 Soloviov, Misha	12	Iowa Flyers Swim Club-IA	5:22.25	5:11.00	IASI
34.43	1:14.00 (39.57)	1:54.47 (40.47)	2:35.35 (40.88)		
3:15.85 (40.50)	3:55.98 (40.13)	4:36.00 (40.02)	5:11.00 (35.00)		

2022 IA CIA BEAT THE HEAT - 6/24/2022 to 6/26/2022**Prairie Meadows Pool, Sanction #: IA-22-060****Wellmark YMCA * Des Moines, IA * 50 Meter Course****Results****(Boys 11-12 400 LC Meter Freestyle)**

Name	Age	Team	Seed Time	Finals Time	
2 Thompson, TJ	12	Des Moines Swimming Federation-IA	5:09.93	5:13.48	IASI
34.54	1:14.94 (40.40)	1:55.67 (40.73)	2:36.86 (41.19)		
3:17.69 (40.83)	3:57.92 (40.23)	4:37.58 (39.66)	5:13.48 (35.90)		
3 Schlueter, Nathan	11	Central Iowa Aquatics-IA	5:47.06	5:21.50	IASI
35.82	1:16.62 (40.80)	1:57.96 (41.34)	2:39.13 (41.17)		
3:20.31 (41.18)	4:01.98 (41.67)	4:42.47 (40.49)	5:21.50 (39.03)		
4 Landuyt, Connor	12	Kansas City Blue Wave Swim Tea-MV	5:43.47	5:23.05	IASI
35.86	1:16.48 (40.62)	1:57.93 (41.45)	2:38.80 (40.87)		
3:20.76 (41.96)	4:02.56 (41.80)	4:43.97 (41.41)	5:23.05 (39.08)		
5 Weiland, Owen	11	Central Iowa Aquatics-IA	5:46.92	5:35.52	IASI
38.94	1:21.70 (42.76)	2:04.06 (42.36)	2:46.05 (41.99)		
3:27.97 (41.92)	4:08.50 (40.53)	4:54.13 (45.63)	5:35.52 (41.39)		
6 Artikov, Isaac	12	Des Moines Swimming Federation-IA	5:32.50	5:36.40	IASI
38.25	1:20.76 (42.51)	2:04.27 (43.51)	2:47.11 (42.84)		
3:30.69 (43.58)	4:14.03 (43.34)	4:57.48 (43.45)	5:36.40 (38.92)		
7 Lopez, Asher	12	Sun Prairie Storm-WI	5:42.03	5:43.61	SIL
37.69	1:23.21 (45.52)	2:06.12 (42.91)	2:51.31 (45.19)		
3:35.08 (43.77)	4:20.12 (45.04)	5:02.54 (42.42)	5:43.61 (41.07)		
8 Ford, John	11	Iowa Flyers Swim Club-IA	6:03.19	5:55.31	SIL
37.02	1:21.93 (44.91)	2:07.59 (45.66)	2:54.88 (47.29)		
3:40.47 (45.59)	4:27.95 (47.48)	5:14.33 (46.38)	5:55.31 (40.98)		
9 Ortman, Link	12	Iowa City Eels-IA	6:07.80	6:08.30	SIL
39.05	1:25.19 (46.14)	2:13.28 (48.09)	3:00.62 (47.34)		
3:47.74 (47.12)	4:37.75 (50.01)	5:23.13 (45.38)	6:08.30 (45.17)		
10 Frantum, Gabe	12	Central Iowa Aquatics-IA	6:21.95	6:35.07	SIL
42.96	1:33.96 (51.00)	2:25.10 (51.14)	3:16.80 (51.70)		
4:07.67 (50.87)	4:59.20 (51.53)	5:49.46 (50.26)	6:35.07 (45.61)		
11 Draheim, Jackson	11	Greater Des Moines YMCA-IA	6:47.64	6:58.85	
44.98	1:38.09 (53.11)	2:31.43 (53.34)	3:25.01 (53.58)		
4:19.75 (54.74)	5:14.27 (54.52)	6:07.49 (53.22)	6:58.85 (51.36)		
12 Skinner, Grayson	11	Central Iowa Aquatics-IA	NT	7:00.51	
45.94	1:39.33 (53.39)	2:34.41 (55.08)	3:29.01 (54.60)		
4:24.50 (55.49)	5:20.21 (55.71)	7:00.51 (1:40.30)			
13 Boender, Sully	11	South East Aquatics-IA	NT	7:09.40	
48.12	1:42.99 (54.87)	2:37.48 (54.49)	3:33.45 (55.97)		
4:29.34 (55.89)	5:24.05 (54.71)	6:19.64 (55.59)	7:09.40 (49.76)		

Boys 11-12 800 LC Meter Freestyle**10:41.09 AAA****12:15.19 IASI****14:05.49 SIL**

Name	Age	Team	Seed Time	Finals Time	
1 Bykov, Leon	12	Des Moines Swimming Federation-IA	10:45.05	10:20.02	AAA
33.82	1:11.95 (38.13)	1:51.42 (39.47)	2:30.36 (38.94)		
3:09.94 (39.58)	3:50.44 (40.50)	4:30.60 (40.16)	5:10.47 (39.87)		
5:50.23 (39.76)	6:30.41 (40.18)	7:09.84 (39.43)	7:49.62 (39.78)		
8:28.57 (38.95)	9:07.61 (39.04)	9:45.08 (37.47)	10:20.02 (34.94)		
2 Polyak, Nik	11	Iowa Flyers Swim Club-IA	11:46.35	10:22.08	AAA
33.95	1:12.36 (38.41)	1:51.43 (39.07)	2:31.10 (39.67)		
3:11.24 (40.14)	3:51.57 (40.33)	4:31.30 (39.73)	5:10.91 (39.61)		
5:50.97 (40.06)	6:30.72 (39.75)	7:10.81 (40.09)	7:49.90 (39.09)		
8:29.21 (39.31)	9:07.96 (38.75)	9:45.73 (37.77)	10:22.08 (36.35)		

2022 IA CIA BEAT THE HEAT - 6/24/2022 to 6/26/2022**Prairie Meadows Pool, Sanction #: IA-22-060****Wellmark YMCA * Des Moines, IA * 50 Meter Course****Results****(Boys 11-12 800 LC Meter Freestyle)**

Name	Age	Team	Seed Time	Finals Time	
3 Voynov, Clive	12	Des Moines Swimming Federation-IA	11:12.39	10:59.70	IASI
34.69	1:14.79 (40.10)	1:57.18 (42.39)	2:39.63 (42.45)		
3:21.60 (41.97)	4:04.08 (42.48)	4:46.97 (42.89)	5:30.47 (43.50)		
6:12.10 (41.63)	6:54.04 (41.94)	7:35.34 (41.30)	8:17.51 (42.17)		
8:59.91 (42.40)	9:41.13 (41.22)	10:21.14 (40.01)	10:59.70 (38.56)		
4 Smith, Carter	11	Des Moines Swimming Federation-IA	11:18.63	11:24.20	IASI
37.69	1:19.97 (42.28)	2:02.98 (43.01)	2:45.61 (42.63)		
3:29.02 (43.41)	4:12.50 (43.48)	4:55.72 (43.22)	5:39.76 (44.04)		
6:23.22 (43.46)	7:06.93 (43.71)	7:50.64 (43.71)	8:33.72 (43.08)		
9:17.43 (43.71)	10:00.40 (42.97)	10:42.78 (42.38)	11:24.20 (41.42)		
5 Walsh, Jack	12	Greater Des Moines YMCA-IA	NT	12:00.73	IASI
37.18	1:20.06 (42.88)	2:04.37 (44.31)	2:49.11 (44.74)		
3:35.38 (46.27)	4:21.94 (46.56)	5:07.50 (45.56)	5:54.36 (46.86)		
6:41.33 (46.97)	7:29.68 (48.35)	8:16.65 (46.97)	9:05.11 (48.46)		
9:50.76 (45.65)	10:36.89 (46.13)	11:21.37 (44.48)	12:00.73 (39.36)		
6 Hames, Henry	12	Kansas City Blue Wave Swim Tea-MV	NT	13:15.46	SIL
42.86	1:32.05 (49.19)	2:22.21 (50.16)	3:12.91 (50.70)		
4:04.97 (52.06)	4:56.32 (51.35)	5:49.09 (52.77)	6:40.04 (50.95)		
7:32.74 (52.70)	8:23.66 (50.92)	9:14.76 (51.10)	10:03.31 (48.55)		
10:52.59 (49.28)	11:41.43 (48.84)	12:30.57 (49.14)	13:15.46 (44.89)		
7 Deardorff, Dysen	11	Des Moines Swimming Federation-IA	NT	13:43.65	SIL
47.46	1:39.73 (52.27)	2:32.58 (52.85)	3:25.33 (52.75)		
4:18.38 (53.05)	5:10.88 (52.50)	6:03.29 (52.41)	6:54.59 (51.30)		
7:47.54 (52.95)	8:39.44 (51.90)	9:32.09 (52.65)	10:23.73 (51.64)		
11:16.04 (52.31)	12:06.84 (50.80)	12:57.47 (50.63)	13:43.65 (46.18)		

Boys 11-12 1500 LC Meter Freestyle**20:35.59 11-12 AAA****23:25.49 11-12 IASI****26:56.39 11-12 SIL**

Name	Age	Team	Seed Time	Finals Time	
1 Soloviov, Misha	12	Iowa Flyers Swim Club-IA	NT	21:12.38	IASI
34.08	1:14.40 (40.32)	1:57.02 (42.62)	2:39.70 (42.68)		
3:22.69 (42.99)	4:05.08 (42.39)	4:48.25 (43.17)	5:30.72 (42.47)		
6:13.31 (42.59)	6:56.34 (43.03)	7:39.90 (43.56)	8:23.29 (43.39)		
9:06.27 (42.98)	9:49.35 (43.08)	10:32.42 (43.07)	11:14.98 (42.56)		
11:58.35 (43.37)	12:41.31 (42.96)	13:24.63 (43.32)	14:07.05 (42.42)		
14:50.30 (43.25)	15:33.16 (42.86)	16:17.05 (43.89)	17:00.45 (43.40)		
17:44.42 (43.97)	18:27.36 (42.94)	19:09.71 (42.35)	19:52.07 (42.36)		
20:33.72 (41.65)	21:12.38 (38.66)				
2 Frantum, Gabe	12	Central Iowa Aquatics-IA	NT	25:06.43	SIL
44.19	1:32.84 (48.65)	2:22.84 (50.00)	3:12.42 (49.58)		
4:03.01 (50.59)	4:52.94 (49.93)	5:43.95 (51.01)	6:34.92 (50.97)		
7:26.36 (51.44)	8:17.44 (51.08)	9:09.64 (52.20)	9:59.36 (49.72)		
10:51.78 (52.42)	11:41.90 (50.12)	12:34.27 (52.37)	13:26.07 (51.80)		
14:19.38 (53.31)	15:11.43 (52.05)	16:04.01 (52.58)	16:55.10 (51.09)		
	18:37.72 ()	19:30.26 (52.54)	20:19.22 (48.96)		
21:07.78 (48.56)	21:57.34 (49.56)	22:45.12 (47.78)	23:34.09 (48.97)		
24:21.28 (47.19)	25:06.43 (45.15)				

2022 IA CIA BEAT THE HEAT - 6/24/2022 to 6/26/2022**Prairie Meadows Pool, Sanction #: IA-22-060****Wellmark YMCA * Des Moines, IA * 50 Meter Course****Results****Boys 11-12 50 LC Meter Backstroke**

35.29 11-12 AAA

40.39 11-12 IASI

Name	Age	Team	Seed Time	Finals Time	
1 Soloviov, Misha	12	Iowa Flyers Swim Club-IA	34.46	34.41	AAA
2 Bykov, Leon	12	Des Moines Swimming Federation-IA	35.15	35.08	AAA
3 Macho, Max	12	Iowa Flyers Swim Club-IA	35.19	35.36	IASI
4 Ortman, Link	12	Iowa City Eels-IA	41.09	39.37	IASI
5 Diaz, Santi	12	Davenport Metro Swim Team-IA	42.80	40.07	IASI
6 Artikov, Isaac	12	Des Moines Swimming Federation-IA	40.00	41.01	
7 Treharne, Clayton	11	Linn-Mar-IA	44.73	41.15	
8 Tann, Benjamin	12	Cool Swim Team-MV	46.23	42.64	
9 Bailiff, Ryne	12	Central Iowa Aquatics-IA	45.46	42.91	
10 Zenobi, Weston	11	Sun Prairie Storm-WI	45.48	47.59	
11 Deardorff, Dysen	11	Des Moines Swimming Federation-IA	47.78	48.52	
12 Schau, Oliver	11	Iowa City Eels-IA	46.37	48.97	
13 Schumacher, Brant	11	Central Iowa Aquatics-IA	48.63	52.13	
14 Moyer, Evan	11	Greater Des Moines YMCA-IA	NT	59.16	
--- Willrich, Seth	12	Des Moines Swimming Federation-IA	1:03.31	SCR	

Boys 11-12 50 LC Meter Backstroke

35.29 11-12 AAA

40.39 11-12 IASI

Name	Age	Team	Seed Time	Finals Time	
1 Thompson, TJ	12	Des Moines Swimming Federation-IA	32.76	33.18	AAA
2 Macho, Max	12	Iowa Flyers Swim Club-IA	35.19	34.98	AAA
3 Landuyt, Connor	12	Kansas City Blue Wave Swim Tea-MV	37.14	35.66	IASI
4 Polyak, Nik	11	Iowa Flyers Swim Club-IA	38.97	38.80	IASI
5 Fausch, Jackson	11	Central Iowa Aquatics-IA	41.39	39.06	IASI
6 Lopez, Asher	12	Sun Prairie Storm-WI	40.09	39.93	IASI
7 Schlueter, Nathan	11	Central Iowa Aquatics-IA	40.26	39.96	IASI
8 Ford, John	11	Iowa Flyers Swim Club-IA	42.24	41.70	
9 Bailiff, Ryne	12	Central Iowa Aquatics-IA	45.46	43.45	
10 Smith, Carter	11	Des Moines Swimming Federation-IA	43.50	43.73	
11 Frantum, Gabe	12	Central Iowa Aquatics-IA	53.80	44.92	
12 DeBourcy, Fin	11	Davenport Metro Swim Team-IA	NT	45.94	
13 Skinner, Grayson	11	Central Iowa Aquatics-IA	43.96	45.99	
14 Cunningham, Titus	11	North Side Swim Team-IA	50.19	51.13	
15 Wigant, Grayson	11	Dowling Catholic Riptide-IA	1:08.42	1:08.41	
--- Zenobi, Weston	11	Sun Prairie Storm-WI	47.87	NS	
--- Deardorff, Dysen	11	Des Moines Swimming Federation-IA	47.78	NS	
--- Potratz, Jaden	11	Rams Swim Club-IA	NT	NS	
--- Willrich, Seth	12	Des Moines Swimming Federation-IA	1:03.31	SCR	
--- Bogenrief, Beck	11	Dowling Catholic Riptide-IA	NT	SCR	

Boys 11-12 100 LC Meter Backstroke

1:15.79 11-12 AAA

1:27.99 11-12 IASI

Name	Age	Team	Seed Time	Finals Time	
1 Thompson, TJ	12	Des Moines Swimming Federation-IA	1:11.03	1:13.36	AAA

2022 IA CIA BEAT THE HEAT - 6/24/2022 to 6/26/2022**Prairie Meadows Pool, Sanction #: IA-22-060****Wellmark YMCA * Des Moines, IA * 50 Meter Course****Results****(Boys 11-12 100 LC Meter Backstroke)**

	Name	Age	Team	Seed Time	Finals Time	
2	Bykov, Leon	12	Des Moines Swimming Federation-IA	1:15.24	1:15.70	AAA
	36.87	1:15.70 (38.83)				
3	Macho, Max	12	Iowa Flyers Swim Club-IA	1:17.39	1:17.93	IASI
	37.89	1:17.93 (40.04)				
4	Polyak, Nik	11	Iowa Flyers Swim Club-IA	1:25.59	1:22.80	IASI
	41.02	1:22.80 (41.78)				
5	Oiler, Charlie	12	Greater Des Moines YMCA-IA	1:57.41	1:23.82	IASI
6	Ortman, Link	12	Iowa City Eels-IA	1:31.25	1:24.77	IASI
	40.94	1:24.77 (43.83)				
7	Staber, Evan	12	Iowa Flyers Swim Club-IA	1:26.70	1:26.57	IASI
	42.34	1:26.57 (44.23)				
8	Diaz, Santi	12	Davenport Metro Swim Team-IA	1:31.90	1:26.60	IASI
	43.08	1:26.60 (43.52)				
9	Lopez, Asher	12	Sun Prairie Storm-WI	1:27.49	1:27.52	IASI
	42.46	1:27.52 (45.06)				
10	Hames, Henry	12	Kansas City Blue Wave Swim Tea-MV	1:34.69	1:28.10	
	43.30	1:28.10 (44.80)				
11	Smith, Carter	11	Des Moines Swimming Federation-IA	1:32.11	1:30.67	
	44.64	1:30.67 (46.03)				
12	Treharne, Clayton	11	Linn-Mar-IA	1:36.36	1:31.35	
	44.99	1:31.35 (46.36)				
13	Ford, John	11	Iowa Flyers Swim Club-IA	1:32.89	1:33.16	
	46.55	1:33.16 (46.61)				
14	Balachandar, Jeyadev	12	Davenport Metro Swim Team-IA	NT	1:33.80	
	45.16	1:33.80 (48.64)				
15	Weiland, Owen	11	Central Iowa Aquatics-IA	1:31.63	1:35.72	
	48.07	1:35.72 (47.65)				
16	Tann, Benjamin	12	Cool Swim Team-MV	1:42.06	1:36.12	
	45.86	1:36.12 (50.26)				
17	Deardorff, Dysen	11	Des Moines Swimming Federation-IA	1:40.30	1:39.52	
	50.55	1:39.52 (48.97)				
18	Skinner, Grayson	11	Central Iowa Aquatics-IA	1:39.53	1:42.34	
	49.91	1:42.34 (52.43)				
19	Boender, Sully	11	South East Aquatics-IA	1:57.32	1:51.30	
	53.41	1:51.30 (57.89)				
20	Schumacher, Brant	11	Central Iowa Aquatics-IA	NT	1:54.48	
	56.41	1:54.48 (58.07)				
---	Ammar, Yoyo	12	Greater Des Moines YMCA-IA	NT		NS

Boys 11-12 200 LC Meter Backstroke**2:45.29 11-12 AAA****3:05.19 11-12 IASI****3:34.09 11-12 SIL**

	Name	Age	Team	Seed Time	Finals Time	
1	Thompson, TJ	12	Des Moines Swimming Federation-IA	2:39.15	2:41.37	AAA
2	Bykov, Leon	12	Des Moines Swimming Federation-IA	2:41.25	2:44.68	AAA
	38.35	1:20.75 (42.40)	2:03.83 (43.08)	2:44.68 (40.85)		
3	Macho, Max	12	Iowa Flyers Swim Club-IA	2:50.69	2:47.13	IASI
	38.84	1:21.47 (42.63)	2:04.79 (43.32)	2:47.13 (42.34)		
4	Landuyt, Connor	12	Kansas City Blue Wave Swim Tea-MV	NT	2:49.11	IASI
	38.61	1:23.51 (44.90)	2:07.64 (44.13)	2:49.11 (41.47)		

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	Name	Age	Team	Seed Time	Finals Time	
5	Schlueter, Nathan	11	Central Iowa Aquatics-IA	NT	2:54.72	IASI
	40.93	1:26.13 (45.20)	2:11.38 (45.25)	2:54.72 (43.34)		
6	Polyak, Nik	11	Iowa Flyers Swim Club-IA	3:00.78	2:57.15	IASI
	41.56	1:27.61 (46.05)	2:12.45 (44.84)	2:57.15 (44.70)		
7	Treharne, Clayton	11	Linn-Mar-IA	3:21.21	3:06.75	SIL
	43.23	1:33.22 (49.99)	2:20.89 (47.67)	3:06.75 (45.86)		
8	Smith, Carter	11	Des Moines Swimming Federation-IA	3:09.44	3:12.41	SIL
	46.54	1:35.83 (49.29)	2:25.62 (49.79)	3:12.41 (46.79)		
9	Ford, John	11	Iowa Flyers Swim Club-IA	3:23.49	3:17.71	SIL
	46.95	1:38.90 (51.95)	2:29.54 (50.64)	3:17.71 (48.17)		
10	Hames, Henry	12	Kansas City Blue Wave Swim Tea-MV	NT	3:18.34	SIL
	48.39	1:39.57 (51.18)	2:30.41 (50.84)	3:18.34 (47.93)		

Boys 11-12 50 LC Meter Breaststroke**38.99 11-12 AAA****45.19 11-12 IASI**

	Name	Age	Team	Seed Time	Finals Time	
1	Soloviov, Misha	12	Iowa Flyers Swim Club-IA	41.32	39.47	IASI
2	Artikov, Isaac	12	Des Moines Swimming Federation-IA	45.20	46.71	
3	Oiler, Charlie	12	Greater Des Moines YMCA-IA	49.24	47.27	
4	Hames, Henry	12	Kansas City Blue Wave Swim Tea-MV	53.03	48.58	
5	Schau, Oliver	11	Iowa City Eels-IA	49.84	49.75	
6	Frantum, Gabe	12	Central Iowa Aquatics-IA	55.69	49.92	
7	Deardorff, Dysen	11	Des Moines Swimming Federation-IA	51.32	50.90	
8	Balachandar, Jeyadev	12	Davenport Metro Swim Team-IA	53.93	51.43	
9	Bailiff, Ryne	12	Central Iowa Aquatics-IA	51.72	51.69	
10	Treharne, Clayton	11	Linn-Mar-IA	55.55	52.00	
11	Zenobi, Weston	11	Sun Prairie Storm-WI	47.45	52.21	
12	Boender, Sully	11	South East Aquatics-IA	57.46	56.05	
13	Draheim, Jackson	11	Greater Des Moines YMCA-IA	52.92	57.79	
14	Schumacher, Brant	11	Central Iowa Aquatics-IA	1:03.77	1:04.99	
---	Willrich, Seth	12	Des Moines Swimming Federation-IA	1:13.03	SCR	

Boys 11-12 50 LC Meter Breaststroke**38.99 11-12 AAA****45.19 11-12 IASI**

	Name	Age	Team	Seed Time	Finals Time	
1	Landuyt, Connor	12	Kansas City Blue Wave Swim Tea-MV	41.55	39.87	IASI
2	Macho, Max	12	Iowa Flyers Swim Club-IA	43.87	42.50	IASI
3	Schlueter, Nathan	11	Central Iowa Aquatics-IA	43.87	43.43	IASI
4	Polyak, Nik	11	Iowa Flyers Swim Club-IA	44.28	44.41	IASI
5	Thompson, TJ	12	Des Moines Swimming Federation-IA	46.86	46.30	
6	Ford, John	11	Iowa Flyers Swim Club-IA	47.30	47.19	
7	Tann, Benjamin	12	Cool Swim Team-MV	59.36	49.11	
8	Bailiff, Ryne	12	Central Iowa Aquatics-IA	51.72	50.42	
9	Frantum, Gabe	12	Central Iowa Aquatics-IA	55.69	51.32	
10	Fausch, Jackson	11	Central Iowa Aquatics-IA	50.98	51.91	
11	Smith, Carter	11	Des Moines Swimming Federation-IA	49.52	52.72	
12	DeBourcy, Fin	11	Davenport Metro Swim Team-IA	NT	52.99	
13	Lopez, Asher	12	Sun Prairie Storm-WI	55.95	53.36	
14	Skinner, Grayson	11	Central Iowa Aquatics-IA	54.82	53.59	

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	Name	Age	Team	Seed Time	Finals Time
15	Wigant, Grayson	11	Dowling Catholic Riptide-IA	57.97	59.68
---	Zenobi, Weston	11	Sun Prairie Storm-WI	49.87	NS
---	Deardorff, Dysen	11	Des Moines Swimming Federation-IA	51.32	NS
---	Bogenrief, Beck	11	Dowling Catholic Riptide-IA	NT	SCR
---	Willrich, Seth	12	Des Moines Swimming Federation-IA	1:13.03	SCR

Boys 11-12 100 LC Meter Breaststroke**1:25.19 11-12 AAA****1:38.39 11-12 IASI**

	Name	Age	Team	Seed Time	Finals Time	
1	Susil, Ben	12	Central Iowa Aquatics-IA	1:31.61	1:23.50	AAA
	38.67		1:23.50 (44.83)			
2	Landuyt, Connor	12	Kansas City Blue Wave Swim Tea-MV	1:30.86	1:30.64	IASI
	41.71		1:30.64 (48.93)			
3	Polyak, Nik	11	Iowa Flyers Swim Club-IA	1:34.56	1:36.87	IASI
	45.37		1:36.87 (51.50)			
4	Staber, Evan	12	Iowa Flyers Swim Club-IA	1:41.98	1:37.53	IASI
	45.86		1:37.53 (51.67)			
5	Walsh, Jack	12	Greater Des Moines YMCA-IA	NT	1:40.27	
	47.34		1:40.27 (52.93)			
6	Artikov, Isaac	12	Des Moines Swimming Federation-IA	1:36.59	1:40.42	
	47.14		1:40.42 (53.28)			
7	Schau, Oliver	11	Iowa City Eels-IA	1:44.51	1:45.61	
	50.76		1:45.61 (54.85)			
8	Ford, John	11	Iowa Flyers Swim Club-IA	1:44.94	1:47.77	
	50.74		1:47.77 (57.03)			
9	Zenobi, Weston	11	Sun Prairie Storm-WI	1:47.28	1:47.87	
	53.07		1:47.87 (54.80)			
10	Deardorff, Dysen	11	Des Moines Swimming Federation-IA	1:50.01	1:47.91	
	53.18		1:47.91 (54.73)			
11	Tann, Benjamin	12	Cool Swim Team-MV	2:10.63	1:48.44	
	51.25		1:48.44 (57.19)			
12	DeBourcy, Fin	11	Davenport Metro Swim Team-IA	NT	1:52.46	
	53.25		1:52.46 (59.21)			
13	Hames, Henry	12	Kansas City Blue Wave Swim Tea-MV	1:58.14	1:54.17	
	52.76		1:54.17 (1:01.41)			
14	Weiland, Owen	11	Central Iowa Aquatics-IA	1:52.74	1:54.53	
	56.15		1:54.53 (58.38)			
15	Frantum, Gabe	12	Central Iowa Aquatics-IA	1:54.77	1:55.83	
	56.09		1:55.83 (59.74)			
16	Lopez, Asher	12	Sun Prairie Storm-WI	2:04.27	1:56.21	
	54.26		1:56.21 (1:01.95)			
17	Smith, Carter	11	Des Moines Swimming Federation-IA	1:52.18	1:56.86	
	55.80		1:56.86 (1:01.06)			
18	Boender, Sully	11	South East Aquatics-IA	2:12.82	1:58.59	
	56.57		1:58.59 (1:02.02)			
19	Draheim, Jackson	11	Greater Des Moines YMCA-IA	1:52.89	2:06.71	
	1:00.44		2:06.71 (1:06.27)			

2022 IA CIA BEAT THE HEAT - 6/24/2022 to 6/26/2022**Prairie Meadows Pool, Sanction #: IA-22-060****Wellmark YMCA * Des Moines, IA * 50 Meter Course****Results****Boys 11-12 200 LC Meter Breaststroke****3:04.49 11-12 AAA****3:28.69 11-12 IASI****3:59.99 11-12 SIL**

Name	Age	Team	Seed Time	Finals Time	
1 Susil, Ben	12	Central Iowa Aquatics-IA	3:03.00	3:01.02	AAA
42.13	1:29.01 (46.88)	2:15.17 (46.16)	3:01.02 (45.85)		
2 Soloviov, Misha	12	Iowa Flyers Swim Club-IA	NT	3:05.47	IASI
43.59	1:31.18 (47.59)	2:19.90 (48.72)	3:05.47 (45.57)		
3 Landuyt, Connor	12	Kansas City Blue Wave Swim Tea-MV	NT	3:15.57	IASI
42.53	1:32.31 (49.78)	2:23.80 (51.49)	3:15.57 (51.77)		
4 Schlueter, Nathan	11	Central Iowa Aquatics-IA	NT	3:16.23	IASI
46.26	1:36.72 (50.46)	2:28.31 (51.59)	3:16.23 (47.92)		
5 Macho, Max	12	Iowa Flyers Swim Club-IA	3:21.48	3:20.67	IASI
45.37	1:36.59 (51.22)	2:28.62 (52.03)	3:20.67 (52.05)		
6 Artikov, Isaac	12	Des Moines Swimming Federation-IA	3:28.51	3:30.60	SIL
48.97	1:42.43 (53.46)	2:36.93 (54.50)	3:30.60 (53.67)		
7 Voynov, Clive	12	Des Moines Swimming Federation-IA	NT	3:32.36	SIL
48.38	1:42.04 (53.66)	2:35.39 (53.35)	3:32.36 (56.97)		
8 Staber, Evan	12	Iowa Flyers Swim Club-IA	3:44.00	3:33.37	SIL
46.45	1:42.12 (55.67)	2:39.26 (57.14)	3:33.37 (54.11)		
9 Weiland, Owen	11	Central Iowa Aquatics-IA	3:52.95	4:00.61	
57.81	1:59.27 (1:01.46)	3:00.53 (1:01.26)	4:00.61 (1:00.08)		
10 Frantum, Gabe	12	Central Iowa Aquatics-IA	3:57.97	4:04.26	
55.99	2:00.84 (1:04.85)	3:04.13 (1:03.29)	4:04.26 (1:00.13)		

Boys 11-12 50 LC Meter Butterfly**33.09 11-12 AAA****38.59 11-12 IASI**

Name	Age	Team	Seed Time	Finals Time	
1 Soloviov, Misha	12	Iowa Flyers Swim Club-IA	34.69	33.89	IASI
2 Voynov, Clive	12	Des Moines Swimming Federation-IA	36.42	35.79	IASI
3 Staber, Evan	12	Iowa Flyers Swim Club-IA	36.67	35.97	IASI
4 Treharne, Clayton	11	Linn-Mar-IA	48.15	38.46	IASI
5 Diaz, Santi	12	Davenport Metro Swim Team-IA	42.32	38.82	
6 Bailiff, Ryne	12	Central Iowa Aquatics-IA	39.05	39.86	
7 Ortman, Link	12	Iowa City Eels-IA	46.13	43.12	
8 Schau, Oliver	11	Iowa City Eels-IA	54.14	43.29	
9 Schumacher, Brant	11	Central Iowa Aquatics-IA	NT	51.76	

Boys 11-12 50 LC Meter Butterfly**33.09 11-12 AAA****38.59 11-12 IASI**

Name	Age	Team	Seed Time	Finals Time	
1 Susil, Ben	12	Central Iowa Aquatics-IA	32.89	31.54	AAA
2 Macho, Max	12	Iowa Flyers Swim Club-IA	32.53	32.17	AAA
3 Polyak, Nik	11	Iowa Flyers Swim Club-IA	37.37	36.19	IASI
4 Thompson, TJ	12	Des Moines Swimming Federation-IA	36.83	36.21	IASI
5 Schlueter, Nathan	11	Central Iowa Aquatics-IA	36.87	36.23	IASI
6 Landuyt, Connor	12	Kansas City Blue Wave Swim Tea-MV	38.12	36.25	IASI
7 Lopez, Asher	12	Sun Prairie Storm-WI	39.55	37.60	IASI
8 Bailiff, Ryne	12	Central Iowa Aquatics-IA	39.05	39.13	

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Name	Age	Team	Seed Time	Finals Time
9 Fausch, Jackson	11	Central Iowa Aquatics-IA	39.63	39.49
10 Ford, John	11	Iowa Flyers Swim Club-IA	40.12	40.50
11 Smith, Carter	11	Des Moines Swimming Federation-IA	43.72	44.61
12 Skinner, Grayson	11	Central Iowa Aquatics-IA	52.71	47.89
13 Frantum, Gabe	12	Central Iowa Aquatics-IA	49.21	48.65
14 DeBourcy, Fin	11	Davenport Metro Swim Team-IA	NT	51.30
15 Shenouda, Nehemiah	11	Dowling Catholic Riptide-IA	1:21.57	1:26.19
--- Zenobi, Weston	11	Sun Prairie Storm-WI	43.87	NS

Boys 11-12 100 LC Meter Butterfly**1:13.99 11-12 AAA****1:26.29 11-12 IASI**

Name	Age	Team	Seed Time	Finals Time	
1 Susil, Ben	12	Central Iowa Aquatics-IA	1:12.93	1:11.90	AAA
32.93				1:11.90 (38.97)	
2 Macho, Max	12	Iowa Flyers Swim Club-IA	1:15.92	1:14.12	IASI
34.55				1:14.12 (39.57)	
3 Polyak, Nik	11	Iowa Flyers Swim Club-IA	1:21.02	1:20.43	IASI
36.93				1:20.43 (43.50)	
4 Voynov, Clive	12	Des Moines Swimming Federation-IA	1:25.21	1:20.66	IASI
38.66				1:20.66 (42.00)	
5 Thompson, TJ	12	Des Moines Swimming Federation-IA	NT	1:27.26	
40.63				1:27.26 (46.63)	
6 Landuyt, Connor	12	Kansas City Blue Wave Swim Tea-MV	1:33.06	1:28.54	
38.72				1:28.54 (49.82)	
7 Bykov, Leon	12	Des Moines Swimming Federation-IA	1:26.18	1:29.33	
40.95				1:29.33 (48.38)	
8 Staber, Evan	12	Iowa Flyers Swim Club-IA	1:25.99	1:31.13	
42.26				1:31.13 (48.87)	
9 Diaz, Santi	12	Davenport Metro Swim Team-IA	1:45.61	1:33.67	
44.92				1:33.67 (48.75)	
10 Bailiff, Ryne	12	Central Iowa Aquatics-IA	1:44.91	1:39.43	
46.11				1:39.43 (53.32)	
11 Lopez, Asher	12	Sun Prairie Storm-WI	1:44.36	1:41.60	
43.15				1:41.60 (58.45)	
12 Tann, Benjamin	12	Cool Swim Team-MV	NT	1:43.61	
44.88				1:43.61 (58.73)	
13 Smith, Carter	11	Des Moines Swimming Federation-IA	NT	1:45.44	
47.09				1:45.44 (58.35)	
14 Schau, Oliver	11	Iowa City Eels-IA	NT	1:47.02	
48.25				1:47.02 (58.77)	
15 Zenobi, Weston	11	Sun Prairie Storm-WI	NT	2:13.97	
57.98				2:13.97 (1:15.99)	
--- Ammar, Yoyo	12	Greater Des Moines YMCA-IA	NT		NS

2022 IA CIA BEAT THE HEAT - 6/24/2022 to 6/26/2022**Prairie Meadows Pool, Sanction #: IA-22-060****Wellmark YMCA * Des Moines, IA * 50 Meter Course****Results****Boys 11-12 200 LC Meter Butterfly**

2:45.79 11-12 AAA

3:06.19 11-12 IASI

3:35.89 11-12 SIL

Name	Age	Team	Seed Time	Finals Time	
1 Soloviov, Misha	12	Iowa Flyers Swim Club-IA	NT	3:02.02	IASI
38.18	1:25.87 (47.69)	2:14.08 (48.21)	3:02.02 (47.94)		
2 Schlueter, Nathan	11	Central Iowa Aquatics-IA	NT	3:07.83	SIL
39.19	1:26.90 (47.71)	2:16.64 (49.74)	3:07.83 (51.19)		
3 Walsh, Jack	12	Greater Des Moines YMCA-IA	NT	3:08.61	SIL
41.21	1:28.24 (47.03)	2:19.00 (50.76)	3:08.61 (49.61)		
4 Staber, Evan	12	Iowa Flyers Swim Club-IA	3:10.33	3:16.43	SIL
40.73	1:30.89 (50.16)	2:22.83 (51.94)	3:16.43 (53.60)		

Boys 11-12 200 LC Meter IM

2:42.39 11-12 AAA

3:08.49 11-12 IASI

Name	Age	Team	Seed Time	Finals Time	
1 Susil, Ben	12	Central Iowa Aquatics-IA	2:41.04	2:36.43	AAA
32.93	1:14.76 (41.83)	2:01.04 (46.28)	2:36.43 (35.39)		
2 Macho, Max	12	Iowa Flyers Swim Club-IA	2:46.62	2:46.70	IASI
34.31	1:16.95 (42.64)	2:08.21 (51.26)	2:46.70 (38.49)		
3 Thompson, TJ	12	Des Moines Swimming Federation-IA	2:52.92	2:50.70	IASI
38.08	1:19.05 (40.97)	2:16.41 (57.36)	2:50.70 (34.29)		
4 Landuyt, Connor	12	Kansas City Blue Wave Swim Tea-MV	3:03.90	2:50.86	IASI
38.52	1:22.98 (44.46)	2:13.25 (50.27)	2:50.86 (37.61)		
5 Ortman, Link	12	Iowa City Eels-IA	NT	3:13.11	
45.16	1:34.06 (48.90)	2:33.24 (59.18)	3:13.11 (39.87)		
6 Diaz, Santi	12	Davenport Metro Swim Team-IA	NT	3:13.30	
42.91	1:32.58 (49.67)	2:32.12 (59.54)	3:13.30 (41.18)		
7 Lopez, Asher	12	Sun Prairie Storm-WI	3:24.09	3:15.44	
40.48	1:33.21 (52.73)	2:37.72 (1:04.51)	3:15.44 (37.72)		
8 Weiland, Owen	11	Central Iowa Aquatics-IA	3:17.68	3:16.76	
47.44	1:37.94 (50.50)	2:37.15 (59.21)	3:16.76 (39.61)		
9 Balachandar, Jeyadev	12	Davenport Metro Swim Team-IA	3:28.93	3:17.68	
47.62	1:40.16 (52.54)	2:36.45 (56.29)	3:17.68 (41.23)		
10 Treharne, Clayton	11	Linn-Mar-IA	3:31.31	3:19.74	
42.41	1:33.42 (51.01)	2:37.25 (1:03.83)	3:19.74 (42.49)		
11 Smith, Carter	11	Des Moines Swimming Federation-IA	3:16.33	3:20.06	
45.44	1:35.47 (50.03)	2:39.81 (1:04.34)	3:20.06 (40.25)		
12 Tann, Benjamin	12	Cool Swim Team-MV	NT	3:22.60	
42.68	1:36.66 (53.98)	2:38.60 (1:01.94)	3:22.60 (44.00)		
13 Skinner, Grayson	11	Central Iowa Aquatics-IA	3:40.37	3:39.06	
53.64	1:48.99 (55.35)	2:52.78 (1:03.79)	3:39.06 (46.28)		
14 Frantum, Gabe	12	Central Iowa Aquatics-IA	3:33.42	3:44.35	
56.35	1:54.10 (57.75)	2:58.33 (1:04.23)	3:44.35 (46.02)		
15 Zenobi, Weston	11	Sun Prairie Storm-WI	NT	3:46.28	
55.39	1:58.06 (1:02.67)	3:02.97 (1:04.91)	3:46.28 (43.31)		
--- Ford, John	11	Iowa Flyers Swim Club-IA	3:11.98		DQ
		Shoulders past vertical toward breast - back			
	44.10	1:32.69 (48.59)	DQ (1:44.57)		

2022 IA CIA BEAT THE HEAT - 6/24/2022 to 6/26/2022**Prairie Meadows Pool, Sanction #: IA-22-060****Wellmark YMCA * Des Moines, IA * 50 Meter Course****Results****(Boys 13-14 50 LC Meter Freestyle)**

	Name	Age	Team	Seed Time	Finals Time
25	Moore, Quentin	14	Central Iowa Aquatics-IA	33.45	33.12
26	Thomas, Graeme	14	Iowa Flyers Swim Club-IA	34.25	33.35
27	Naylor, Carson	13	Central Iowa Aquatics-IA	34.84	33.55
28	Schasker, Beckett	13	Sun Prairie Storm-WI	33.62	33.81
29	Cunningham, Corban	13	North Side Swim Team-IA	32.33	33.83
30	Leibold, Drew	13	Davenport Metro Swim Team-IA	35.67	34.15
31	Schieltz, Rohan	13	Cool Swim Team-MV	37.64	34.22
32	Hamzeh, Faisal	13	Iowa Flyers Swim Club-IA	41.97	38.37
33	Sikora, Jackson	13	Rams Swim Club-IA	44.97	39.86
---	Nguyen, David	14	Unattached-IA	34.92	NS
---	Jackson, Aiden	13	Rams Swim Club-IA	NT	NS
---	Clewell, Nick	14	Greater Des Moines YMCA-IA	31.58	NS
---	Kardos, Ethan	13	Iowa Flyers Swim Club-IA	36.31	NS
---	Downey, Owen	13	Iowa Flyers Swim Club-IA	34.82	NS
---	Herstedt, Lucas	14	Davenport Metro Swim Team-IA	38.50	SCR
---	Willrich, Ben	14	Des Moines Swimming Federation-IA	34.71	SCR

Boys 13-14 50 LC Meter Freestyle**28.09 13-14 AAA****29.49 13-14 IASI**

	Name	Age	Team	Seed Time	Finals Time	
1	Huberg, Hudson	14	Iowa Flyers Swim Club-IA	24.63	24.79	AAA
*2	Chen, Landen	14	Des Moines Swimming Federation-IA	28.56	28.45	IASI
*2	Lepert, Dylan	13	Des Moines Swimming Federation-IA	28.72	28.45	IASI
4	Honkamp, Andrew	14	Des Moines Swimming Federation-IA	28.90	28.70	IASI
5	Scuffham, Parker	13	Greater Des Moines YMCA-IA	28.23	28.71	IASI
6	Emanuel, Drew	14	Des Moines Swimming Federation-IA	28.78	28.79	IASI
7	Schwickerath, Lathen	14	Greater Des Moines YMCA-IA	29.24	28.91	IASI
8	Berry-Stoelzle, Philip	14	Iowa Flyers Swim Club-IA	29.87	29.01	IASI
9	Jansen, Harrison	14	Central Iowa Aquatics-IA	29.54	29.17	IASI
10	Otis, Hudson	14	Des Moines Swimming Federation-IA	29.41	29.40	IASI
11	Acker, Owen	14	Sun Prairie Storm-WI	29.79	29.79	
12	Smith, Jackson	14	Des Moines Swimming Federation-IA	29.63	29.82	
13	Paulson, Nikolai	14	Iowa Flyers Swim Club-IA	30.69	29.98	
14	Schlueter, Noah	13	Central Iowa Aquatics-IA	29.97	30.02	
15	Jean, Brock	14	Greater Des Moines YMCA-IA	30.70	30.12	
16	Jones, Jorel	13	Greater Des Moines YMCA-IA	32.06	30.27	
17	Gagov, Evan	13	Central Iowa Aquatics-IA	30.42	30.47	
18	Peterson, Ethan	14	Davenport Metro Swim Team-IA	32.11	30.54	
19	Wittnebel, Peter	13	Linn-Mar-IA	31.41	30.83	
20	Moore, Kevin	13	Greater Des Moines YMCA-IA	31.15	31.16	
21	Rogers, Woody	14	Iowa Flyers Swim Club-IA	32.20	31.36	
22	Fisher, Luka	14	Des Moines Swimming Federation-IA	30.83	31.44	
23	Bradwell, Corbin	13	Cool Swim Team-MV	35.60	31.48	
24	Fertig, Jonah	14	Rams Swim Club-IA	31.08	31.53	
25	Wilson, Austin	13	Des Moines Swimming Federation-IA	32.27	31.80	
26	Scamman, Brady	13	Kansas City Blue Wave Swim Tea-MV	31.49	32.18	
27	Lacey, Graham	14	Des Moines Swimming Federation-IA	32.44	32.34	
28	Otis, Kasen	13	Des Moines Swimming Federation-IA	32.89	32.59	
29	LaMasters, Peter	14	Des Moines Swimming Federation-IA	32.52	32.99	

2022 IA CIA BEAT THE HEAT - 6/24/2022 to 6/26/2022**Prairie Meadows Pool, Sanction #: IA-22-060****Wellmark YMCA * Des Moines, IA * 50 Meter Course****Results****(Boys 13-14 50 LC Meter Freestyle)**

	Name	Age	Team	Seed Time	Finals Time
30	Moore, Quentin	14	Central Iowa Aquatics-IA	33.45	33.04
31	Thomas, Graeme	14	Iowa Flyers Swim Club-IA	34.25	33.94
32	Downey, Owen	13	Iowa Flyers Swim Club-IA	34.82	34.31
33	Schieltz, Rohan	13	Cool Swim Team-MV	37.64	34.38
34	Gray, Dominic	13	Greater Des Moines YMCA-IA	35.48	37.08
---	Harrington, Ben	14	Greater Des Moines YMCA-IA	NT	NS
---	Naylor, Carson	13	Central Iowa Aquatics-IA	34.84	NS
---	Bakkie, Zach	13	Des Moines Swimming Federation-IA	33.83	NS
---	Kardos, Ethan	13	Iowa Flyers Swim Club-IA	36.31	NS
---	Hamzeh, Faisal	13	Iowa Flyers Swim Club-IA	41.97	NS
---	Willrich, Ben	14	Des Moines Swimming Federation-IA	34.71	SCR

Boys 13-14 100 LC Meter Freestyle**1:01.09 13-14 AAA****1:05.29 13-14 IASI**

	Name	Age	Team	Seed Time	Finals Time	
1	Huberg, Hudson	14	Iowa Flyers Swim Club-IA	54.85	54.90	AAA
	25.75		54.90 (29.15)			
2	Brown, Colin	13	Cool Swim Team-MV	NT	1:00.59	AAA
	28.44		1:00.59 (32.15)			
3	Spredemann, Cameron	14	Sun Prairie Storm-WI	1:03.84	1:01.17	IASI
	29.06		1:01.17 (32.11)			
4	Chen, Landen	14	Des Moines Swimming Federation-IA	1:03.44	1:02.01	IASI
	29.50		1:02.01 (32.51)			
5	Wells, Garrison	14	Kansas City Blue Wave Swim Tea-MV	1:03.91	1:02.60	IASI
	30.50		1:02.60 (32.10)			
6	Emanuel, Drew	14	Des Moines Swimming Federation-IA	1:03.88	1:02.72	IASI
	29.37		1:02.72 (33.35)			
7	Scuffham, Parker	13	Greater Des Moines YMCA-IA	1:02.81	1:02.76	IASI
	30.36		1:02.76 (32.40)			
8	Smith, Jackson	14	Des Moines Swimming Federation-IA	1:03.62	1:02.86	IASI
	29.70		1:02.86 (33.16)			
*9	Honkamp, Andrew	14	Des Moines Swimming Federation-IA	1:02.27	1:03.77	IASI
	30.25		1:03.77 (33.52)			
*9	Schwickerath, Lathen	14	Greater Des Moines YMCA-IA	1:04.13	1:03.77	IASI
	30.43		1:03.77 (33.34)			
11	Lepert, Dylan	13	Des Moines Swimming Federation-IA	1:05.20	1:04.38	IASI
	30.65		1:04.38 (33.73)			
12	Acker, Owen	14	Sun Prairie Storm-WI	1:06.87	1:04.50	IASI
	31.74		1:04.50 (32.76)			
13	Kearney, Noah	14	Greater Des Moines YMCA-IA	1:09.83	1:05.25	IASI
	31.40		1:05.25 (33.85)			
14	Gagov, Evan	13	Central Iowa Aquatics-IA	1:06.84	1:05.28	IASI
	31.46		1:05.28 (33.82)			
15	Mabe, Dylan	13	Cool Swim Team-MV	NT	1:05.30	
	31.09		1:05.30 (34.21)			
16	Raghvani, Ruhan	14	Linn-Mar-IA	1:06.98	1:06.01	
	30.78		1:06.01 (35.23)			
17	Wittnebel, Peter	13	Linn-Mar-IA	1:13.70	1:06.67	
	31.69		1:06.67 (34.98)			

2022 IA CIA BEAT THE HEAT - 6/24/2022 to 6/26/2022**Prairie Meadows Pool, Sanction #: IA-22-060****Wellmark YMCA * Des Moines, IA * 50 Meter Course****Results****(Boys 13-14 100 LC Meter Freestyle)**

	Name	Age	Team	Seed Time	Finals Time
18	Moore, Kevin	13	Greater Des Moines YMCA-IA	1:08.91	1:07.64
	32.20				1:07.64 (35.44)
19	Heitzman, Calvin	13	Central Iowa Aquatics-IA	1:09.63	1:08.11
	31.95				1:08.11 (36.16)
20	Jones, Jorel	13	Greater Des Moines YMCA-IA	1:09.48	1:08.29
	31.70				1:08.29 (36.59)
21	Peterson, Ethan	14	Davenport Metro Swim Team-IA	1:16.35	1:08.86
	32.77				1:08.86 (36.09)
22	Bradwell, Corbin	13	Cool Swim Team-MV	1:17.79	1:09.24
	33.02				1:09.24 (36.22)
23	Rogers, Woody	14	Iowa Flyers Swim Club-IA	1:10.11	1:11.08
	33.53				1:11.08 (37.55)
24	Wilson, Austin	13	Des Moines Swimming Federation-IA	1:10.86	1:11.42
	34.25				1:11.42 (37.17)
25	Edgington, Tate	13	Des Moines Swimming Federation-IA	1:11.52	1:11.86
	35.02				1:11.86 (36.84)
26	LaMasters, Peter	14	Des Moines Swimming Federation-IA	1:13.24	1:12.28
	34.41				1:12.28 (37.87)
27	Fertig, Jonah	14	Rams Swim Club-IA	1:10.97	1:12.38
	33.60				1:12.38 (38.78)
28	Otis, Kasen	13	Des Moines Swimming Federation-IA	1:12.45	1:12.48
	34.81				1:12.48 (37.67)
29	Lacey, Graham	14	Des Moines Swimming Federation-IA	1:09.49	1:12.66
	33.89				1:12.66 (38.77)
30	Bakkie, Zach	13	Des Moines Swimming Federation-IA	1:13.76	1:12.92
	34.71				1:12.92 (38.21)
31	Naylor, Carson	13	Central Iowa Aquatics-IA	1:12.82	1:14.20
	35.53				1:14.20 (38.67)
32	Thomas, Graeme	14	Iowa Flyers Swim Club-IA	1:14.62	1:14.66
	34.54				1:14.66 (40.12)
33	Scamman, Brady	13	Kansas City Blue Wave Swim Tea-MV	1:11.73	1:14.75
	34.81				1:14.75 (39.94)
34	Schasker, Beckett	13	Sun Prairie Storm-WI	1:22.96	1:17.19
	36.43				1:17.19 (40.76)
35	Leibold, Drew	13	Davenport Metro Swim Team-IA	1:21.43	1:18.31
	37.27				1:18.31 (41.04)
36	Schieltz, Rohan	13	Cool Swim Team-MV	1:29.84	1:21.04
	35.50				1:21.04 (45.54)
37	Downey, Owen	13	Iowa Flyers Swim Club-IA	1:19.45	1:21.56
	38.22				1:21.56 (43.34)
38	Bales, Eli	13	Des Moines Swimming Federation-IA	1:24.16	1:25.08
	39.79				1:25.08 (45.29)
39	Hamzeh, Faisal	13	Iowa Flyers Swim Club-IA	1:28.40	1:27.38
	42.24				1:27.38 (45.14)
40	Ross, Titan	14	Iowa City Eels-IA	2:30.58	1:31.37
---	Kardos, Ethan	13	Iowa Flyers Swim Club-IA	1:21.10	NS
---	Harrington, Ben	14	Greater Des Moines YMCA-IA	NT	NS
---	Willrich, Ben	14	Des Moines Swimming Federation-IA	1:19.36	SCR
---	Herstedt, Lucas	14	Davenport Metro Swim Team-IA	1:25.08	SCR

2022 IA CIA BEAT THE HEAT - 6/24/2022 to 6/26/2022**Prairie Meadows Pool, Sanction #: IA-22-060****Wellmark YMCA * Des Moines, IA * 50 Meter Course****Results****Boys 13-14 200 LC Meter Freestyle****2:12.89 13-14 AAA****2:21.99 13-14 IASI**

Name	Age	Team	Seed Time	Finals Time	
1 Chen, Landen	14	Des Moines Swimming Federation-IA	2:16.62	2:14.22	IASI
30.62	1:04.96 (34.34)	1:40.91 (35.95)	2:14.22 (33.31)		
2 Emanuel, Drew	14	Des Moines Swimming Federation-IA	2:16.26	2:15.00	IASI
30.16	1:04.53 (34.37)	1:40.00 (35.47)	2:15.00 (35.00)		
3 Wells, Garrison	14	Kansas City Blue Wave Swim Tea-MV	2:28.62	2:16.63	IASI
31.30	1:05.62 (34.32)	1:42.43 (36.81)	2:16.63 (34.20)		
4 Scuffham, Parker	13	Greater Des Moines YMCA-IA	2:17.23	2:17.12	IASI
32.17	1:07.34 (35.17)	1:43.03 (35.69)	2:17.12 (34.09)		
5 Brown, Colin	13	Cool Swim Team-MV	NT	2:17.29	IASI
31.17	1:06.95 (35.78)	1:42.35 (35.40)	2:17.29 (34.94)		
6 Smith, Jackson	14	Des Moines Swimming Federation-IA	2:19.28	2:17.34	IASI
30.15	1:05.09 (34.94)	1:41.12 (36.03)	2:17.34 (36.22)		
7 Acker, Owen	14	Sun Prairie Storm-WI	2:26.87	2:17.36	IASI
31.56	1:06.72 (35.16)	1:43.05 (36.33)	2:17.36 (34.31)		
8 Lepert, Dylan	13	Des Moines Swimming Federation-IA	2:20.82	2:18.79	IASI
31.93	1:06.85 (34.92)	1:43.92 (37.07)	2:18.79 (34.87)		
9 Jansen, Harrison	14	Central Iowa Aquatics-IA	2:21.95	2:19.77	IASI
31.24	1:07.56 (36.32)	1:44.26 (36.70)	2:19.77 (35.51)		
10 Otis, Hudson	14	Des Moines Swimming Federation-IA	2:20.61	2:20.28	IASI
31.13	1:06.45 (35.32)	1:43.88 (37.43)	2:20.28 (36.40)		
11 Honkamp, Andrew	14	Des Moines Swimming Federation-IA	2:19.31	2:20.58	IASI
31.37	1:06.45 (35.08)	1:43.49 (37.04)	2:20.58 (37.09)		
12 Terflinger, Landen	14	Cool Swim Team-MV	2:54.42	2:20.66	IASI
30.63	1:06.53 (35.90)	1:43.08 (36.55)	2:20.66 (37.58)		
13 Gagov, Evan	13	Central Iowa Aquatics-IA	2:24.54	2:22.68	
32.00	1:08.74 (36.74)	1:46.66 (37.92)	2:22.68 (36.02)		
14 Thompson, Gavin	13	Uss Destroyers Swim Club-IA	3:09.17	2:23.03	
33.12	1:09.89 (36.77)	1:47.36 (37.47)	2:23.03 (35.67)		
15 Kearney, Noah	14	Greater Des Moines YMCA-IA	2:25.24	2:23.08	
31.17	1:07.15 (35.98)	1:45.86 (38.71)	2:23.08 (37.22)		
16 Berry-Stoelzle, Philip	14	Iowa Flyers Swim Club-IA	2:20.91	2:23.77	
32.67	1:09.08 (36.41)	1:47.15 (38.07)	2:23.77 (36.62)		
17 Bradwell, Corbin	13	Cool Swim Team-MV	2:47.57	2:26.53	
33.41	1:11.17 (37.76)	1:48.97 (37.80)	2:26.53 (37.56)		
18 Mabe, Dylan	13	Cool Swim Team-MV	NT	2:27.56	
33.34	1:12.13 (38.79)	1:51.86 (39.73)	2:27.56 (35.70)		
19 Wittnebel, Peter	13	Linn-Mar-IA	2:38.94	2:28.19	
34.21	1:11.29 (37.08)	1:49.89 (38.60)	2:28.19 (38.30)		
20 Sieren, Rylee	13	Linn-Mar-IA	2:24.81	2:29.54	
34.26	1:13.46 (39.20)	1:52.25 (38.79)	2:29.54 (37.29)		
21 Clewell, Nick	14	Greater Des Moines YMCA-IA	3:06.08	2:30.09	
32.62	1:10.60 (37.98)	1:51.07 (40.47)	2:30.09 (39.02)		
22 Fisher, Luka	14	Des Moines Swimming Federation-IA	2:20.65	2:30.96	
33.17	1:11.19 (38.02)	1:52.24 (41.05)	2:30.96 (38.72)		
23 Wilson, Austin	13	Des Moines Swimming Federation-IA	2:44.91	2:31.89	
34.42	1:13.16 (38.74)	1:53.09 (39.93)	2:31.89 (38.80)		
24 Otis, Kasen	13	Des Moines Swimming Federation-IA	2:36.19	2:32.73	
35.22	1:14.03 (38.81)	1:54.15 (40.12)	2:32.73 (38.58)		

2022 IA CIA BEAT THE HEAT - 6/24/2022 to 6/26/2022**Prairie Meadows Pool, Sanction #: IA-22-060****Wellmark YMCA * Des Moines, IA * 50 Meter Course****Results****(Boys 13-14 200 LC Meter Freestyle)**

	Name	Age	Team	Seed Time	Finals Time
25	Lacey, Graham	14	Des Moines Swimming Federation-IA	2:43.93	2:33.48
	35.22	1:14.88 (39.66)	1:55.34 (40.46)	2:33.48 (38.14)	
26	Raghvani, Ruhan	14	Linn-Mar-IA	2:24.09	2:33.53
	34.07	1:12.98 (38.91)	1:53.20 (40.22)	2:33.53 (40.33)	
27	Rogers, Woody	14	Iowa Flyers Swim Club-IA	2:34.18	2:33.89
	33.94	1:13.86 (39.92)	1:54.06 (40.20)	2:33.89 (39.83)	
28	LaMasters, Peter	14	Des Moines Swimming Federation-IA	2:38.08	2:34.82
	34.40	1:14.97 (40.57)	1:55.92 (40.95)	2:34.82 (38.90)	
29	Heitzman, Calvin	13	Central Iowa Aquatics-IA	2:49.66	2:35.10
	34.32	1:14.38 (40.06)	1:55.89 (41.51)	2:35.10 (39.21)	
30	Bakkie, Zach	13	Des Moines Swimming Federation-IA	2:38.52	2:36.90
	35.48	1:15.76 (40.28)	1:57.80 (42.04)	2:36.90 (39.10)	
31	Thomas, Graeme	14	Iowa Flyers Swim Club-IA	2:41.99	2:37.13
	35.35	1:14.54 (39.19)	1:56.18 (41.64)	2:37.13 (40.95)	
32	Naylor, Carson	13	Central Iowa Aquatics-IA	2:37.14	2:38.09
	36.23	1:17.23 (41.00)	1:58.60 (41.37)	2:38.09 (39.49)	
33	Schasker, Beckett	13	Sun Prairie Storm-WI	3:30.97	2:40.68
	35.76	1:16.42 (40.66)	1:59.45 (43.03)	2:40.68 (41.23)	
34	Scamman, Brady	13	Kansas City Blue Wave Swim Tea-MV	2:54.19	2:48.34
	36.21	1:19.31 (43.10)	2:04.01 (44.70)	2:48.34 (44.33)	
35	Gray, Dominic	13	Greater Des Moines YMCA-IA	2:47.00	2:50.06
	39.31	1:24.19 (44.88)	2:09.27 (45.08)	2:50.06 (40.79)	
36	Downey, Owen	13	Iowa Flyers Swim Club-IA	2:52.51	2:50.40
	38.25	1:23.75 (45.50)	2:09.86 (46.11)	2:50.40 (40.54)	
37	Hamzeh, Faisal	13	Iowa Flyers Swim Club-IA	3:04.07	3:00.84
	40.80	1:29.19 (48.39)	2:16.63 (47.44)	3:00.84 (44.21)	
38	Schieltz, Rohan	13	Cool Swim Team-MV	3:09.83	3:04.61
	37.75	1:27.00 (49.25)	2:16.43 (49.43)	3:04.61 (48.18)	
---	Kardos, Ethan	13	Iowa Flyers Swim Club-IA	2:57.94	NS
---	Moore, Kevin	13	Greater Des Moines YMCA-IA	2:36.35	NS
---	Harrington, Ben	14	Greater Des Moines YMCA-IA	NT	NS
---	Stockdale, Phoenix	14	Cool Swim Team-MV	2:23.11	SCR
---	Herstedt, Lucas	14	Davenport Metro Swim Team-IA	3:05.68	SCR

Boys 13-14 400 LC Meter Freestyle**4:40.19 13-14 AAA****5:07.79 13-14 IASI****5:38.59 13-14 SIL**

	Name	Age	Team	Seed Time	Finals Time
1	Emanuel, Drew	14	Des Moines Swimming Federation-IA	NT	4:45.06 IASI
				5:16.81 ()	
	5:57.71 (40.90)	6:37.71 (40.00)	7:17.96 (40.25)	7:59.13 (41.17)	
	8:39.46 (40.33)	9:19.50 (40.04)	9:59.07 (39.57)	4:45.06 ()	

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4:40.19 13-14 AAA

5:07.79 13-14 IASI

5:38.59 13-14 SIL

Name	Age	Team	Seed Time	Finals Time	
1 Macho, Parker	14	Iowa Flyers Swim Club-IA	4:34.22	4:34.67	AAA
30.83	1:03.54 (32.71)	1:37.82 (34.28)	2:13.26 (35.44)		
2:48.89 (35.63)	3:25.06 (36.17)	4:00.61 (35.55)	4:34.67 (34.06)		
2 Otis, Hudson	14	Des Moines Swimming Federation-IA	4:54.26	4:48.44	IASI
32.27	1:08.70 (36.43)	1:45.64 (36.94)	2:23.10 (37.46)		
3:00.26 (37.16)	3:37.52 (37.26)	4:13.86 (36.34)	4:48.44 (34.58)		
3 Berry-Stoelzle, Philip	14	Iowa Flyers Swim Club-IA	4:57.47	4:50.64	IASI
32.01	1:08.67 (36.66)	1:46.17 (37.50)	2:24.01 (37.84)		
3:01.33 (37.32)	3:35.80 (34.47)	4:15.86 (40.06)	4:50.64 (34.78)		
4 Brown, Colin	13	Cool Swim Team-MV	NT	4:57.67	IASI
32.59	1:09.86 (37.27)	1:47.87 (38.01)	2:26.57 (38.70)		
3:04.65 (38.08)	3:42.82 (38.17)	4:21.01 (38.19)	4:57.67 (36.66)		
5 Terflinger, Landen	14	Cool Swim Team-MV	NT	4:59.75	IASI
31.69	1:08.50 (36.81)	1:46.68 (38.18)	2:25.35 (38.67)		
3:03.02 (37.67)	3:43.11 (40.09)	4:22.47 (39.36)	4:59.75 (37.28)		
6 Spredemann, Cameron	14	Sun Prairie Storm-WI	5:12.76	5:01.35	IASI
33.38	1:11.29 (37.91)	1:50.17 (38.88)	2:29.33 (39.16)		
3:08.36 (39.03)	3:46.89 (38.53)	4:25.01 (38.12)	5:01.35 (36.34)		
7 Gagov, Evan	13	Central Iowa Aquatics-IA	5:07.46	5:06.98	IASI
33.84	1:12.79 (38.95)	1:52.62 (39.83)	2:32.88 (40.26)		
3:11.58 (38.70)	3:51.72 (40.14)	4:30.16 (38.44)	5:06.98 (36.82)		
8 Mabe, Dylan	13	Cool Swim Team-MV	NT	5:16.88	SIL
35.29	1:17.36 (42.07)	1:57.59 (40.23)	2:38.77 (41.18)		
3:20.03 (41.26)	4:00.59 (40.56)	4:39.83 (39.24)	5:16.88 (37.05)		
9 Sieren, Rylee	13	Linn-Mar-IA	5:12.23	5:17.64	SIL
35.34	1:14.38 (39.04)	1:54.76 (40.38)	2:35.35 (40.59)		
3:16.59 (41.24)	3:57.39 (40.80)	4:38.41 (41.02)	5:17.64 (39.23)		
10 Wittnebel, Peter	13	Linn-Mar-IA	5:14.60	5:23.83	SIL
35.35	1:15.30 (39.95)	1:56.46 (41.16)	2:38.17 (41.71)		
3:19.71 (41.54)	4:02.40 (42.69)	4:44.39 (41.99)	5:23.83 (39.44)		
11 Otis, Kasen	13	Des Moines Swimming Federation-IA	5:37.60	5:31.59	SIL
37.59	1:18.75 (41.16)	2:01.85 (43.10)	2:44.33 (42.48)		
3:27.22 (42.89)	4:10.21 (42.99)	4:51.41 (41.20)	5:31.59 (40.18)		
12 Naylor, Carson	13	Central Iowa Aquatics-IA	5:32.85	5:34.31	SIL
37.18	1:19.30 (42.12)	2:02.94 (43.64)	2:45.62 (42.68)		
3:29.19 (43.57)	4:11.66 (42.47)	4:54.49 (42.83)	5:34.31 (39.82)		
13 Lacey, Graham	14	Des Moines Swimming Federation-IA	5:33.16	5:36.62	SIL
37.61	1:20.63 (43.02)	2:04.88 (44.25)	2:49.08 (44.20)		
3:32.06 (42.98)	4:15.77 (43.71)	4:57.59 (41.82)	5:36.62 (39.03)		
14 Moore, Kevin	13	Greater Des Moines YMCA-IA	5:42.40	5:36.65	SIL
35.59	1:16.71 (41.12)	1:59.24 (42.53)	2:42.30 (43.06)		
3:27.50 (45.20)	4:12.72 (45.22)	4:55.89 (43.17)	5:36.65 (40.76)		
15 Rogers, Woody	14	Iowa Flyers Swim Club-IA	NT	5:53.31	
37.79	1:21.62 (43.83)	2:07.20 (45.58)	2:53.09 (45.89)		
3:40.12 (47.03)	4:26.10 (45.98)	5:10.61 (44.51)	5:53.31 (42.70)		
16 Thomas, Graeme	14	Iowa Flyers Swim Club-IA	5:49.99	5:58.74	
39.62	1:24.11 (44.49)	2:10.05 (45.94)	2:56.24 (46.19)		
3:42.63 (46.39)	4:29.66 (47.03)	5:15.50 (45.84)	5:58.74 (43.24)		

2022 IA CIA BEAT THE HEAT - 6/24/2022 to 6/26/2022**Prairie Meadows Pool, Sanction #: IA-22-060****Wellmark YMCA * Des Moines, IA * 50 Meter Course****Results****(Boys 13-14 400 LC Meter Freestyle)**

	Name	Age	Team	Seed Time	Finals Time
17	Downey, Owen	13	Iowa Flyers Swim Club-IA	6:06.54	6:00.65
	39.51	1:24.59 (45.08)	2:10.86 (46.27)	2:58.77 (47.91)	
	3:45.54 (46.77)	4:33.43 (47.89)	5:18.43 (45.00)	6:00.65 (42.22)	
18	Bales, Eli	13	Des Moines Swimming Federation-IA	NT	6:12.48
	39.03	1:27.93 (48.90)	2:15.01 (47.08)	3:01.16 (46.15)	
	3:50.71 (49.55)	4:40.33 (49.62)	5:29.16 (48.83)	6:12.48 (43.32)	
19	Schieltz, Rohan	13	Cool Swim Team-MV	NT	6:34.47
	38.95	1:27.95 (49.00)	2:18.08 (50.13)	3:09.05 (50.97)	
	4:00.13 (51.08)	4:52.05 (51.92)	5:43.44 (51.39)	6:34.47 (51.03)	
---	Scuffham, Parker	13	Greater Des Moines YMCA-IA	4:54.68	NS
---	Kardos, Ethan	13	Iowa Flyers Swim Club-IA	6:22.19	NS
---	Smith, Jackson	14	Des Moines Swimming Federation-IA	4:50.83	SCR
---	Willrich, Ben	14	Des Moines Swimming Federation-IA	6:30.73	SCR

Boys 13-14 800 LC Meter Freestyle**9:38.69 13-14 AAA****10:42.09 13-14 IASI****11:39.29 13-14 SIL**

	Name	Age	Team	Seed Time	Finals Time
1	Macho, Parker	14	Iowa Flyers Swim Club-IA	10:08.83	9:30.56 AAA
	32.35	1:08.03 (35.68)	1:44.02 (35.99)	2:20.31 (36.29)	
	2:56.52 (36.21)	3:32.63 (36.11)	4:08.41 (35.78)	4:44.49 (36.08)	
	5:20.85 (36.36)	5:57.42 (36.57)		7:10.83 ()	
	7:47.25 (36.42)	8:22.09 (34.84)	8:56.69 (34.60)	9:30.56 (33.87)	
2	Emanuel, Drew	14	Des Moines Swimming Federation-IA	10:07.94	9:37.34 AAA
	31.98	1:07.41 (35.43)	1:43.25 (35.84)	2:19.73 (36.48)	
	2:55.98 (36.25)	3:32.46 (36.48)	4:08.37 (35.91)	4:45.06 (36.69)	
	5:21.48 (36.42)	5:58.04 (36.56)	6:34.45 (36.41)	7:11.37 (36.92)	
	7:47.64 (36.27)	8:24.41 (36.77)	9:01.56 (37.15)	9:37.34 (35.78)	
3	Renoux, Hayden	14	Cool Swim Team-MV	NT	9:56.24 IASI
	32.98	1:10.26 (37.28)	1:48.10 (37.84)	2:26.85 (38.75)	
	3:04.94 (38.09)	3:43.54 (38.60)	4:21.32 (37.78)	4:59.53 (38.21)	
	5:36.26 (36.73)	6:13.81 (37.55)	6:50.57 (36.76)	7:27.95 (37.38)	
	8:05.26 (37.31)	8:42.73 (37.47)	9:19.72 (36.99)	9:56.24 (36.52)	
4	Chen, Landen	14	Des Moines Swimming Federation-IA	10:01.77	9:59.51 IASI
	31.84	1:07.46 (35.62)	1:44.56 (37.10)	2:21.39 (36.83)	
	2:58.60 (37.21)	3:35.52 (36.92)	4:13.60 (38.08)	4:51.37 (37.77)	
	5:28.90 (37.53)	6:06.88 (37.98)	6:45.84 (38.96)	7:24.51 (38.67)	
	8:03.84 (39.33)	8:41.41 (37.57)	9:21.19 (39.78)	9:59.51 (38.32)	
5	Sanchez, Cameron	13	Central Iowa Aquatics-IA	10:42.42	10:01.44 IASI
	25.44	1:10.14 (44.70)	1:48.28 (38.14)	2:25.71 (37.43)	
	3:04.30 (38.59)	3:42.68 (38.38)	4:21.81 (39.13)	4:59.65 (37.84)	
	5:38.15 (38.50)	6:16.35 (38.20)	6:54.71 (38.36)	7:32.80 (38.09)	
	8:10.82 (38.02)	8:48.35 (37.53)	9:26.16 (37.81)	10:01.44 (35.28)	
6	Acker, Owen	14	Sun Prairie Storm-WI	10:16.26	10:02.92 IASI
	32.65	1:10.31 (37.66)	1:48.80 (38.49)	2:27.61 (38.81)	
	3:06.78 (39.17)	3:44.99 (38.21)	4:23.63 (38.64)	5:02.21 (38.58)	
	5:40.32 (38.11)	6:18.77 (38.45)	6:56.40 (37.63)	7:34.37 (37.97)	
	8:11.96 (37.59)	8:49.74 (37.78)	9:27.21 (37.47)	10:02.92 (35.71)	

2022 IA CIA BEAT THE HEAT - 6/24/2022 to 6/26/2022**Prairie Meadows Pool, Sanction #: IA-22-060****Wellmark YMCA * Des Moines, IA * 50 Meter Course****Results****(Boys 13-14 800 LC Meter Freestyle)**

	Name	Age	Team	Seed Time	Finals Time	
7	Bradwell, Corbin	13	Cool Swim Team-MV	NT	10:45.29	SIL
	35.68	1:15.23 (39.55)	1:55.16 (39.93)	2:35.84 (40.68)		
	3:16.46 (40.62)	3:57.55 (41.09)	4:37.82 (40.27)	5:20.15 (42.33)		
	6:01.90 (41.75)	6:43.15 (41.25)	7:24.15 (41.00)	8:05.89 (41.74)		
	8:47.30 (41.41)	9:27.98 (40.68)	10:07.21 (39.23)	10:45.29 (38.08)		
8	Paulson, Nikolai	14	Iowa Flyers Swim Club-IA	11:00.20	10:46.27	SIL
	35.12	1:13.51 (38.39)	1:54.33 (40.82)	2:34.73 (40.40)		
	3:16.61 (41.88)	3:57.48 (40.87)	4:40.04 (42.56)	5:20.96 (40.92)		
	6:03.37 (42.41)	6:44.13 (40.76)	7:26.75 (42.62)	8:07.81 (41.06)		
	8:49.00 (41.19)	9:28.48 (39.48)	10:08.69 (40.21)	10:46.27 (37.58)		
9	Raghvani, Ruhan	14	Linn-Mar-IA	10:51.39	10:59.00	SIL
	35.42	1:14.88 (39.46)	1:55.21 (40.33)	2:37.00 (41.79)		
	3:18.12 (41.12)	4:00.83 (42.71)	4:43.38 (42.55)	5:27.18 (43.80)		
	6:10.44 (43.26)	6:51.74 (41.30)	7:33.63 (41.89)	8:15.83 (42.20)		
	8:56.83 (41.00)	9:38.80 (41.97)	10:19.37 (40.57)	10:59.00 (39.63)		
10	LaMasters, Peter	14	Des Moines Swimming Federation-IA	NT	11:18.45	SIL
	35.43	1:17.02 (41.59)	1:59.13 (42.11)	2:43.41 (44.28)		
	3:26.47 (43.06)	4:12.27 (45.80)	4:55.85 (43.58)	5:40.20 (44.35)		
	6:24.05 (43.85)	7:08.38 (44.33)	7:50.40 (42.02)	8:33.78 (43.38)		
	9:16.23 (42.45)	9:57.48 (41.25)	10:39.14 (41.66)	11:18.45 (39.31)		
11	Edgington, Tate	13	Des Moines Swimming Federation-IA	NT	11:37.61	SIL
	38.57	1:21.58 (43.01)	2:05.68 (44.10)	2:51.11 (45.43)		
	3:35.14 (44.03)	4:19.61 (44.47)	5:04.05 (44.44)	5:49.14 (45.09)		
	6:33.89 (44.75)	7:18.46 (44.57)	8:02.74 (44.28)	8:46.62 (43.88)		
	9:31.04 (44.42)	10:14.58 (43.54)	10:57.25 (42.67)	11:37.61 (40.36)		
12	Bakkie, Zach	13	Des Moines Swimming Federation-IA	11:44.64	11:42.56	
	37.33	1:21.31 (43.98)	2:05.18 (43.87)	2:50.20 (45.02)		
	3:33.22 (43.02)	4:18.90 (45.68)	5:03.55 (44.65)	5:48.17 (44.62)		
	6:32.87 (44.70)	7:18.22 (45.35)	8:02.64 (44.42)	8:47.19 (44.55)		
	9:32.04 (44.85)	10:17.22 (45.18)	11:01.08 (43.86)	11:42.56 (41.48)		

Boys 13-14 1500 LC Meter Freestyle**18:32.09 13-14 AAA****20:19.79 13-14 IASI****22:08.49 13-14 SIL**

	Name	Age	Team	Seed Time	Finals Time	
1	Schlueter, Noah	13	Central Iowa Aquatics-IA	19:29.37	18:29.90	AAA
			1:43.25 ()	2:20.23 (36.98)		
	2:58.12 (37.89)	3:35.56 (37.44)	4:13.71 (38.15)	4:51.40 (37.69)		
	5:28.73 (37.33)	6:05.84 (37.11)	6:43.49 (37.65)	7:21.08 (37.59)		
	7:58.25 (37.17)	8:35.19 (36.94)	9:12.72 (37.53)	9:50.09 (37.37)		
	10:27.95 (37.86)	11:05.02 (37.07)	11:42.19 (37.17)	12:19.50 (37.31)		
	12:56.95 (37.45)	13:34.66 (37.71)	14:11.89 (37.23)	14:49.37 (37.48)		
	15:27.15 (37.78)	16:03.70 (36.55)	16:40.72 (37.02)	17:17.43 (36.71)		
	17:54.13 (36.70)	18:29.90 (35.77)				

2022 IA CIA BEAT THE HEAT - 6/24/2022 to 6/26/2022

Prairie Meadows Pool, Sanction #: IA-22-060

Wellmark YMCA * Des Moines, IA * 50 Meter Course

Results

(Boys 13-14 1500 LC Meter Freestyle)

Name	Age	Team	Seed Time	Finals Time	
2 Chen, Landen	14	Des Moines Swimming Federation-IA	18:47.04	18:36.89	IASI
		1:43.97 ()	2:21.43 (37.46)		
2:58.99 (37.56)	3:36.69 (37.70)	4:14.53 (37.84)	4:52.01 (37.48)		
5:29.44 (37.43)	6:06.32 (36.88)	6:43.50 (37.18)	7:20.22 (36.72)		
7:57.11 (36.89)	8:34.55 (37.44)	9:11.62 (37.07)	9:49.11 (37.49)		
10:26.41 (37.30)	11:04.25 (37.84)	11:41.60 (37.35)	12:18.87 (37.27)		
12:56.32 (37.45)	13:33.78 (37.46)	14:11.30 (37.52)	14:48.94 (37.64)		
15:26.80 (37.86)	16:04.22 (37.42)	16:43.47 (39.25)	17:22.27 (38.80)		
18:00.21 (37.94)	18:36.89 (36.68)				
3 Berry-Stoelzle, Philip	14	Iowa Flyers Swim Club-IA	19:28.19	19:27.65	IASI
		1:50.36 ()	2:29.80 (39.44)		
3:08.33 (38.53)	3:47.83 (39.50)	4:26.53 (38.70)	5:05.23 (38.70)		
5:44.29 (39.06)	6:24.40 (40.11)	7:04.57 (40.17)	7:44.32 (39.75)		
8:23.25 (38.93)	9:03.54 (40.29)	9:42.68 (39.14)	10:22.28 (39.60)		
11:00.77 (38.49)	11:40.25 (39.48)	12:19.35 (39.10)	12:58.46 (39.11)		
13:37.36 (38.90)	14:16.14 (38.78)	14:54.14 (38.00)	15:33.66 (39.52)		
16:13.00 (39.34)	16:52.89 (39.89)	17:32.47 (39.58)	18:11.45 (38.98)		
18:50.00 (38.55)	19:27.65 (37.65)				
4 Acker, Owen	14	Sun Prairie Storm-WI	20:35.91	19:32.22	IASI
		1:47.86 ()	2:27.10 (39.24)		
3:05.66 (38.56)	3:45.03 (39.37)	4:23.27 (38.24)	5:02.50 (39.23)		
5:41.39 (38.89)	6:20.74 (39.35)	6:59.79 (39.05)	7:39.53 (39.74)		
8:18.53 (39.00)	8:58.51 (39.98)	9:37.95 (39.44)	10:17.84 (39.89)		
10:57.49 (39.65)	11:37.81 (40.32)	12:17.10 (39.29)	12:57.46 (40.36)		
13:36.87 (39.41)	14:17.06 (40.19)	14:57.26 (40.20)	15:37.32 (40.06)		
16:16.21 (38.89)	16:56.79 (40.58)	17:36.23 (39.44)	18:15.83 (39.60)		
18:54.50 (38.67)	19:32.22 (37.72)				
5 Jansen, Harrison	14	Central Iowa Aquatics-IA	21:49.15	19:49.13	IASI
33.56	1:11.91 (38.35)	1:51.29 (39.38)	2:31.21 (39.92)		
3:11.45 (40.24)	3:51.83 (40.38)	4:31.34 (39.51)	5:10.46 (39.12)		
5:49.82 (39.36)	6:28.90 (39.08)	7:07.87 (38.97)	7:47.40 (39.53)		
8:26.27 (38.87)	9:06.02 (39.75)	9:45.72 (39.70)	10:25.94 (40.22)		
11:05.18 (39.24)	11:45.68 (40.50)	12:25.84 (40.16)	13:06.42 (40.58)		
13:47.09 (40.67)	14:28.89 (41.80)	15:09.58 (40.69)	15:51.08 (41.50)		
16:31.39 (40.31)	17:12.82 (41.43)	17:52.03 (39.21)	18:32.78 (40.75)		
19:11.32 (38.54)	19:49.13 (37.81)				
6 Sieren, Rylee	13	Linn-Mar-IA	21:35.80	20:07.69	IASI
34.34	1:12.07 (37.73)	1:51.71 (39.64)	2:32.42 (40.71)		
3:13.12 (40.70)	3:54.45 (41.33)	4:35.55 (41.10)	5:17.45 (41.90)		
5:57.99 (40.54)	6:38.58 (40.59)	7:18.07 (39.49)	7:58.55 (40.48)		
8:37.90 (39.35)	9:19.36 (41.46)	9:59.47 (40.11)	10:40.06 (40.59)		
11:20.61 (40.55)	12:01.83 (41.22)	12:42.26 (40.43)	13:23.71 (41.45)		
14:03.91 (40.20)	14:45.20 (41.29)	15:25.74 (40.54)	16:06.43 (40.69)		
16:46.89 (40.46)	17:27.79 (40.90)	18:07.59 (39.80)	18:48.42 (40.83)		
19:28.62 (40.20)	20:07.69 (39.07)				

2022 IA CIA BEAT THE HEAT - 6/24/2022 to 6/26/2022

Prairie Meadows Pool, Sanction #: IA-22-060

Wellmark YMCA * Des Moines, IA * 50 Meter Course

Results

(Boys 13-14 1500 LC Meter Freestyle)

Name	Age	Team	Seed Time	Finals Time
7 Raghwani, Ruhan	14	Linn-Mar-IA	21:58.58	20:31.23 SIL
34.86	1:12.53 (37.67)	1:51.77 (39.24)	2:31.15 (39.38)	
3:10.59 (39.44)	3:51.18 (40.59)	4:31.96 (40.78)	5:14.41 (42.45)	
5:56.66 (42.25)	6:37.49 (40.83)	7:08.34 (30.85)	7:58.26 (49.92)	
8:41.30 (43.04)	9:23.00 (41.70)	10:04.71 (41.71)	10:46.41 (41.70)	
11:26.89 (40.48)	12:08.88 (41.99)	12:50.09 (41.21)	13:32.63 (42.54)	
14:04.16 (31.53)	14:55.66 (51.50)	15:37.53 (41.87)	16:18.00 (40.47)	
17:00.04 (42.04)	17:42.68 (42.64)	18:24.64 (41.96)	19:07.33 (42.69)	
19:48.91 (41.58)	20:31.23 (42.32)			
8 Paulson, Nikolai	14	Iowa Flyers Swim Club-IA	20:34.82	20:47.95 SIL
1:35.61 ()	2:16.84 (41.23)	2:57.74 (40.90)		
3:38.87 (41.13)	4:19.52 (40.65)	4:59.32 (39.80)	5:44.84 (45.52)	
6:27.67 (42.83)	7:09.53 (41.86)	7:51.87 (42.34)	8:34.17 (42.30)	
9:17.67 (43.50)	9:59.55 (41.88)	10:42.79 (43.24)	11:24.36 (41.57)	
12:07.26 (42.90)	12:47.18 (39.92)	13:30.49 (43.31)	14:12.98 (42.49)	
14:57.02 (44.04)	15:38.79 (41.77)	16:22.28 (43.49)	17:04.79 (42.51)	
17:48.86 (44.07)	18:30.17 (41.31)	20:47.95 (2:17.78)		
9 Wittnebel, Peter	13	Linn-Mar-IA	22:31.88	22:06.61 SIL
33.06	1:12.06 (39.00)	1:53.98 (41.92)	2:37.34 (43.36)	
3:21.12 (43.78)	4:06.20 (45.08)	4:51.88 (45.68)	5:36.73 (44.85)	
6:21.35 (44.62)	7:06.91 (45.56)	7:53.58 (46.67)	8:38.81 (45.23)	
9:25.26 (46.45)	10:11.08 (45.82)	10:57.09 (46.01)	11:41.87 (44.78)	
12:26.58 (44.71)	13:12.15 (45.57)	13:56.92 (44.77)	14:42.75 (45.83)	
15:27.87 (45.12)	16:12.89 (45.02)	16:59.77 (46.88)	17:45.37 (45.60)	
18:30.01 (44.64)	19:15.06 (45.05)	19:59.06 (44.00)	20:43.46 (44.40)	
21:18.11 (34.65)	22:06.61 (48.50)			
10 Bakkie, Zach	13	Des Moines Swimming Federation-IA	NT	22:39.98
37.51	1:20.45 (42.94)	2:05.54 (45.09)	2:51.06 (45.52)	
3:36.18 (45.12)	4:21.76 (45.58)	5:06.80 (45.04)	5:52.15 (45.35)	
6:36.45 (44.30)	7:22.77 (46.32)	8:07.47 (44.70)	8:53.27 (45.80)	
9:38.29 (45.02)	10:22.90 (44.61)	11:08.41 (45.51)	11:55.08 (46.67)	
12:41.90 (46.82)	13:29.86 (47.96)	14:16.14 (46.28)	15:02.33 (46.19)	
15:48.55 (46.22)	16:35.81 (47.26)	17:21.94 (46.13)	18:08.08 (46.14)	
18:53.98 (45.90)	19:41.99 (48.01)	20:26.68 (44.69)	21:12.00 (45.32)	
21:52.60 (40.60)	22:39.98 (47.38)			
--- Macho, Parker	14	Iowa Flyers Swim Club-IA	19:14.19	NS
--- Spredemann, Cameron	14	Sun Prairie Storm-WI	20:30.87	SCR

Boys 13-14 50 LC Meter Backstroke

Name	Age	Team	Seed Time	Finals Time
1 Macho, Parker	14	Iowa Flyers Swim Club-IA	30.43	30.92
2 Smith, Jackson	14	Des Moines Swimming Federation-IA	32.39	32.77
3 Stockdale, Phoenix	14	Cool Swim Team-MV	34.49	32.90
4 Huberg, Hudson	14	Iowa Flyers Swim Club-IA	31.66	33.14
5 Terflinger, Landen	14	Cool Swim Team-MV	45.24	33.30
6 Scuffham, Parker	13	Greater Des Moines YMCA-IA	33.46	33.50
7 Spredemann, Cameron	14	Sun Prairie Storm-WI	41.90	33.99
8 Acker, Owen	14	Sun Prairie Storm-WI	33.57	34.22
9 Landon, Ethan	13	Iowa Flyers Swim Club-IA	34.86	34.88
10 Wells, Garrison	14	Kansas City Blue Wave Swim Tea-MV	36.77	34.90
11 Raghwani, Ruhan	14	Linn-Mar-IA	41.15	35.08
12 Bradwell, Corbin	13	Cool Swim Team-MV	38.24	35.29

2022 IA CIA BEAT THE HEAT - 6/24/2022 to 6/26/2022**Prairie Meadows Pool, Sanction #: IA-22-060****Wellmark YMCA * Des Moines, IA * 50 Meter Course****Results****(Boys 13-14 50 LC Meter Backstroke)**

	Name	Age	Team	Seed Time	Finals Time
13	Jansen, Harrison	14	Central Iowa Aquatics-IA	37.36	35.34
14	Sanchez, Cameron	13	Central Iowa Aquatics-IA	42.43	35.82
15	Thompson, Gavin	13	Uss Destroyers Swim Club-IA	39.62	36.02
16	Renoux, Hayden	14	Cool Swim Team-MV	NT	36.74
17	Jones, Jorel	13	Greater Des Moines YMCA-IA	47.95	37.01
18	Heitzman, Calvin	13	Central Iowa Aquatics-IA	38.53	37.31
19	Sieren, Rylee	13	Linn-Mar-IA	41.13	38.26
20	Andersen, Noah	13	Dowling Catholic Riptide-IA	40.71	38.29
21	Naylor, Carson	13	Central Iowa Aquatics-IA	41.23	39.43
22	Schasker, Beckett	13	Sun Prairie Storm-WI	37.94	39.74
23	Cunningham, Corban	13	North Side Swim Team-IA	40.53	41.06
24	Schieltz, Rohan	13	Cool Swim Team-MV	43.39	42.02
25	Thomas, Graeme	14	Iowa Flyers Swim Club-IA	42.69	42.07
26	Leibold, Drew	13	Davenport Metro Swim Team-IA	42.69	42.85
27	Hamzeh, Faisal	13	Iowa Flyers Swim Club-IA	52.17	50.85
---	Clewell, Nick	14	Greater Des Moines YMCA-IA	41.96	NS
---	Kardos, Ethan	13	Iowa Flyers Swim Club-IA	44.31	NS
---	Downey, Owen	13	Iowa Flyers Swim Club-IA	NT	NS
---	Jackson, Aiden	13	Rams Swim Club-IA	NT	NS
---	Herstedt, Lucas	14	Davenport Metro Swim Team-IA	45.56	SCR

Boys 13-14 100 LC Meter Backstroke**1:08.79 13-14 AAA****1:14.39 13-14 IASI**

	Name	Age	Team	Seed Time	Finals Time	
1	Macho, Parker	14	Iowa Flyers Swim Club-IA	1:05.36	1:04.88	AAA
	32.39		1:04.88 (32.49)			
2	Smith, Jackson	14	Des Moines Swimming Federation-IA	NT	1:07.39	AAA
	32.83		1:07.39 (34.56)			
3	Otis, Hudson	14	Des Moines Swimming Federation-IA	1:09.61	1:10.78	IASI
	33.89		1:10.78 (36.89)			
4	Kearney, Noah	14	Greater Des Moines YMCA-IA	1:21.20	1:11.68	IASI
	34.69		1:11.68 (36.99)			
5	Scuffham, Parker	13	Greater Des Moines YMCA-IA	1:12.19	1:11.76	IASI
	34.99		1:11.76 (36.77)			
6	Stockdale, Phoenix	14	Cool Swim Team-MV	1:15.00	1:11.95	IASI
	33.96		1:11.95 (37.99)			
7	Honkamp, Andrew	14	Des Moines Swimming Federation-IA	1:12.56	1:13.67	IASI
	35.69		1:13.67 (37.98)			
8	Acker, Owen	14	Sun Prairie Storm-WI	1:15.87	1:14.16	IASI
	36.99		1:14.16 (37.17)			
9	Raghvani, Ruhan	14	Linn-Mar-IA	1:17.93	1:14.21	IASI
	35.78		1:14.21 (38.43)			
10	Wells, Garrison	14	Kansas City Blue Wave Swim Tea-MV	1:16.14	1:14.27	IASI
	34.53		1:14.27 (39.74)			
11	Huberg, Hudson	14	Iowa Flyers Swim Club-IA	1:11.72	1:15.03	
	36.32		1:15.03 (38.71)			
12	Sanchez, Cameron	13	Central Iowa Aquatics-IA	1:17.08	1:15.48	
	36.51		1:15.48 (38.97)			
13	Terflinger, Landen	14	Cool Swim Team-MV	1:35.22	1:16.22	
	34.84		1:16.22 (41.38)			

2022 IA CIA BEAT THE HEAT - 6/24/2022 to 6/26/2022**Prairie Meadows Pool, Sanction #: IA-22-060****Wellmark YMCA * Des Moines, IA * 50 Meter Course****Results****(Boys 13-14 100 LC Meter Backstroke)**

	Name	Age	Team	Seed Time	Finals Time
14	Thompson, Gavin	13	Uss Destroyers Swim Club-IA	1:19.60	1:17.24
	38.20		1:17.24 (39.04)		
15	Schlueter, Noah	13	Central Iowa Aquatics-IA	1:14.20	1:17.45
	36.85		1:17.45 (40.60)		
16	Emanuel, Drew	14	Des Moines Swimming Federation-IA	1:16.04	1:17.77
	37.62		1:17.77 (40.15)		
17	Lacey, Graham	14	Des Moines Swimming Federation-IA	1:18.33	1:18.51
	37.67		1:18.51 (40.84)		
18	Wilson, Austin	13	Des Moines Swimming Federation-IA	1:18.82	1:21.53
	38.82		1:21.53 (42.71)		
19	Otis, Kasen	13	Des Moines Swimming Federation-IA	1:20.83	1:21.61
	40.00		1:21.61 (41.61)		
20	Jones, Jorel	13	Greater Des Moines YMCA-IA	1:20.57	1:21.65
	38.56		1:21.65 (43.09)		
21	Howard, Sam	14	Greater Des Moines YMCA-IA	1:22.56	1:21.74
	39.53		1:21.74 (42.21)		
22	Schasker, Beckett	13	Sun Prairie Storm-WI	1:24.15	1:24.14
	40.32		1:24.14 (43.82)		
23	Naylor, Carson	13	Central Iowa Aquatics-IA	1:22.38	1:24.48
	41.62		1:24.48 (42.86)		
24	Edgington, Tate	13	Des Moines Swimming Federation-IA	1:26.51	1:28.50
	42.51		1:28.50 (45.99)		
25	Thomas, Graeme	14	Iowa Flyers Swim Club-IA	1:30.94	1:30.74
26	Leibold, Drew	13	Davenport Metro Swim Team-IA	1:35.16	1:31.86
	44.90		1:31.86 (46.96)		
27	Bales, Eli	13	Des Moines Swimming Federation-IA	1:51.38	1:40.96
	49.41		1:40.96 (51.55)		
28	Hamzeh, Faisal	13	Iowa Flyers Swim Club-IA	1:49.55	1:44.02
	50.40		1:44.02 (53.62)		
29	Ross, Titan	14	Iowa City Eels-IA	NT	1:58.55
	55.95		1:58.55 (1:02.60)		
---	Mabe, Dylan	13	Cool Swim Team-MV	NT	DQ
	Re-Submerged				
	39.97		DQ (43.13)		
---	Kardos, Ethan	13	Iowa Flyers Swim Club-IA	1:35.04	NS
---	Harrington, Ben	14	Greater Des Moines YMCA-IA	NT	NS
---	Willrich, Ben	14	Des Moines Swimming Federation-IA	1:36.64	SCR
---	Herstedt, Lucas	14	Davenport Metro Swim Team-IA	1:30.06	SCR

Boys 13-14 200 LC Meter Backstroke**2:28.19 13-14 AAA****2:49.69 13-14 IASI****3:06.69 13-14 SIL**

	Name	Age	Team	Seed Time	Finals Time	
1	Macho, Parker	14	Iowa Flyers Swim Club-IA	2:20.84	2:20.09	AAA
	33.60		1:09.72 (36.12) 1:45.35 (35.63)	2:20.09 (34.74)		
2	Smith, Jackson	14	Des Moines Swimming Federation-IA	2:27.12	2:25.98	AAA
	34.68		1:11.92 (37.24) 1:49.65 (37.73)	2:25.98 (36.33)		
3	Stockdale, Phoenix	14	Cool Swim Team-MV	2:40.74	2:33.11	IASI
	35.02		1:14.53 (39.51) 1:54.05 (39.52)	2:33.11 (39.06)		

2022 IA CIA BEAT THE HEAT - 6/24/2022 to 6/26/2022**Prairie Meadows Pool, Sanction #: IA-22-060****Wellmark YMCA * Des Moines, IA * 50 Meter Course****Results****(Boys 13-14 200 LC Meter Backstroke)**

	Name	Age	Team	Seed Time	Finals Time	
4	Scuffham, Parker	13	Greater Des Moines YMCA-IA	2:37.73	2:34.44	IASI
	36.89	1:16.47 (39.58)	1:56.96 (40.49)	2:34.44 (37.48)		
5	Spredemann, Cameron	14	Sun Prairie Storm-WI	2:49.13	2:36.48	IASI
	37.77	1:17.33 (39.56)	1:57.36 (40.03)	2:36.48 (39.12)		
6	Huberg, Hudson	14	Iowa Flyers Swim Club-IA	NT	2:37.51	IASI
	36.74	1:17.06 (40.32)	1:58.58 (41.52)	2:37.51 (38.93)		
7	Acker, Owen	14	Sun Prairie Storm-WI	2:45.87	2:38.86	IASI
	38.96	1:20.04 (41.08)	2:00.29 (40.25)	2:38.86 (38.57)		
8	Kearney, Noah	14	Greater Des Moines YMCA-IA	NT	2:39.17	IASI
	37.05	1:18.33 (41.28)	2:00.37 (42.04)	2:39.17 (38.80)		
9	Schlueter, Noah	13	Central Iowa Aquatics-IA	2:40.36	2:40.09	IASI
	37.27	1:17.85 (40.58)	1:59.12 (41.27)	2:40.09 (40.97)		
10	Honkamp, Andrew	14	Des Moines Swimming Federation-IA	2:38.84	2:40.39	IASI
	37.50	1:17.48 (39.98)	1:59.50 (42.02)	2:40.39 (40.89)		
11	Paulson, Nikolai	14	Iowa Flyers Swim Club-IA	2:47.22	2:40.48	IASI
	38.70	1:18.70 (40.00)	1:59.95 (41.25)	2:40.48 (40.53)		
12	Terflinger, Landen	14	Cool Swim Team-MV	NT	2:41.94	IASI
	36.34	1:18.21 (41.87)	2:01.10 (42.89)	2:41.94 (40.84)		
13	Brown, Colin	13	Cool Swim Team-MV	NT	2:44.00	IASI
	38.20	1:20.86 (42.66)	2:02.72 (41.86)	2:44.00 (41.28)		
14	Raghvani, Ruhan	14	Linn-Mar-IA	2:49.55	2:44.24	IASI
	37.84	1:21.47 (43.63)	2:03.10 (41.63)	2:44.24 (41.14)		
15	Otis, Kasen	13	Des Moines Swimming Federation-IA	2:51.27	2:44.70	IASI
	38.54	1:20.77 (42.23)	2:03.08 (42.31)	2:44.70 (41.62)		
16	Emanuel, Drew	14	Des Moines Swimming Federation-IA	2:47.89	2:46.97	IASI
	38.77	1:21.81 (43.04)	2:05.41 (43.60)	2:46.97 (41.56)		
17	Lacey, Graham	14	Des Moines Swimming Federation-IA	2:58.82	2:47.08	IASI
	38.30	1:20.95 (42.65)	2:04.55 (43.60)	2:47.08 (42.53)		
18	Wells, Garrison	14	Kansas City Blue Wave Swim Tea-MV	NT	2:48.14	IASI
	38.13	1:22.03 (43.90)	2:05.26 (43.23)	2:48.14 (42.88)		
19	Naylor, Carson	13	Central Iowa Aquatics-IA	2:51.23	2:48.19	IASI
	39.78	1:22.29 (42.51)	2:05.75 (43.46)	2:48.19 (42.44)		
20	Wilson, Austin	13	Des Moines Swimming Federation-IA	2:53.93	2:51.25	SIL
	39.61	1:23.24 (43.63)	2:08.77 (45.53)	2:51.25 (42.48)		
21	Mabe, Dylan	13	Cool Swim Team-MV	NT	2:53.75	SIL
	39.47	1:24.11 (44.64)	2:09.24 (45.13)	2:53.75 (44.51)		
22	Sieren, Rylee	13	Linn-Mar-IA	2:56.04	2:55.78	SIL
	42.39	1:27.63 (45.24)	2:12.47 (44.84)	2:55.78 (43.31)		
23	Fisher, Luka	14	Des Moines Swimming Federation-IA	2:49.74	2:57.26	SIL
	39.67	1:24.55 (44.88)	2:57.26 (1:32.71)			
24	Schasker, Beckett	13	Sun Prairie Storm-WI	NT	3:01.98	SIL
	42.93	1:31.03 (48.10)	2:16.93 (45.90)	3:01.98 (45.05)		
25	Clewell, Nick	14	Greater Des Moines YMCA-IA	NT	3:02.69	SIL
	41.49	1:28.88 (47.39)	2:16.42 (47.54)	3:02.69 (46.27)		
26	Scamman, Brady	13	Kansas City Blue Wave Swim Tea-MV	NT	3:05.87	SIL
	42.73	1:29.87 (47.14)	2:18.22 (48.35)	3:05.87 (47.65)		
27	Gray, Dominic	13	Greater Des Moines YMCA-IA	3:08.90	3:11.78	
	46.81	1:36.59 (49.78)	2:26.64 (50.05)	3:11.78 (45.14)		
28	Thomas, Graeme	14	Iowa Flyers Swim Club-IA	NT	3:13.57	
	46.90	1:35.78 (48.88)	3:13.57 (1:37.79)			
---	Herstedt, Lucas	14	Davenport Metro Swim Team-IA	3:02.37	SCR	

2022 IA CIA BEAT THE HEAT - 6/24/2022 to 6/26/2022**Prairie Meadows Pool, Sanction #: IA-22-060****Wellmark YMCA * Des Moines, IA * 50 Meter Course****Results****Boys 13-14 50 LC Meter Breaststroke**

	Name	Age	Team	Seed Time	Finals Time
1	Huberg, Hudson	14	Iowa Flyers Swim Club-IA	33.43	34.37
2	Macho, Parker	14	Iowa Flyers Swim Club-IA	39.77	36.15
3	Heitzman, Calvin	13	Central Iowa Aquatics-IA	38.06	36.98
4	Moore, Quentin	14	Central Iowa Aquatics-IA	38.29	37.83
5	Spredemann, Cameron	14	Sun Prairie Storm-WI	41.80	38.30
6	Wells, Garrison	14	Kansas City Blue Wave Swim Tea-MV	41.58	38.53
7	Renoux, Hayden	14	Cool Swim Team-MV	NT	38.88
8	Thompson, Gavin	13	Uss Destroyers Swim Club-IA	43.58	39.11
9	Brown, Colin	13	Cool Swim Team-MV	NT	39.41
10	Bakkie, Zach	13	Des Moines Swimming Federation-IA	41.30	39.91
11	Terflinger, Landen	14	Cool Swim Team-MV	59.88	39.96
12	Acker, Owen	14	Sun Prairie Storm-WI	39.46	40.26
13	Smith, Jackson	14	Des Moines Swimming Federation-IA	42.78	40.99
14	Gagov, Evan	13	Central Iowa Aquatics-IA	39.25	41.02
15	Sanchez, Cameron	13	Central Iowa Aquatics-IA	44.65	41.04
16	Sieren, Rylee	13	Linn-Mar-IA	44.99	43.88
17	Raghvani, Ruhan	14	Linn-Mar-IA	52.21	45.30
18	Andrews, Liam	13	Greater Des Moines YMCA-IA	49.58	45.85
19	Landon, Ethan	13	Iowa Flyers Swim Club-IA	45.78	46.50
20	Andersen, Noah	13	Dowling Catholic Riptide-IA	NT	46.96
21	Schasker, Beckett	13	Sun Prairie Storm-WI	47.30	47.83
22	Naylor, Carson	13	Central Iowa Aquatics-IA	51.58	48.26
23	Hamzeh, Faisal	13	Iowa Flyers Swim Club-IA	48.15	48.57
24	Thomas, Graeme	14	Iowa Flyers Swim Club-IA	NT	49.03
25	Sikora, Jackson	13	Rams Swim Club-IA	1:01.91	56.62
---	Nguyen, David	14	Unattached-IA	47.84	NS
---	Clewell, Nick	14	Greater Des Moines YMCA-IA	47.69	NS
---	Downey, Owen	13	Iowa Flyers Swim Club-IA	58.99	NS
---	Kardos, Ethan	13	Iowa Flyers Swim Club-IA	1:07.78	NS

Boys 13-14 100 LC Meter Breaststroke**1:16.59 13-14 AAA****1:26.49 13-14 IASI**

	Name	Age	Team	Seed Time	Finals Time
1	Huberg, Hudson	14	Iowa Flyers Swim Club-IA	1:14.20	1:16.99 IASI
	35.29		1:16.99 (41.70)		
2	Macho, Parker	14	Iowa Flyers Swim Club-IA	1:18.26	1:18.15 IASI
	36.68		1:18.15 (41.47)		
3	Lepert, Dylan	13	Des Moines Swimming Federation-IA	1:18.61	1:20.20 IASI
	37.63		1:20.20 (42.57)		
4	Schwickerath, Lathen	14	Greater Des Moines YMCA-IA	1:24.11	1:21.59 IASI
	38.04		1:21.59 (43.55)		
5	Paulson, Nikolai	14	Iowa Flyers Swim Club-IA	1:25.72	1:22.28 IASI
	39.48		1:22.28 (42.80)		
6	Stockdale, Phoenix	14	Cool Swim Team-MV	NT	1:22.77 IASI
	38.05		1:22.77 (44.72)		
7	Thompson, Gavin	13	Uss Destroyers Swim Club-IA	1:30.76	1:23.23 IASI
	39.99		1:23.23 (43.24)		
8	Renoux, Hayden	14	Cool Swim Team-MV	NT	1:24.00 IASI
	39.86		1:24.00 (44.14)		

2022 IA CIA BEAT THE HEAT - 6/24/2022 to 6/26/2022**Prairie Meadows Pool, Sanction #: IA-22-060****Wellmark YMCA * Des Moines, IA * 50 Meter Course****Results****(Boys 13-14 100 LC Meter Breaststroke)**

	Name	Age	Team	Seed Time	Finals Time	
9	Chen, Landen	14	Des Moines Swimming Federation-IA	1:21.11	1:24.17	IASI
	40.24			1:24.17 (43.93)		
10	Gagov, Evan	13	Central Iowa Aquatics-IA	1:25.58	1:24.67	IASI
	40.46			1:24.67 (44.21)		
11	Spredemann, Cameron	14	Sun Prairie Storm-WI	1:28.39	1:25.21	IASI
	40.99			1:25.21 (44.22)		
12	Scuffham, Parker	13	Greater Des Moines YMCA-IA	1:30.08	1:25.23	IASI
	39.49			1:25.23 (45.74)		
13	Kearney, Noah	14	Greater Des Moines YMCA-IA	NT	1:25.27	IASI
	39.11			1:25.27 (46.16)		
14	Moore, Quentin	14	Central Iowa Aquatics-IA	1:24.91	1:25.72	IASI
	39.78			1:25.72 (45.94)		
15	Berry-Stoelzle, Philip	14	Iowa Flyers Swim Club-IA	1:28.09	1:25.95	IASI
	41.21			1:25.95 (44.74)		
16	Schlueter, Noah	13	Central Iowa Aquatics-IA	1:25.60	1:26.46	IASI
	40.50			1:26.46 (45.96)		
17	Smith, Jackson	14	Des Moines Swimming Federation-IA	1:31.16	1:26.55	
	41.71			1:26.55 (44.84)		
18	Heitzman, Calvin	13	Central Iowa Aquatics-IA	1:25.00	1:27.20	
	40.81			1:27.20 (46.39)		
19	Rogers, Woody	14	Iowa Flyers Swim Club-IA	1:28.77	1:27.63	
	41.34			1:27.63 (46.29)		
20	Otis, Hudson	14	Des Moines Swimming Federation-IA	1:25.64	1:27.71	
	41.35			1:27.71 (46.36)		
21	Brown, Colin	13	Cool Swim Team-MV	NT	1:27.90	
	40.98			1:27.90 (46.92)		
22	Fertig, Jonah	14	Rams Swim Club-IA	1:29.56	1:28.95	
	42.04			1:28.95 (46.91)		
23	Bradwell, Corbin	13	Cool Swim Team-MV	1:48.85	1:30.02	
	43.57			1:30.02 (46.45)		
24	Jansen, Harrison	14	Central Iowa Aquatics-IA	1:55.66	1:30.38	
	42.36			1:30.38 (48.02)		
25	Clewell, Nick	14	Greater Des Moines YMCA-IA	1:30.29	1:31.20	
	42.54			1:31.20 (48.66)		
26	Sanchez, Cameron	13	Central Iowa Aquatics-IA	1:33.03	1:32.88	
	43.25			1:32.88 (49.63)		
27	Bakkie, Zach	13	Des Moines Swimming Federation-IA	1:30.71	1:33.03	
	43.63			1:33.03 (49.40)		
28	Scamman, Brady	13	Kansas City Blue Wave Swim Tea-MV	1:27.18	1:33.20	
	43.27			1:33.20 (49.93)		
29	Jean, Brock	14	Greater Des Moines YMCA-IA	NT	1:33.73	
	43.32			1:33.73 (50.41)		
30	Fisher, Luka	14	Des Moines Swimming Federation-IA	1:38.48	1:33.84	
	43.90			1:33.84 (49.94)		
31	Emanuel, Drew	14	Des Moines Swimming Federation-IA	1:34.69	1:34.05	
	44.86			1:34.05 (49.19)		
32	Mabe, Dylan	13	Cool Swim Team-MV	NT	1:34.23	
	44.75			1:34.23 (49.48)		
33	Peterson, Ethan	14	Davenport Metro Swim Team-IA	1:38.46	1:36.37	
	44.37			1:36.37 (52.00)		

2022 IA CIA BEAT THE HEAT - 6/24/2022 to 6/26/2022**Prairie Meadows Pool, Sanction #: IA-22-060****Wellmark YMCA * Des Moines, IA * 50 Meter Course****Results****(Boys 13-14 100 LC Meter Breaststroke)**

	Name	Age	Team	Seed Time	Finals Time
34	Wilson, Austin	13	Des Moines Swimming Federation-IA	1:35.56	1:38.34
	45.51			1:38.34 (52.83)	
35	LaMasters, Peter	14	Des Moines Swimming Federation-IA	1:40.28	1:39.32
	46.46			1:39.32 (52.86)	
36	Wittnebel, Peter	13	Linn-Mar-IA	1:39.17	1:40.14
	47.91			1:40.14 (52.23)	
37	Sieren, Rylee	13	Linn-Mar-IA	1:36.75	1:40.98
	48.49			1:40.98 (52.49)	
38	Schieltz, Rohan	13	Cool Swim Team-MV	1:43.04	1:42.61
	47.45			1:42.61 (55.16)	
39	Hamzeh, Faisal	13	Iowa Flyers Swim Club-IA	1:45.71	1:45.53
	50.02			1:45.53 (55.51)	
40	Schasker, Beckett	13	Sun Prairie Storm-WI	2:00.56	1:47.12
	49.86			1:47.12 (57.26)	
41	Thomas, Graeme	14	Iowa Flyers Swim Club-IA	1:53.14	1:54.53
	52.80			1:54.53 (1:01.73)	
42	Downey, Owen	13	Iowa Flyers Swim Club-IA	1:54.09	1:55.45
	55.01			1:55.45 (1:00.44)	
43	Gray, Dominic	13	Greater Des Moines YMCA-IA	NT	2:01.53
	57.51			2:01.53 (1:04.02)	
---	Kardos, Ethan	13	Iowa Flyers Swim Club-IA	NT	NS
---	Willrich, Ben	14	Des Moines Swimming Federation-IA	1:53.18	SCR

Boys 13-14 200 LC Meter Breaststroke**2:47.19 13-14 AAA****3:11.59 13-14 IASI****3:30.79 13-14 SIL**

	Name	Age	Team	Seed Time	Finals Time	
1	Paulson, Nikolai	14	Iowa Flyers Swim Club-IA	2:58.49	2:53.43	IASI
	41.60			1:26.10 (44.50)	2:10.89 (44.79)	2:53.43 (42.54)
2	Lepert, Dylan	13	Des Moines Swimming Federation-IA	2:58.30	2:53.61	IASI
	39.49			1:24.70 (45.21)	2:10.17 (45.47)	2:53.61 (43.44)
3	Chen, Landen	14	Des Moines Swimming Federation-IA	2:55.95	2:55.75	IASI
	39.76			1:25.42 (45.66)	2:11.43 (46.01)	2:55.75 (44.32)
4	Spredemann, Cameron	14	Sun Prairie Storm-WI	2:55.87	2:59.43	IASI
	41.80			1:26.98 (45.18)	2:13.90 (46.92)	2:59.43 (45.53)
5	Otis, Hudson	14	Des Moines Swimming Federation-IA	2:59.48	2:59.49	IASI
	40.39			1:25.92 (45.53)	2:12.71 (46.79)	2:59.49 (46.78)
6	Renoux, Hayden	14	Cool Swim Team-MV	NT	3:00.60	IASI
	41.31			1:27.83 (46.52)	2:14.08 (46.25)	3:00.60 (46.52)
7	Stockdale, Phoenix	14	Cool Swim Team-MV	NT	3:02.44	IASI
	39.90			1:27.04 (47.14)	2:15.70 (48.66)	3:02.44 (46.74)
8	Smith, Jackson	14	Des Moines Swimming Federation-IA	3:10.34	3:03.71	IASI
	42.27			1:30.29 (48.02)	2:17.41 (47.12)	3:03.71 (46.30)
9	Berry-Stoelzle, Philip	14	Iowa Flyers Swim Club-IA	3:12.06	3:06.71	IASI
	41.41			1:31.02 (49.61)	2:19.00 (47.98)	3:06.71 (47.71)
10	Schlueter, Noah	13	Central Iowa Aquatics-IA	3:01.66	3:09.94	IASI
	42.01			1:31.22 (49.21)	2:20.81 (49.59)	3:09.94 (49.13)
11	Heitzman, Calvin	13	Central Iowa Aquatics-IA	3:12.60	3:10.92	IASI
	42.64			1:32.12 (49.48)	2:24.30 (52.18)	3:10.92 (46.62)

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	Name	Age	Team	Seed Time	Finals Time	
12	Rogers, Woody	14	Iowa Flyers Swim Club-IA	3:12.22	3:11.60	SIL
	43.89	1:33.30 (49.41)	2:23.67 (50.37)	3:11.60 (47.93)		
13	Moore, Quentin	14	Central Iowa Aquatics-IA	3:06.94	3:11.76	SIL
	43.11	1:33.03 (49.92)	2:23.84 (50.81)	3:11.76 (47.92)		
14	Brown, Colin	13	Cool Swim Team-MV	NT	3:15.77	SIL
	46.41	1:38.31 (51.90)	2:26.55 (48.24)	3:15.77 (49.22)		
15	Bakkie, Zach	13	Des Moines Swimming Federation-IA	3:14.25	3:17.27	SIL
	43.37	1:33.98 (50.61)	2:26.81 (52.83)	3:17.27 (50.46)		
16	Mabe, Dylan	13	Cool Swim Team-MV	NT	3:19.02	SIL
	44.83	1:37.55 (52.72)	2:28.13 (50.58)	3:19.02 (50.89)		
17	Wells, Garrison	14	Kansas City Blue Wave Swim Tea-MV	NT	3:20.31	SIL
	41.84	1:33.48 (51.64)	2:26.93 (53.45)	3:20.31 (53.38)		
18	Fertig, Jonah	14	Rams Swim Club-IA	3:12.42	3:20.86	SIL
	46.15	1:36.60 (50.45)	2:28.31 (51.71)	3:20.86 (52.55)		
19	Scamman, Brady	13	Kansas City Blue Wave Swim Tea-MV	3:31.17	3:23.79	SIL
	44.84	1:37.95 (53.11)	2:30.14 (52.19)	3:23.79 (53.65)		
20	Wittnebel, Peter	13	Linn-Mar-IA	NT	3:32.39	
	49.52	1:43.48 (53.96)	2:38.68 (55.20)	3:32.39 (53.71)		
21	Sieren, Rylee	13	Linn-Mar-IA	3:41.41	3:33.74	
	50.18	1:45.03 (54.85)	2:40.93 (55.90)	3:33.74 (52.81)		
22	LaMasters, Peter	14	Des Moines Swimming Federation-IA	4:16.36	3:38.00	
	48.55	1:45.19 (56.64)	2:42.89 (57.70)	3:38.00 (55.11)		
23	Schieltz, Rohan	13	Cool Swim Team-MV	NT	3:42.30	
	47.90	1:45.63 (57.73)	2:43.26 (57.63)	3:42.30 (59.04)		
24	Hamzeh, Faisal	13	Iowa Flyers Swim Club-IA	4:23.11	3:43.48	
	52.29	1:51.53 (59.24)	2:49.91 (58.38)	3:43.48 (53.57)		
---	Gagov, Evan	13	Central Iowa Aquatics-IA	3:06.70		DQ
	False start					
	42.34	1:30.10 (47.76)	2:18.74 (48.64)	DQ (46.88)		

Boys 13-14 50 LC Meter Butterfly

	Name	Age	Team	Seed Time	Finals Time
1	Huberg, Hudson	14	Iowa Flyers Swim Club-IA	27.52	27.96
2	Macho, Parker	14	Iowa Flyers Swim Club-IA	28.59	28.13
3	Brown, Colin	13	Cool Swim Team-MV	NT	30.00
4	Spredemann, Cameron	14	Sun Prairie Storm-WI	32.98	30.03
5	Stockdale, Phoenix	14	Cool Swim Team-MV	1:00.03	30.53
6	Scuffham, Parker	13	Greater Des Moines YMCA-IA	31.40	31.02
7	Acker, Owen	14	Sun Prairie Storm-WI	33.18	31.60
8	Landon, Ethan	13	Iowa Flyers Swim Club-IA	31.21	31.78
9	Smith, Jackson	14	Des Moines Swimming Federation-IA	31.63	31.93
10	Wells, Garrison	14	Kansas City Blue Wave Swim Tea-MV	31.67	32.05
11	Jansen, Harrison	14	Central Iowa Aquatics-IA	36.88	32.52
12	Sanchez, Cameron	13	Central Iowa Aquatics-IA	32.15	32.68
13	Thompson, Gavin	13	Uss Destroyers Swim Club-IA	37.66	34.42
14	Raghvani, Ruhan	14	Linn-Mar-IA	39.75	34.48
15	Sieren, Rylee	13	Linn-Mar-IA	38.07	34.86
16	Heitzman, Calvin	13	Central Iowa Aquatics-IA	33.94	34.90
17	Jones, Jorel	13	Greater Des Moines YMCA-IA	57.62	35.89
18	Andrews, Liam	13	Greater Des Moines YMCA-IA	39.20	36.42
19	Moore, Quentin	14	Central Iowa Aquatics-IA	35.12	36.49

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	Name	Age	Team	Seed Time	Finals Time
20	Cunningham, Corban	13	North Side Swim Team-IA	36.25	36.93
21	Bradwell, Corbin	13	Cool Swim Team-MV	40.03	37.33
22	Schasker, Beckett	13	Sun Prairie Storm-WI	37.05	38.04
23	Andersen, Noah	13	Dowling Catholic Riptide-IA	58.70	39.11
24	Thomas, Graeme	14	Iowa Flyers Swim Club-IA	NT	40.06
25	Leibold, Drew	13	Davenport Metro Swim Team-IA	43.63	43.25
26	Hamzeh, Faisal	13	Iowa Flyers Swim Club-IA	1:01.35	48.81
---	Kardos, Ethan	13	Iowa Flyers Swim Club-IA	50.36	NS
---	Downey, Owen	13	Iowa Flyers Swim Club-IA	39.56	SCR
---	Willrich, Ben	14	Des Moines Swimming Federation-IA	44.73	SCR

Boys 13-14 100 LC Meter Butterfly**1:05.99 13-14 AAA****1:15.49 13-14 IASI**

	Name	Age	Team	Seed Time	Finals Time	
1	Huberg, Hudson	14	Iowa Flyers Swim Club-IA	1:06.82	1:02.86	AAA
	29.17				1:02.86 (33.69)	
2	Spredemann, Cameron	14	Sun Prairie Storm-WI	1:13.48	1:07.40	IASI
	31.94				1:07.40 (35.46)	
3	Brown, Colin	13	Cool Swim Team-MV	NT	1:09.88	IASI
	32.66				1:09.88 (37.22)	
4	Stockdale, Phoenix	14	Cool Swim Team-MV	1:16.21	1:10.78	IASI
	32.55				1:10.78 (38.23)	
5	Schwickerath, Lathen	14	Greater Des Moines YMCA-IA	1:11.39	1:11.23	IASI
	32.79				1:11.23 (38.44)	
6	Jansen, Harrison	14	Central Iowa Aquatics-IA	1:15.86	1:13.18	IASI
	33.52				1:13.18 (39.66)	
7	Howard, Sam	14	Greater Des Moines YMCA-IA	1:15.70	1:13.25	IASI
	33.61				1:13.25 (39.64)	
8	Moore, Kevin	13	Greater Des Moines YMCA-IA	1:12.40	1:15.49	IASI
	33.50				1:15.49 (41.99)	
9	Van Zee, Will	13	Greater Des Moines YMCA-IA	NT	1:15.53	
	35.89				1:15.53 (39.64)	
10	Honkamp, Andrew	14	Des Moines Swimming Federation-IA	1:10.74	1:15.55	
	33.65				1:15.55 (41.90)	
11	Emanuel, Drew	14	Des Moines Swimming Federation-IA	1:13.39	1:15.61	
	34.37				1:15.61 (41.24)	
12	Smith, Jackson	14	Des Moines Swimming Federation-IA	1:26.23	1:15.80	
	35.03				1:15.80 (40.77)	
13	Peterson, Ethan	14	Davenport Metro Swim Team-IA	1:26.67	1:16.91	
	35.75				1:16.91 (41.16)	
14	Gagov, Evan	13	Central Iowa Aquatics-IA	1:15.47	1:17.12	
	35.38				1:17.12 (41.74)	
15	Paulson, Nikolai	14	Iowa Flyers Swim Club-IA	1:16.06	1:18.29	
	34.77				1:18.29 (43.52)	
16	Thompson, Gavin	13	Uss Destroyers Swim Club-IA	1:27.73	1:19.16	
	37.67				1:19.16 (41.49)	
17	Renoux, Hayden	14	Cool Swim Team-MV	NT	1:20.40	
	36.14				1:20.40 (44.26)	
18	Terflinger, Landen	14	Cool Swim Team-MV	NT	1:20.96	
	36.09				1:20.96 (44.87)	

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Name	Age	Team	Seed Time	Finals Time
19 Scamman, Brady	13	Kansas City Blue Wave Swim Tea-MV	1:26.47	1:21.91
36.92	1:21.91 (44.99)			
20 Bradwell, Corbin	13	Cool Swim Team-MV	1:42.77	1:24.34
39.27	1:24.34 (45.07)			
21 Jones, Jorel	13	Greater Des Moines YMCA-IA	1:27.46	1:34.31
38.65	1:34.31 (55.66)			
22 Downey, Owen	13	Iowa Flyers Swim Club-IA	1:37.10	1:35.00
43.54	1:35.00 (51.46)			
23 Moore, Quentin	14	Central Iowa Aquatics-IA	1:29.93	1:36.41
40.69	1:36.41 (55.72)			
--- Schasker, Beckett	13	Sun Prairie Storm-WI	NT	DQ
One hand touch				
41.67	DQ (47.84)			

Boys 13-14 200 LC Meter Butterfly**2:26.59 13-14 AAA****2:49.19 13-14 IASI****3:06.19 13-14 SIL**

Name	Age	Team	Seed Time	Finals Time	
1 Macho, Parker	14	Iowa Flyers Swim Club-IA	2:24.75	2:22.20	AAA
30.81	1:05.97 (35.16)	1:43.96 (37.99)	2:22.20 (38.24)		
2 Gagov, Evan	13	Central Iowa Aquatics-IA	2:48.34	2:40.89	IASI
35.07	1:15.14 (40.07)	1:58.95 (43.81)	2:40.89 (41.94)		
3 Sanchez, Cameron	13	Central Iowa Aquatics-IA	2:43.03	2:45.49	IASI
35.24	1:17.03 (41.79)	2:01.93 (44.90)	2:45.49 (43.56)		
4 Stockdale, Phoenix	14	Cool Swim Team-MV	NT	2:45.90	IASI
34.10	1:18.09 (43.99)	2:04.95 (46.86)	2:45.90 (40.95)		
5 Spredemann, Cameron	14	Sun Prairie Storm-WI	2:48.95	2:47.06	IASI
35.90	1:18.00 (42.10)	2:02.10 (44.10)	2:47.06 (44.96)		
6 Paulson, Nikolai	14	Iowa Flyers Swim Club-IA	3:05.30	2:52.50	SIL
37.49	1:21.09 (43.60)	2:09.10 (48.01)	2:52.50 (43.40)		
7 Wells, Garrison	14	Kansas City Blue Wave Swim Tea-MV	3:18.84	2:56.16	SIL
37.05	1:23.70 (46.65)	2:11.26 (47.56)	2:56.16 (44.90)		
8 Moore, Kevin	13	Greater Des Moines YMCA-IA	2:58.56	2:56.36	SIL
34.83	1:16.21 (41.38)	2:03.46 (47.25)	2:56.36 (52.90)		
--- Renoux, Hayden	14	Cool Swim Team-MV	NT	DQ	
Kick breaststroke type					
37.10	1:21.60 (44.50)	2:09.64 (48.04)	DQ (50.41)		

Boys 13-14 200 LC Meter IM**2:29.19 13-14 AAA****2:45.79 13-14 IASI**

Name	Age	Team	Seed Time	Finals Time	
1 Macho, Parker	14	Iowa Flyers Swim Club-IA	2:21.05	2:27.05	AAA
30.09	1:07.70 (37.61)	1:52.06 (44.36)	2:27.05 (34.99)		
2 Acker, Owen	14	Sun Prairie Storm-WI	2:39.37	2:34.27	IASI
31.79	1:12.23 (40.44)	1:58.57 (46.34)	2:34.27 (35.70)		
3 Wells, Garrison	14	Kansas City Blue Wave Swim Tea-MV	2:39.50	2:35.54	IASI
32.96	1:14.46 (41.50)	2:02.21 (47.75)	2:35.54 (33.33)		
4 Otis, Hudson	14	Des Moines Swimming Federation-IA	2:37.59	2:36.08	IASI
32.74	1:12.29 (39.55)	2:00.08 (47.79)	2:36.08 (36.00)		

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Name		Age	Team	Seed Time	Finals Time	
5	Scuffham, Parker	13	Greater Des Moines YMCA-IA	2:40.99	2:36.14	IASI
	33.31	1:12.55 (39.24)	2:02.22 (49.67)	2:36.14 (33.92)		
6	Stockdale, Phoenix	14	Cool Swim Team-MV	3:12.45	2:36.63	IASI
		1:11.30 ()	2:00.78 (49.48)	2:36.63 (35.85)		
7	Lepert, Dylan	13	Des Moines Swimming Federation-IA	2:39.16	2:37.26	IASI
	35.02	1:17.69 (42.67)	2:00.66 (42.97)	2:37.26 (36.60)		
8	Paulson, Nikolai	14	Iowa Flyers Swim Club-IA	2:45.10	2:37.74	IASI
	33.67	1:15.04 (41.37)	2:00.37 (45.33)	2:37.74 (37.37)		
9	Berry-Stoelzle, Philip	14	Iowa Flyers Swim Club-IA	2:40.24	2:37.77	IASI
	32.94	1:15.83 (42.89)	2:03.09 (47.26)	2:37.77 (34.68)		
10	Renoux, Hayden	14	Cool Swim Team-MV	NT	2:38.56	IASI
	34.52	1:15.43 (40.91)	2:02.14 (46.71)	2:38.56 (36.42)		
11	Schlueter, Noah	13	Central Iowa Aquatics-IA	2:34.87	2:38.86	IASI
	34.17	1:15.19 (41.02)	2:03.93 (48.74)	2:38.86 (34.93)		
12	Thompson, Gavin	13	Uss Destroyers Swim Club-IA	2:57.57	2:40.60	IASI
	36.06	1:17.80 (41.74)	2:04.74 (46.94)	2:40.60 (35.86)		
13	Kearney, Noah	14	Greater Des Moines YMCA-IA	3:48.31	2:40.92	IASI
	33.11	1:17.15 (44.04)	2:05.21 (48.06)	2:40.92 (35.71)		
14	Sanchez, Cameron	13	Central Iowa Aquatics-IA	2:38.58	2:42.11	IASI
	33.78	1:15.18 (41.40)	2:05.56 (50.38)	2:42.11 (36.55)		
15	Honkamp, Andrew	14	Des Moines Swimming Federation-IA	2:41.79	2:42.69	IASI
	34.26	1:13.91 (39.65)	2:03.89 (49.98)	2:42.69 (38.80)		
16	Jansen, Harrison	14	Central Iowa Aquatics-IA	2:43.38	2:45.15	IASI
	33.41	1:15.15 (41.74)	2:05.09 (49.94)	2:45.15 (40.06)		
17	Terflinger, Landen	14	Cool Swim Team-MV	NT	2:46.16	
	33.01	1:15.63 (42.62)	2:09.83 (54.20)	2:46.16 (36.33)		
18	Van Zee, Will	13	Greater Des Moines YMCA-IA	NT	2:47.70	
	35.63	1:17.15 (41.52)	2:10.47 (53.32)	2:47.70 (37.23)		
19	Howard, Sam	14	Greater Des Moines YMCA-IA	NT	2:52.42	
	33.47	1:18.72 (45.25)	2:14.41 (55.69)	2:52.42 (38.01)		
20	Sieren, Rylee	13	Linn-Mar-IA	2:55.63	2:52.45	
	38.02	1:21.81 (43.79)	2:16.28 (54.47)	2:52.45 (36.17)		
21	Rogers, Woody	14	Iowa Flyers Swim Club-IA	2:57.61	2:56.37	
	37.98	1:26.98 (49.00)	2:14.85 (47.87)	2:56.37 (41.52)		
22	Moore, Quentin	14	Central Iowa Aquatics-IA	2:52.91	2:57.11	
	40.76	1:25.80 (45.04)	2:14.39 (48.59)	2:57.11 (42.72)		
23	Wilson, Austin	13	Des Moines Swimming Federation-IA	3:00.28	2:59.77	
	42.91	1:29.08 (46.17)	2:21.20 (52.12)	2:59.77 (38.57)		
24	Scamman, Brady	13	Kansas City Blue Wave Swim Tea-MV	3:08.25	3:00.56	
	37.21	1:24.99 (47.78)	2:18.10 (53.11)	3:00.56 (42.46)		
25	Otis, Kasen	13	Des Moines Swimming Federation-IA	2:57.95	3:01.14	
	40.10	1:25.64 (45.54)	2:22.44 (56.80)	3:01.14 (38.70)		
26	Lacey, Graham	14	Des Moines Swimming Federation-IA	NT	3:03.80	
	43.27	1:28.23 (44.96)	2:23.26 (55.03)	3:03.80 (40.54)		
27	Fertig, Jonah	14	Rams Swim Club-IA	3:05.30	3:06.48	
	40.74	1:33.15 (52.41)	2:26.15 (53.00)	3:06.48 (40.33)		
28	Edgington, Tate	13	Des Moines Swimming Federation-IA	3:11.65	3:07.09	
	40.03	1:29.27 (49.24)	2:28.66 (59.39)	3:07.09 (38.43)		
29	Schasker, Beckett	13	Sun Prairie Storm-WI	3:43.06	3:08.41	
	39.86	1:25.81 (45.95)	2:26.80 (1:00.99)	3:08.41 (41.61)		

2022 IA CIA BEAT THE HEAT - 6/24/2022 to 6/26/2022**Prairie Meadows Pool, Sanction #: IA-22-060****Wellmark YMCA * Des Moines, IA * 50 Meter Course****Results****(Boys 13-14 200 LC Meter IM)**

Name	Age	Team	Seed Time	Finals Time
30 Leibold, Drew	13	Davenport Metro Swim Team-IA	3:22.73	3:15.06
43.90	1:34.60 (50.70)	2:31.50 (56.90)	3:15.06 (43.56)	
31 Downey, Owen	13	Iowa Flyers Swim Club-IA	3:27.74	3:19.76
40.97	1:37.59 (56.62)	2:34.31 (56.72)	3:19.76 (45.45)	
32 Hamzeh, Faisal	13	Iowa Flyers Swim Club-IA	4:00.65	3:24.49
50.34	1:43.34 (53.00)	2:38.48 (55.14)	3:24.49 (46.01)	
--- Ross, Titan	14	Iowa City Eels-IA	NT	DQ
Scissors kick - breast				
54.44	1:59.66 (1:05.22)	3:08.61 (1:08.95)	DQ (55.46)	
--- Kardos, Ethan	13	Iowa Flyers Swim Club-IA	NT	NS

Boys 13-14 400 LC Meter IM**5:17.39 13-14 AAA****6:04.69 13-14 IASI****6:41.19 13-14 SIL**

Name	Age	Team	Seed Time	Finals Time
1 Macho, Parker	14	Iowa Flyers Swim Club-IA	5:01.13	5:06.30 AAA
30.01	1:05.59 (35.58)	1:45.26 (39.67)	2:24.05 (38.79)	
3:10.95 (46.90)	3:57.39 (46.44)	4:33.17 (35.78)	5:06.30 (33.13)	
2 Spredemann, Cameron	14	Sun Prairie Storm-WI	5:45.87	5:30.75 IASI
32.53	1:11.26 (38.73)	1:55.33 (44.07)	2:36.76 (41.43)	
3:28.04 (51.28)	4:16.74 (48.70)	4:55.19 (38.45)	5:30.75 (35.56)	
3 Acker, Owen	14	Sun Prairie Storm-WI	5:50.97	5:30.96 IASI
33.27	1:13.66 (40.39)	1:57.68 (44.02)	2:42.25 (44.57)	
3:30.43 (48.18)	4:18.53 (48.10)	4:57.35 (38.82)	5:30.96 (33.61)	
4 Berry-Stoelzle, Philip	14	Iowa Flyers Swim Club-IA	5:41.30	5:31.23 IASI
33.94	1:14.54 (40.60)	1:59.26 (44.72)	2:42.85 (43.59)	
3:30.81 (47.96)	4:19.94 (49.13)	4:56.77 (36.83)	5:31.23 (34.46)	
5 Otis, Hudson	14	Des Moines Swimming Federation-IA	5:39.80	5:37.93 IASI
34.24	1:16.28 (42.04)	1:58.56 (42.28)	2:42.77 (44.21)	
3:31.52 (48.75)	4:22.17 (50.65)	5:00.09 (37.92)	5:37.93 (37.84)	
6 Sanchez, Cameron	13	Central Iowa Aquatics-IA	5:37.36	5:40.67 IASI
34.16	1:14.76 (40.60)	1:58.39 (43.63)	2:41.47 (43.08)	
3:32.49 (51.02)	4:24.51 (52.02)	5:02.35 (37.84)	5:40.67 (38.32)	
7 Sieren, Rylee	13	Linn-Mar-IA	6:26.05	5:54.24 IASI
38.24	1:22.55 (44.31)	2:06.81 (44.26)	2:52.19 (45.38)	
3:44.44 (52.25)	4:38.96 (54.52)	5:16.55 (37.59)	5:54.24 (37.69)	
8 Jean, Brock	14	Greater Des Moines YMCA-IA	NT	6:02.34 IASI
36.61	1:18.66 (42.05)	2:06.49 (47.83)	2:52.98 (46.49)	
3:45.86 (52.88)	4:42.28 (56.42)	5:22.45 (40.17)	6:02.34 (39.89)	
9 Raghvani, Ruhan	14	Linn-Mar-IA	6:21.21	6:13.05 SIL
34.92	1:22.98 (48.06)	2:06.53 (43.55)	2:50.39 (43.86)	
3:46.80 (56.41)	4:46.89 (1:00.09)	5:30.30 (43.41)	6:13.05 (42.75)	
10 Moore, Quentin	14	Central Iowa Aquatics-IA	NT	6:15.23 SIL
42.80	1:36.71 (53.91)	2:22.40 (45.69)	3:04.74 (42.34)	
3:55.45 (50.71)	4:46.55 (51.10)	5:30.89 (44.34)	6:15.23 (44.34)	
--- Renoux, Hayden	14	Cool Swim Team-MV	NT	DQ
Alternating Kick - breast				
35.72	1:18.78 (43.06)	2:02.98 (44.20)	2:45.62 (42.64)	
3:33.29 (47.67)	4:21.27 (47.98)	4:59.78 (38.51)	DQ (37.06)	

2022 IA CIA BEAT THE HEAT - 6/24/2022 to 6/26/2022**Prairie Meadows Pool, Sanction #: IA-22-060****Wellmark YMCA * Des Moines, IA * 50 Meter Course****Results****(Boys 13-14 400 LC Meter IM)**

Name	Age	Team	Seed Time	Finals Time
--- Terflinger, Landen	14	Cool Swim Team-MV	NT	DQ
Alternating Kick - breast				
35.62	1:22.08 (46.46)	2:06.78 (44.70)	2:52.98 (46.20)	
3:46.97 (53.99)	4:44.26 (57.29)	5:20.65 (36.39)	DQ (41.32)	
--- Schasker, Beckett	13	Sun Prairie Storm-WI	NT	SCR
--- Wells, Garrison	14	Kansas City Blue Wave Swim Tea-MV	6:27.24	SCR

Men 15 & Over 50 LC Meter Freestyle

27.59 15&O IASI

Name	Age	Team	Seed Time	Finals Time
1 Steffen, Ian	17	Linn-Mar-IA	24.41	24.74 IASI
2 Havenhill, Asher	16	Greater Des Moines YMCA-IA	24.72	24.84 IASI
3 Callahan, Cooper	18	Linn-Mar-IA	24.76	25.09 IASI
4 Gerke, Max	16	Iowa Flyers Swim Club-IA	25.35	25.27 IASI
5 Swanepoel, Lance	17	Greater Des Moines YMCA-IA	24.86	25.31 IASI
6 Schwebach, Owen	16	Greater Des Moines YMCA-IA	25.19	25.69 IASI
7 Weigel, John	16	Iowa Flyers Swim Club-IA	25.99	25.88 IASI
8 Carter, Holden	16	Iowa Flyers Swim Club-IA	26.31	26.10 IASI
9 Bishop, Charlie	16	UnAtt - Greater Des Moines Ymc-IA	25.69	26.16 IASI
10 Smith, Logan	17	Cool Swim Team-MV	26.97	26.20 IASI
11 Whinery, Quinn	16	Des Moines Swimming Federation-IA	25.91	26.26 IASI
12 Gillett, Sean	17	Sun Prairie Storm-WI	26.41	26.29 IASI
13 Kirtz, Carter	17	Linn-Mar-IA	27.65	26.41 IASI
14 Wells, Gabriel	15	Kansas City Blue Wave Swim Tea-MV	26.54	26.43 IASI
15 Nadel, Finn	16	Central Iowa Aquatics-IA	26.52	26.48 IASI
16 Jensen, Dane	17	Cool Swim Team-MV	NT	26.54 IASI
17 Schaffel, Connor	15	Iowa Flyers Swim Club-IA	26.54	26.55 IASI
18 Keith, Palmer	16	Kansas City Blue Wave Swim Tea-MV	26.42	26.85 IASI
19 Allsup, Ian	17	Linn-Mar-IA	26.74	26.86 IASI
20 Christensen, Jordan	18	Iowa Flyers Swim Club-IA	26.66	26.88 IASI
21 Lein, Spencer	15	Cool Swim Team-MV	NT	26.89 IASI
22 Turner, Mason	16	Linn-Mar-IA	26.61	26.96 IASI
23 Peterson, Brock	15	Greater Des Moines YMCA-IA	26.89	27.02 IASI
24 McCredie, Owen	17	Davenport Metro Swim Team-IA	27.22	27.03 IASI
25 Dahlke, Dakota	16	Iowa Flyers Swim Club-IA	27.20	27.11 IASI
26 Pollard, Nathan	17	South East Aquatics-IA	26.73	27.24 IASI
27 Brock, Klein	17	Central Iowa Aquatics-IA	27.62	27.25 IASI
28 Yim, Keifer	15	Cool Swim Team-MV	27.90	27.48 IASI
29 Coffelt, Matthew	16	Greater Des Moines YMCA-IA	27.09	27.58 IASI
30 Krizek, Trey	17	Cool Swim Team-MV	28.58	27.71
*31 Sinclair, Eric	16	Cool Swim Team-MV	27.37	27.85
*31 Rimrodt, Chase	15	Sun Prairie Storm-WI	27.87	27.85
33 Ruelas, Sam	16	Iowa Flyers Swim Club-IA	28.17	27.98
34 Sheth, Maanit	16	Central Iowa Aquatics-IA	28.56	28.12
35 Denny, Roe	16	Greater Des Moines YMCA-IA	28.46	28.29
36 Stukerjurgan, Finn	15	Central Iowa Aquatics-IA	28.44	28.60
37 Sieren, Owen	15	Linn-Mar-IA	30.12	28.64
38 Eekhoff, Eli	17	South East Aquatics-IA	27.83	28.69
39 Miller, Clay	42	Unattached-IA	28.85	28.73
40 Fertig, Jack	16	Rams Swim Club-IA	28.04	28.76

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	Name	Age	Team	Seed Time	Finals Time
41	Herstedt, Ethan	16	Davenport Metro Swim Team-IA	29.88	29.14
42	Thomas, Ty	15	Carroll Area Swim Team-IA	29.42	29.19
43	Brownsberger, Tate	15	Greater Des Moines YMCA-IA	28.90	29.34
44	Jacewitz, Max	15	Cool Swim Team-MV	NT	29.66
45	Mishra, Layhan	16	Cool Swim Team-MV	30.20	29.72
46	Colvin, Jack	17	Iowa Flyers Swim Club-IA	29.29	29.78
47	Ketcham, Zac	17	Greater Des Moines YMCA-IA	29.48	29.88
48	Melum, Riley	16	Sun Prairie Storm-WI	29.93	29.90
49	Schasker, Gus	16	Sun Prairie Storm-WI	29.87	30.32
50	Brekke, Tyler	15	Linn-Mar-IA	31.17	30.89
51	Wittnebel, Alex	17	Linn-Mar-IA	29.52	30.91
52	Hamerlinck, Nolan	15	Iowa Flyers Swim Club-IA	NT	31.56
53	Wigant, Kaegan	15	Dowling Catholic Riptide-IA	34.23	33.56
---	Mahlstadt, Jax	21	Greater Des Moines YMCA-IA	25.94	NS
---	Kemp, Nick	16	Central Iowa Aquatics-IA	27.71	NS
---	Strank, Jaxon	18	Iowa Flyers Swim Club-IA	27.60	NS
---	Adaway, Joshua	15	Greater Des Moines YMCA-IA	29.37	NS
---	Churchill, Micah	15	Cool Swim Team-MV	26.68	NS
---	Carstensen, Aiden	18	Iowa Flyers Swim Club-IA	24.52	NS
---	Pins, Jacob	15	Des Moines Swimming Federation-IA	26.10	SCR
---	Abram, AJ	17	Greater Des Moines YMCA-IA	24.24	SCR

Boys 15 & Over 50 LC Meter Freestyle**27.59 15&0 IASI**

	Name	Age	Team	Seed Time	Finals Time
1	Brotherton, Kirk	18	Iowa Flyers Swim Club-IA	24.32	24.69 IASI
2	Danner, Trevor	19	Carroll Area Swim Team-IA	25.28	25.00 IASI
3	Polyak, Joe	16	Iowa Flyers Swim Club-IA	25.59	25.22 IASI
4	Weigel, John	16	Iowa Flyers Swim Club-IA	25.99	25.36 IASI
5	Hancock, Tom	18	Greater Des Moines YMCA-IA	24.96	25.44 IASI
6	Gerke, Max	16	Iowa Flyers Swim Club-IA	25.35	25.50 IASI
7	Carter, Holden	16	Iowa Flyers Swim Club-IA	26.31	26.19 IASI
8	Caballero, Ian	17	Iowa Flyers Swim Club-IA	NT	26.29 IASI
9	Horse, Ryan	17	Linn-Mar-IA	25.70	26.30 IASI
10	Kelley, Luke	16	Linn-Mar-IA	27.55	26.37 IASI
11	Bishop, Charlie	16	UnAtt - Greater Des Moines Ymc-IA	25.69	26.42 IASI
12	Pollard, Nathan	17	South East Aquatics-IA	26.73	26.64 IASI
13	Nadel, Finn	16	Central Iowa Aquatics-IA	26.52	26.69 IASI
14	Allsup, Ian	17	Linn-Mar-IA	26.74	26.78 IASI
15	Dahlke, Dakota	16	Iowa Flyers Swim Club-IA	27.20	26.93 IASI
16	Hakes, Hayden	15	Iowa Flyers Swim Club-IA	26.33	26.94 IASI
17	Yahashiri, Kento	17	Iowa Flyers Swim Club-IA	28.60	27.00 IASI
18	Behrens, Blake	16	Linn-Mar-IA	27.07	27.02 IASI
19	Christensen, Jordan	18	Iowa Flyers Swim Club-IA	26.66	27.12 IASI
20	Strank, Jaxon	18	Iowa Flyers Swim Club-IA	27.60	27.13 IASI
21	Turner, Mason	16	Linn-Mar-IA	26.61	27.27 IASI
22	Carver, Jack	16	Des Moines Swimming Federation-IA	26.71	27.49 IASI
23	Folkerts, Drew	17	Des Moines Swimming Federation-IA	28.52	27.51 IASI
24	Kirtz, Carter	17	Linn-Mar-IA	27.65	27.53 IASI
25	Manning, Levi	17	Greater Des Moines YMCA-IA	26.94	27.54 IASI

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	Name	Age	Team	Seed Time	Finals Time
26	Treichel, Christian	15	Des Moines Swimming Federation-IA	28.51	27.82
27	Miller, A.J.	15	Iowa Flyers Swim Club-IA	28.04	27.95
28	Eekhoff, Eli	17	South East Aquatics-IA	27.83	28.01
29	Eighmy, Harrison	15	Greater Des Moines YMCA-IA	33.22	28.08
30	Herstedt, Ethan	16	Davenport Metro Swim Team-IA	29.88	28.25
31	Rimrodt, Chase	15	Sun Prairie Storm-WI	27.87	28.32
32	Ruelas, Sam	16	Iowa Flyers Swim Club-IA	28.17	28.37
33	Shafer, Samson	16	Greater Des Moines YMCA-IA	28.97	28.46
34	Robie, Nick	15	Greater Des Moines YMCA-IA	29.54	28.49
35	Snetselaar, Brady	15	Rams Swim Club-IA	29.58	28.86
36	Sundrup, Kyle	17	Carroll Area Swim Team-IA	27.81	28.92
37	Below, Conner	15	Iowa Flyers Swim Club-IA	29.46	29.32
38	Schasker, Gus	16	Sun Prairie Storm-WI	29.87	29.79
39	Hunt, Nolan	15	Greater Des Moines YMCA-IA	28.77	29.85
40	Colvin, Jack	17	Iowa Flyers Swim Club-IA	29.29	30.05
41	Brownsberger, Tate	15	Greater Des Moines YMCA-IA	28.90	30.07
42	Field, Jamisen	16	Rams Swim Club-IA	30.73	30.33
43	Melum, Riley	16	Sun Prairie Storm-WI	29.93	31.10
44	Holland, Camden	17	South East Aquatics-IA	32.14	31.97
---	Valentine, Carson	15	Sioux Center Seahawks-MW	NT	NS
---	Swanepoel, Lance	17	Greater Des Moines YMCA-IA	24.86	NS
---	Callahan, Cooper	18	Linn-Mar-IA	24.76	NS
---	Carstensen, Aiden	18	Iowa Flyers Swim Club-IA	24.52	NS
---	Kemp, Nick	16	Central Iowa Aquatics-IA	27.71	NS
---	Hamerlinck, Nolan	15	Iowa Flyers Swim Club-IA	NT	NS
---	McGrath, Braxton	18	Iowa Flyers Swim Club-IA	25.79	NS
---	Mahlstadt, Jax	21	Greater Des Moines YMCA-IA	25.94	NS
---	Stukerjurgan, Brek	19	Central Iowa Aquatics-IA	26.68	SCR
---	Abram, AJ	17	Greater Des Moines YMCA-IA	24.24	SCR
---	Schaffel, Connor	15	Iowa Flyers Swim Club-IA	26.54	SCR
---	Swanson, Lukas	17	Iowa Flyers Swim Club-IA	26.67	SCR

Boys 15 & Over 100 LC Meter Freestyle**1:00.49 15&O IASI**

	Name	Age	Team	Seed Time	Finals Time	
1	Callahan, Cooper	18	Linn-Mar-IA	52.67	53.80	IASI
	25.86	53.80	(27.94)			
2	Steffen, Ian	17	Linn-Mar-IA	53.22	53.96	IASI
	25.42	53.96	(28.54)			
3	Brotherton, Kirk	18	Iowa Flyers Swim Club-IA	53.46	54.72	IASI
	26.48	54.72	(28.24)			
4	Swanepoel, Lance	17	Greater Des Moines YMCA-IA	53.10	55.04	IASI
	26.11	55.04	(28.93)			
5	Polyak, Joe	16	Iowa Flyers Swim Club-IA	55.52	55.13	IASI
	26.31	55.13	(28.82)			
6	Schwebach, Owen	16	Greater Des Moines YMCA-IA	55.36	55.96	IASI
	26.84	55.96	(29.12)			
7	Davey, Sam	17	Greater Des Moines YMCA-IA	56.61	56.10	IASI
	27.12	56.10	(28.98)			

2022 IA CIA BEAT THE HEAT - 6/24/2022 to 6/26/2022**Prairie Meadows Pool, Sanction #: IA-22-060****Wellmark YMCA * Des Moines, IA * 50 Meter Course****Results****(Boys 15 & Over 100 LC Meter Freestyle)**

	Name	Age	Team	Seed Time	Finals Time	
8	Weigel, John	16	Iowa Flyers Swim Club-IA	57.39	56.67	IASI
	27.19	56.67 (29.48)				
9	Kelley, Luke	16	Linn-Mar-IA	57.51	56.93	IASI
	28.27	56.93 (28.66)				
10	Danner, Trevor	19	Carroll Area Swim Team-IA	57.11	57.21	IASI
	27.46	57.21 (29.75)				
11	Schaffel, Connor	15	Iowa Flyers Swim Club-IA	57.23	57.67	IASI
	27.60	57.67 (30.07)				
12	Carter, Holden	16	Iowa Flyers Swim Club-IA	57.32	57.71	IASI
	27.34	57.71 (30.37)				
13	Keith, Palmer	16	Kansas City Blue Wave Swim Tea-MV	1:00.74	57.80	IASI
	27.68	57.80 (30.12)				
14	Hakes, Hayden	15	Iowa Flyers Swim Club-IA	56.60	58.22	IASI
	27.78	58.22 (30.44)				
15	Bailey, Kingsley	15	Unattached Cia-IA	58.09	58.31	IASI
	27.91	58.31 (30.40)				
16	Whinery, Quinn	16	Des Moines Swimming Federation-IA	56.42	58.58	IASI
	27.70	58.58 (30.88)				
17	McGrath, Braxton	18	Iowa Flyers Swim Club-IA	59.11	58.74	IASI
	28.45	58.74 (30.29)				
18	Kirtz, Carter	17	Linn-Mar-IA	1:00.57	59.18	IASI
	27.95	59.18 (31.23)				
19	Lein, Spencer	15	Cool Swim Team-MV	NT	59.20	IASI
	27.34	59.20 (31.86)				
20	Yahashiri, Kento	17	Iowa Flyers Swim Club-IA	1:00.76	59.22	IASI
	28.25	59.22 (30.97)				
21	Horse, Ryan	17	Linn-Mar-IA	57.52	59.30	IASI
	27.87	59.30 (31.43)				
22	Gillett, Sean	17	Sun Prairie Storm-WI	58.92	59.38	IASI
	28.54	59.38 (30.84)				
23	Manning, Levi	17	Greater Des Moines YMCA-IA	58.76	59.50	IASI
	28.47	59.50 (31.03)				
24	Coffelt, Matthew	16	Greater Des Moines YMCA-IA	1:02.46	59.60	IASI
	29.23	59.60 (30.37)				
25	Millage, Colin	15	Iowa Flyers Swim Club-IA	59.52	59.67	IASI
	28.73	59.67 (30.94)				
26	Carver, Jack	16	Des Moines Swimming Federation-IA	57.79	59.76	IASI
	28.66	59.76 (31.10)				
27	Ruelas, Sam	16	Iowa Flyers Swim Club-IA	1:00.94	1:00.13	IASI
	28.97	1:00.13 (31.16)				
28	Strank, Jaxon	18	Iowa Flyers Swim Club-IA	57.37	1:00.55	
	28.53	1:00.55 (32.02)				
29	Howard, Calvin	16	Greater Des Moines YMCA-IA	58.83	1:00.84	
	28.71	1:00.84 (32.13)				
30	Dahlke, Dakota	16	Iowa Flyers Swim Club-IA	59.22	1:00.94	
	28.94	1:00.94 (32.00)				
31	Sheth, Maanit	16	Central Iowa Aquatics-IA	1:01.16	1:01.04	
	29.17	1:01.04 (31.87)				
32	Wells, Gabriel	15	Kansas City Blue Wave Swim Tea-MV	1:00.29	1:01.05	
	28.83	1:01.05 (32.22)				

2022 IA CIA BEAT THE HEAT - 6/24/2022 to 6/26/2022**Prairie Meadows Pool, Sanction #: IA-22-060****Wellmark YMCA * Des Moines, IA * 50 Meter Course****Results****(Boys 15 & Over 100 LC Meter Freestyle)**

Name	Age	Team	Seed Time	Finals Time
33 Denny, Roe	16	Greater Des Moines YMCA-IA	1:01.63	1:01.16
29.03				1:01.16 (32.13)
34 Deacon, Max	15	Central Iowa Aquatics-IA	1:03.14	1:01.78
29.85				1:01.78 (31.93)
35 Allsup, Ian	17	Linn-Mar-IA	1:01.48	1:01.88
28.22				1:01.88 (33.66)
36 Caballero, Ian	17	Iowa Flyers Swim Club-IA	NT	1:01.96
29.40				1:01.96 (32.56)
37 Jensen, Dane	17	Cool Swim Team-MV	NT	1:01.99
29.07				1:01.99 (32.92)
38 Rairden, Bodey	15	Sun Prairie Storm-WI	1:03.43	1:02.07
29.25				1:02.07 (32.82)
39 Rimrodt, Chase	15	Sun Prairie Storm-WI	1:06.20	1:02.35
30.70				1:02.35 (31.65)
40 Shafer, Samson	16	Greater Des Moines YMCA-IA	1:00.70	1:02.41
29.48				1:02.41 (32.93)
41 Folkerts, Drew	17	Des Moines Swimming Federation-IA	1:03.37	1:02.42
29.81				1:02.42 (32.61)
42 Pollard, Nathan	17	South East Aquatics-IA	1:00.59	1:02.47
28.79				1:02.47 (33.68)
43 Krizek, Trey	17	Cool Swim Team-MV	1:04.64	1:02.48
28.92				1:02.48 (33.56)
44 Jacewitz, Max	15	Cool Swim Team-MV	NT	1:02.53
30.83				1:02.53 (31.70)
45 Herstedt, Ethan	16	Davenport Metro Swim Team-IA	1:00.90	1:02.60
30.22				1:02.60 (32.38)
46 Snetselaar, Brady	15	Rams Swim Club-IA	1:01.00	1:02.77
29.59				1:02.77 (33.18)
47 Below, Conner	15	Iowa Flyers Swim Club-IA	1:03.34	1:03.10
30.01				1:03.10 (33.09)
48 Sieren, Owen	15	Linn-Mar-IA	1:03.98	1:03.15
29.97				1:03.15 (33.18)
49 Fertig, Jack	16	Rams Swim Club-IA	1:02.76	1:03.20
29.79				1:03.20 (33.41)
50 Schasker, Gus	16	Sun Prairie Storm-WI	1:05.87	1:03.72
30.65				1:03.72 (33.07)
51 Eekhoff, Eli	17	South East Aquatics-IA	1:02.27	1:03.73
29.51				1:03.73 (34.22)
52 Ketcham, Zac	17	Greater Des Moines YMCA-IA	1:02.89	1:03.79
30.86				1:03.79 (32.93)
53 Miller, A.J.	15	Iowa Flyers Swim Club-IA	1:02.30	1:05.22
30.51				1:05.22 (34.71)
54 Mishra, Layhan	16	Cool Swim Team-MV	1:06.16	1:05.74
31.13				1:05.74 (34.61)
55 Allou, River	17	Iowa City Eels-IA	1:09.60	1:05.82
30.66				1:05.82 (35.16)
56 Maretski, Roman	15	Sun Prairie Storm-WI	1:08.16	1:06.00
32.07				1:06.00 (33.93)
57 Colvin, Jack	17	Iowa Flyers Swim Club-IA	1:07.30	1:06.08
32.08				1:06.08 (34.00)

2022 IA CIA BEAT THE HEAT - 6/24/2022 to 6/26/2022**Prairie Meadows Pool, Sanction #: IA-22-060****Wellmark YMCA * Des Moines, IA * 50 Meter Course****Results****(Boys 15 & Over 100 LC Meter Freestyle)**

Name	Age	Team	Seed Time	Finals Time
58 Thomas, Ty	15	Carroll Area Swim Team-IA	1:07.24	1:08.03
31.52	1:08.03 (36.51)			
59 Field, Jamisen	16	Rams Swim Club-IA	1:09.26	1:08.12
32.53	1:08.12 (35.59)			
*60 Hackathorn, Lars	16	Iowa City Eels-IA	1:08.82	1:08.14
32.50	1:08.14 (35.64)			
*60 Brekke, Tyler	15	Linn-Mar-IA	1:08.48	1:08.14
32.67	1:08.14 (35.47)			
62 Melum, Riley	16	Sun Prairie Storm-WI	1:07.87	1:08.76
33.53	1:08.76 (35.23)			
63 Holland, Camden	17	South East Aquatics-IA	1:12.77	1:11.53
34.32	1:11.53 (37.21)			
--- Eighmy, Harrison	15	Greater Des Moines YMCA-IA	1:16.60	DQ
False start				
28.71	DQ (34.26)			
--- Wittnebel, Alex	17	Linn-Mar-IA	1:04.59	NS
--- Carstensen, Aiden	18	Iowa Flyers Swim Club-IA	53.50	NS
--- Sundrup, Kyle	17	Carroll Area Swim Team-IA	1:00.30	NS
--- Hamerlinck, Nolan	15	Iowa Flyers Swim Club-IA	NT	NS
--- Bratz, Zach	17	Greater Des Moines YMCA-IA	56.41	NS
--- Kemp, Nick	16	Central Iowa Aquatics-IA	59.84	NS
--- Abram, AJ	17	Greater Des Moines YMCA-IA	52.37	SCR
--- Pins, Jacob	15	Des Moines Swimming Federation-IA	55.55	SCR

Boys 15 & Over 200 LC Meter Freestyle**2:14.49 15&O IASI**

Name	Age	Team	Seed Time	Finals Time
1 Callahan, Cooper	18	Linn-Mar-IA	1:54.70	1:58.10 IASI
27.31	56.68 (29.37)	1:26.86 (30.18)	1:58.10 (31.24)	
2 Schwebach, Owen	16	Greater Des Moines YMCA-IA	2:01.69	2:00.63 IASI
27.92	58.32 (30.40)	1:29.94 (31.62)	2:00.63 (30.69)	
3 Swanepoel, Lance	17	Greater Des Moines YMCA-IA	1:55.62	2:02.04 IASI
27.08	57.14 (30.06)	1:29.05 (31.91)	2:02.04 (32.99)	
4 Polyak, Joe	16	Iowa Flyers Swim Club-IA	2:01.64	2:02.38 IASI
27.41	58.31 (30.90)	1:30.04 (31.73)	2:02.38 (32.34)	
5 Weigel, John	16	Iowa Flyers Swim Club-IA	2:04.03	2:04.43 IASI
28.34	59.38 (31.04)	1:32.16 (32.78)	2:04.43 (32.27)	
6 Steffen, Ian	17	Linn-Mar-IA	2:00.14	2:04.63 IASI
27.04	57.51 (30.47)	1:30.05 (32.54)	2:04.63 (34.58)	
7 Kelley, Luke	16	Linn-Mar-IA	2:02.80	2:04.97 IASI
29.13	1:01.69 (32.56)	1:34.35 (32.66)	2:04.97 (30.62)	
8 Hakes, Hayden	15	Iowa Flyers Swim Club-IA	2:02.80	2:05.59 IASI
28.31	59.71 (31.40)	1:32.41 (32.70)	2:05.59 (33.18)	
9 Bailey, Kingsley	15	Unattached Cia-IA	2:03.59	2:07.10 IASI
28.74	1:01.05 (32.31)	1:33.83 (32.78)	2:07.10 (33.27)	
10 Dinkin, Hayden	17	Greater Des Moines YMCA-IA	2:16.01	2:07.27 IASI
28.85	1:00.40 (31.55)	1:34.31 (33.91)	2:07.27 (32.96)	
11 Millage, Colin	15	Iowa Flyers Swim Club-IA	2:08.22	2:08.71 IASI
28.94	1:02.27 (33.33)	1:35.55 (33.28)	2:08.71 (33.16)	
12 Brotherton, Kirk	18	Iowa Flyers Swim Club-IA	2:05.22	2:08.85 IASI
28.89	1:01.25 (32.36)	1:35.55 (34.30)	2:08.85 (33.30)	

2022 IA CIA BEAT THE HEAT - 6/24/2022 to 6/26/2022**Prairie Meadows Pool, Sanction #: IA-22-060****Wellmark YMCA * Des Moines, IA * 50 Meter Course****Results****(Boys 15 & Over 200 LC Meter Freestyle)**

	Name	Age	Team	Seed Time	Finals Time	
13	Whinery, Quinn	16	Des Moines Swimming Federation-IA	2:03.28	2:08.97	IASI
	29.26	1:01.70 (32.44)	1:34.91 (33.21)	2:08.97 (34.06)		
14	Christensen, Jordan	18	Iowa Flyers Swim Club-IA	2:07.84	2:09.67	IASI
	30.06	1:03.79 (33.73)	1:37.84 (34.05)	2:09.67 (31.83)		
15	Carver, Jack	16	Des Moines Swimming Federation-IA	2:05.35	2:10.11	IASI
	29.41	1:02.24 (32.83)	1:36.14 (33.90)	2:10.11 (33.97)		
16	Manning, Levi	17	Greater Des Moines YMCA-IA	2:08.60	2:10.68	IASI
	30.38	1:03.57 (33.19)	1:37.52 (33.95)	2:10.68 (33.16)		
17	Yahashiri, Kento	17	Iowa Flyers Swim Club-IA	2:25.47	2:11.58	IASI
	29.42	1:03.53 (34.11)	1:37.78 (34.25)	2:11.58 (33.80)		
18	Strank, Jaxon	18	Iowa Flyers Swim Club-IA	2:05.45	2:12.30	IASI
	30.01	1:04.16 (34.15)	1:38.00 (33.84)	2:12.30 (34.30)		
19	Herstedt, Ethan	16	Davenport Metro Swim Team-IA	2:14.94	2:12.44	IASI
	31.07	1:04.27 (33.20)	1:39.28 (35.01)	2:12.44 (33.16)		
20	Treichel, Christian	15	Des Moines Swimming Federation-IA	2:19.80	2:12.86	IASI
	29.68	1:03.42 (33.74)	1:38.31 (34.89)	2:12.86 (34.55)		
21	Trosper, John	15	Central Iowa Aquatics-IA	2:16.76	2:13.08	IASI
	31.47	1:07.03 (35.56)	1:40.77 (33.74)	2:13.08 (32.31)		
22	Jacewitz, Max	15	Cool Swim Team-MV	NT	2:14.17	IASI
	31.29	1:07.12 (35.83)	1:40.39 (33.27)	2:14.17 (33.78)		
23	Denny, Roe	16	Greater Des Moines YMCA-IA	2:16.94	2:14.49	IASI
	29.95	1:03.71 (33.76)	1:39.47 (35.76)	2:14.49 (35.02)		
24	Lein, Spencer	15	Cool Swim Team-MV	NT	2:15.70	
	29.83	1:05.07 (35.24)	1:41.44 (36.37)	2:15.70 (34.26)		
25	Turner, Mason	16	Linn-Mar-IA	1:57.38	2:16.06	
	31.43	1:05.39 (33.96)	1:40.77 (35.38)	2:16.06 (35.29)		
26	Rairden, Bodey	15	Sun Prairie Storm-WI	2:21.12	2:16.45	
	29.97	1:05.22 (35.25)	1:40.85 (35.63)	2:16.45 (35.60)		
27	Ruelas, Sam	16	Iowa Flyers Swim Club-IA	2:16.85	2:16.97	
	31.44	1:07.20 (35.76)	1:44.19 (36.99)	2:16.97 (32.78)		
28	Wells, Gabriel	15	Kansas City Blue Wave Swim Tea-MV	2:31.46	2:17.18	
	30.61	1:05.82 (35.21)	1:41.91 (36.09)	2:17.18 (35.27)		
29	Hunt, Nolan	15	Greater Des Moines YMCA-IA	2:14.13	2:17.25	
	31.62	1:06.33 (34.71)	1:41.67 (35.34)	2:17.25 (35.58)		
30	Horsey, Ryan	17	Linn-Mar-IA	2:07.51	2:17.43	
	28.58	1:02.29 (33.71)	1:39.13 (36.84)	2:17.43 (38.30)		
31	Pollard, Nathan	17	South East Aquatics-IA	2:15.08	2:17.81	
	31.54	1:07.24 (35.70)	1:44.35 (37.11)	2:17.81 (33.46)		
32	Sinclair, Eric	16	Cool Swim Team-MV	2:21.77	2:18.03	
	30.52	1:04.96 (34.44)	1:41.48 (36.52)	2:18.03 (36.55)		
33	Below, Conner	15	Iowa Flyers Swim Club-IA	2:17.72	2:18.71	
	31.21	1:06.37 (35.16)	1:42.66 (36.29)	2:18.71 (36.05)		
*34	Allsup, Ian	17	Linn-Mar-IA	2:21.55	2:19.01	
	32.24	1:09.72 (37.48)	1:46.67 (36.95)	2:19.01 (32.34)		
*34	Rimrodt, Chase	15	Sun Prairie Storm-WI	2:32.10	2:19.01	
	32.94	1:09.29 (36.35)	1:45.23 (35.94)	2:19.01 (33.78)		
36	Dahlke, Dakota	16	Iowa Flyers Swim Club-IA	2:10.60	2:19.07	
	30.97	1:06.20 (35.23)	1:42.71 (36.51)	2:19.07 (36.36)		
37	Robie, Nick	15	Greater Des Moines YMCA-IA	2:16.27	2:19.21	
	30.85	1:06.10 (35.25)	1:42.36 (36.26)	2:19.21 (36.85)		

2022 IA CIA BEAT THE HEAT - 6/24/2022 to 6/26/2022**Prairie Meadows Pool, Sanction #: IA-22-060****Wellmark YMCA * Des Moines, IA * 50 Meter Course****Results****(Boys 15 & Over 200 LC Meter Freestyle)**

	Name	Age	Team	Seed Time	Finals Time
38	Snetselaar, Brady	15	Rams Swim Club-IA	2:15.34	2:19.26
	31.84	1:07.17 (35.33)	1:43.40 (36.23)	2:19.26 (35.86)	
39	Sundrup, Kyle	17	Carroll Area Swim Team-IA	2:18.15	2:19.51
	31.29	1:05.91 (34.62)	1:42.55 (36.64)	2:19.51 (36.96)	
40	Ketcham, Zac	17	Greater Des Moines YMCA-IA	2:11.87	2:19.53
	32.00	1:07.68 (35.68)	1:43.85 (36.17)	2:19.53 (35.68)	
41	Schasker, Gus	16	Sun Prairie Storm-WI	2:34.05	2:19.70
	32.36	1:08.49 (36.13)	1:44.70 (36.21)	2:19.70 (35.00)	
42	Sieren, Owen	15	Linn-Mar-IA	2:11.47	2:20.23
	31.70	1:07.01 (35.31)	1:44.15 (37.14)	2:20.23 (36.08)	
43	Krizek, Trey	17	Cool Swim Team-MV	2:26.47	2:21.34
	30.04	1:05.44 (35.40)	1:44.10 (38.66)	2:21.34 (37.24)	
44	Folkerts, Drew	17	Des Moines Swimming Federation-IA	2:24.70	2:22.69
	30.68	1:05.48 (34.80)	1:43.92 (38.44)	2:22.69 (38.77)	
45	Caballero, Ian	17	Iowa Flyers Swim Club-IA	NT	2:24.71
	31.48	1:07.85 (36.37)	1:47.08 (39.23)	2:24.71 (37.63)	
46	Eekhoff, Eli	17	South East Aquatics-IA	2:23.75	2:24.91
	31.63	1:08.53 (36.90)	1:47.64 (39.11)	2:24.91 (37.27)	
47	Brekke, Tyler	15	Linn-Mar-IA	2:27.25	2:25.52
	33.81	1:11.14 (37.33)	1:49.67 (38.53)	2:25.52 (35.85)	
48	Eighmy, Harrison	15	Greater Des Moines YMCA-IA	NT	2:26.87
	32.00	1:08.82 (36.82)	1:47.84 (39.02)	2:26.87 (39.03)	
49	Wittnebel, Alex	17	Linn-Mar-IA	2:22.50	2:26.89
	31.46	1:08.35 (36.89)	1:47.84 (39.49)	2:26.89 (39.05)	
50	Shafer, Samson	16	Greater Des Moines YMCA-IA	2:11.72	2:26.92
	31.53	1:08.17 (36.64)	1:47.03 (38.86)	2:26.92 (39.89)	
51	Colvin, Jack	17	Iowa Flyers Swim Club-IA	2:28.90	2:30.14
	33.05	1:10.73 (37.68)	1:50.78 (40.05)	2:30.14 (39.36)	
52	Melum, Riley	16	Sun Prairie Storm-WI	2:32.87	2:31.55
	34.06	1:14.75 (40.69)	1:54.33 (39.58)	2:31.55 (37.22)	
53	Field, Jamisen	16	Rams Swim Club-IA	2:55.66	2:36.45
	35.29	1:17.06 (41.77)	1:59.92 (42.86)	2:36.45 (36.53)	
---	Holland, Camden	17	South East Aquatics-IA	2:41.58	DQ
	False start				
	36.84	1:17.11 (40.27)	2:00.82 (43.71)	DQ (43.14)	
---	Bratz, Zach	17	Greater Des Moines YMCA-IA	2:03.03	NS
---	Churchill, Micah	15	Cool Swim Team-MV	2:12.80	NS
---	Hamerlinck, Nolan	15	Iowa Flyers Swim Club-IA	NT	NS
---	Kemp, Nick	16	Central Iowa Aquatics-IA	2:13.71	NS
---	Carstensen, Aiden	18	Iowa Flyers Swim Club-IA	2:01.40	NS
---	Coffey, James	17	Greater Des Moines YMCA-IA	2:04.30	NS
---	Stukerjorgen, Brek	19	Central Iowa Aquatics-IA	2:01.85	SCR
---	Abram, AJ	17	Greater Des Moines YMCA-IA	1:53.70	SCR
---	Pins, Jacob	15	Des Moines Swimming Federation-IA	1:57.60	SCR
---	Peterson, Brock	15	Greater Des Moines YMCA-IA	2:14.41	SCR

2022 IA CIA BEAT THE HEAT - 6/24/2022 to 6/26/2022**Prairie Meadows Pool, Sanction #: IA-22-060****Wellmark YMCA * Des Moines, IA * 50 Meter Course****Results****Boys 15 & Over 400 LC Meter Freestyle**

4:46.09 15&O IASI

5:14.79 15&O SIL

Name	Age	Team	Seed Time	Finals Time	
1 Callahan, Cooper	18	Linn-Mar-IA	4:04.68	4:15.98	IASI
28.26	59.24 (30.98)	1:31.10 (31.86)	2:03.87 (32.77)		
2:37.21 (33.34)	3:10.17 (32.96)	3:43.21 (33.04)	4:15.98 (32.77)		
2 Polyak, Joe	16	Iowa Flyers Swim Club-IA	4:22.93	4:22.60	IASI
30.51	1:03.77 (33.26)	1:37.73 (33.96)	2:11.60 (33.87)		
2:45.32 (33.72)	3:18.63 (33.31)	3:52.14 (33.51)	4:22.60 (30.46)		
3 Hancock, Tom	18	Greater Des Moines YMCA-IA	4:12.86	4:23.85	IASI
28.49	1:00.74 (32.25)	1:33.76 (33.02)	2:07.78 (34.02)		
2:41.45 (33.67)	3:16.10 (34.65)	3:50.23 (34.13)	4:23.85 (33.62)		
4 Hancock, Joe	18	Greater Des Moines YMCA-IA	4:16.45	4:26.78	IASI
29.36	1:01.84 (32.48)	1:36.02 (34.18)	2:10.78 (34.76)		
2:45.69 (34.91)	3:20.53 (34.84)	3:54.74 (34.21)	4:26.78 (32.04)		
5 Schaffel, Connor	15	Iowa Flyers Swim Club-IA	4:22.03	4:28.59	IASI
30.31	1:02.81 (32.50)	1:36.26 (33.45)	2:10.39 (34.13)		
2:44.80 (34.41)	3:19.87 (35.07)	3:54.44 (34.57)	4:28.59 (34.15)		
6 Bailey, Kingsley	15	Unattached Cia-IA	4:18.97	4:31.64	IASI
29.00	1:01.92 (32.92)	1:36.08 (34.16)	2:11.14 (35.06)		
2:46.17 (35.03)	3:21.86 (35.69)	3:56.92 (35.06)	4:31.64 (34.72)		
7 Keith, Palmer	16	Kansas City Blue Wave Swim Tea-MV	4:43.80	4:33.74	IASI
30.64	1:05.89 (35.25)	1:41.39 (35.50)	2:17.67 (36.28)		
2:53.66 (35.99)	3:29.63 (35.97)	4:03.52 (33.89)	4:33.74 (30.22)		
8 Millage, Colin	15	Iowa Flyers Swim Club-IA	4:29.92	4:37.31	IASI
31.02	1:05.68 (34.66)	1:40.98 (35.30)	2:17.09 (36.11)		
2:52.26 (35.17)	3:28.15 (35.89)	4:03.16 (35.01)	4:37.31 (34.15)		
9 Swanson, Lukas	17	Iowa Flyers Swim Club-IA	4:24.43	4:37.32	IASI
29.53	1:03.41 (33.88)	1:39.01 (35.60)	2:14.19 (35.18)		
2:48.93 (34.74)	3:24.60 (35.67)	4:01.83 (37.23)	4:37.32 (35.49)		
10 Brock, Klein	17	Central Iowa Aquatics-IA	5:02.85	4:43.14	IASI
31.27	1:05.99 (34.72)	1:42.24 (36.25)	2:19.00 (36.76)		
2:55.07 (36.07)	3:32.02 (36.95)	4:08.12 (36.10)	4:43.14 (35.02)		
11 Behrens, Blake	16	Linn-Mar-IA	4:46.78	4:43.67	IASI
32.03	1:07.45 (35.42)	1:44.73 (37.28)	2:21.54 (36.81)		
2:58.85 (37.31)	3:35.61 (36.76)	4:11.37 (35.76)	4:43.67 (32.30)		
12 Smith, Logan	17	Cool Swim Team-MV	NT	4:44.35	IASI
31.02	1:06.39 (35.37)	1:42.95 (36.56)	2:20.09 (37.14)		
2:57.27 (37.18)	3:34.74 (37.47)	4:10.73 (35.99)	4:44.35 (33.62)		
13 Herstedt, Ethan	16	Davenport Metro Swim Team-IA	4:48.21	4:48.38	SIL
31.94	1:07.94 (36.00)	1:45.77 (37.83)	2:23.35 (37.58)		
3:00.82 (37.47)	3:38.62 (37.80)	4:14.45 (35.83)	4:48.38 (33.93)		
14 Strank, Jaxon	18	Iowa Flyers Swim Club-IA	4:24.97	4:48.69	SIL
31.18	1:07.08 (35.90)	1:42.99 (35.91)	2:19.26 (36.27)		
2:55.18 (35.92)	3:32.83 (37.65)	4:11.17 (38.34)	4:48.69 (37.52)		
15 Lein, Spencer	15	Cool Swim Team-MV	NT	4:50.57	SIL
31.02	1:06.78 (35.76)	1:45.04 (38.26)	2:22.41 (37.37)		
3:00.09 (37.68)	3:38.37 (38.28)	4:14.81 (36.44)	4:50.57 (35.76)		
16 Sheth, Maanit	16	Central Iowa Aquatics-IA	4:55.69	4:50.76	SIL
32.05	1:08.21 (36.16)	1:45.60 (37.39)	2:23.52 (37.92)		
3:01.33 (37.81)	3:38.84 (37.51)	4:17.06 (38.22)	4:50.76 (33.70)		

2022 IA CIA BEAT THE HEAT - 6/24/2022 to 6/26/2022**Prairie Meadows Pool, Sanction #: IA-22-060****Wellmark YMCA * Des Moines, IA * 50 Meter Course****Results****(Boys 15 & Over 400 LC Meter Freestyle)**

	Name	Age	Team	Seed Time	Finals Time	
17	Jacewitz, Max	15	Cool Swim Team-MV	NT	4:51.92	SIL
	32.99	1:09.39 (36.40)	1:48.09 (38.70)	2:27.51 (39.42)		
	3:04.67 (37.16)	3:42.00 (37.33)	4:18.21 (36.21)	4:51.92 (33.71)		
18	Rairden, Bodey	15	Sun Prairie Storm-WI	5:11.14	4:53.00	SIL
	31.62	1:07.24 (35.62)	1:44.59 (37.35)	2:21.83 (37.24)		
	2:59.82 (37.99)	3:38.55 (38.73)	4:16.54 (37.99)	4:53.00 (36.46)		
19	Treichel, Christian	15	Des Moines Swimming Federation-IA	4:58.32	4:57.00	SIL
	32.45	1:08.98 (36.53)	1:46.84 (37.86)	2:24.66 (37.82)		
	3:03.23 (38.57)	3:41.82 (38.59)	4:20.23 (38.41)	4:57.00 (36.77)		
20	Smith, Connor	18	Des Moines Swimming Federation-IA	4:57.24	4:57.84	SIL
	32.49	1:09.72 (37.23)	1:47.58 (37.86)	2:26.20 (38.62)		
	3:04.24 (38.04)	3:42.77 (38.53)	4:20.84 (38.07)	4:57.84 (37.00)		
21	Miller, A.J.	15	Iowa Flyers Swim Club-IA	5:29.39	5:00.45	SIL
	33.62	1:10.79 (37.17)	1:48.96 (38.17)	2:28.14 (39.18)		
	3:06.38 (38.24)	3:45.86 (39.48)	4:23.50 (37.64)	5:00.45 (36.95)		
22	Schasker, Gus	16	Sun Prairie Storm-WI	4:52.87	5:02.45	SIL
	33.06	1:10.14 (37.08)	1:48.88 (38.74)	2:27.82 (38.94)		
	3:06.73 (38.91)	3:45.89 (39.16)	4:24.69 (38.80)	5:02.45 (37.76)		
23	Rimrodt, Chase	15	Sun Prairie Storm-WI	5:07.87	5:05.19	SIL
	34.92	1:13.50 (38.58)	1:52.97 (39.47)	2:32.91 (39.94)		
	3:12.26 (39.35)	3:51.72 (39.46)	4:29.72 (38.00)	5:05.19 (35.47)		
24	Pollard, Nathan	17	South East Aquatics-IA	5:02.28	5:06.29	SIL
	32.65	1:10.04 (37.39)	1:48.89 (38.85)	2:28.30 (39.41)		
	3:08.03 (39.73)	3:47.07 (39.04)	4:27.47 (40.40)	5:06.29 (38.82)		
25	Folkerts, Drew	17	Des Moines Swimming Federation-IA	5:23.21	5:08.48	SIL
	32.94	1:10.85 (37.91)	1:50.44 (39.59)	2:30.57 (40.13)		
	3:10.69 (40.12)	3:51.05 (40.36)	4:30.49 (39.44)	5:08.48 (37.99)		
26	Sinclair, Eric	16	Cool Swim Team-MV	NT	5:09.22	SIL
	33.59	1:11.54 (37.95)	1:51.50 (39.96)	2:31.03 (39.53)		
	3:10.81 (39.78)	3:50.34 (39.53)	4:30.59 (40.25)	5:09.22 (38.63)		
27	Krizek, Trey	17	Cool Swim Team-MV	5:11.62	5:11.61	SIL
	31.87	1:09.49 (37.62)	1:49.54 (40.05)	2:30.61 (41.07)		
	3:11.48 (40.87)	3:52.44 (40.96)	4:33.91 (41.47)	5:11.61 (37.70)		
28	Allou, River	17	Iowa City Eels-IA	4:57.94	5:11.93	SIL
	32.45	1:10.29 (37.84)	1:48.56 (38.27)	2:28.61 (40.05)		
	3:09.30 (40.69)	3:50.68 (41.38)	4:31.74 (41.06)	5:11.93 (40.19)		
29	Yim, Keifer	15	Cool Swim Team-MV	NT	5:20.23	
	33.86	1:11.87 (38.01)	1:51.77 (39.90)	2:32.98 (41.21)		
	3:13.95 (40.97)	3:55.89 (41.94)	4:38.05 (42.16)	5:20.23 (42.18)		
30	Wittnebel, Alex	17	Linn-Mar-IA	4:55.27	5:32.22	
	30.79	1:09.29 (38.50)	1:51.38 (42.09)	2:34.67 (43.29)		
	3:18.31 (43.64)	4:03.94 (45.63)	4:49.33 (45.39)	5:32.22 (42.89)		
---	Davey, Sam	17	Greater Des Moines YMCA-IA	4:22.84		NS
---	Abram, AJ	17	Greater Des Moines YMCA-IA	4:12.20		SCR
---	Hunt, Nolan	15	Greater Des Moines YMCA-IA	4:37.89		SCR
---	Whinery, Quinn	16	Des Moines Swimming Federation-IA	4:26.06		SCR
---	Pins, Jacob	15	Des Moines Swimming Federation-IA	4:06.18		SCR
---	Kemp, Nick	16	Central Iowa Aquatics-IA	4:48.68		SCR
---	Sundrup, Kyle	17	Carroll Area Swim Team-IA	5:31.50		SCR
---	Churchill, Micah	15	Cool Swim Team-MV	4:58.84		SCR

2022 IA CIA BEAT THE HEAT - 6/24/2022 to 6/26/2022

Prairie Meadows Pool, Sanction #: IA-22-060

Wellmark YMCA * Des Moines, IA * 50 Meter Course

Results

Boys 15 & Over 800 LC Meter Freestyle

10:00.39 15&O IASI

11:00.49 15&O SIL

Name	Age	Team	Seed Time	Finals Time	
1 Gerke, Max	16	Iowa Flyers Swim Club-IA	8:57.04	9:00.97	IASI
30.01	1:03.56 (33.55)	1:37.27 (33.71)	2:11.58 (34.31)		
2:45.97 (34.39)	3:20.45 (34.48)	3:54.67 (34.22)	4:29.41 (34.74)		
5:04.17 (34.76)	5:38.75 (34.58)	6:13.08 (34.33)	6:47.39 (34.31)		
7:21.43 (34.04)	7:55.44 (34.01)	8:29.07 (33.63)	9:00.97 (31.90)		
2 Turner, Mason	16	Linn-Mar-IA	8:35.71	9:16.55	IASI
30.77	1:04.78 (34.01)	1:39.11 (34.33)	2:13.28 (34.17)		
2:47.35 (34.07)	3:22.10 (34.75)	3:55.97 (33.87)	4:30.71 (34.74)		
5:04.98 (34.27)	5:39.88 (34.90)	6:14.18 (34.30)	6:49.68 (35.50)		
7:26.48 (36.80)	8:04.13 (37.65)	8:41.25 (37.12)	9:16.55 (35.30)		
3 Kelley, Luke	16	Linn-Mar-IA	8:54.03	9:17.09	IASI
29.42	1:03.25 (33.83)	1:37.15 (33.90)	2:11.94 (34.79)		
2:46.79 (34.85)	3:23.32 (36.53)	3:59.45 (36.13)	4:36.29 (36.84)		
5:11.17 (34.88)	5:47.68 (36.51)	6:23.34 (35.66)	6:59.61 (36.27)		
7:34.45 (34.84)	8:09.60 (35.15)	8:44.79 (35.19)	9:17.09 (32.30)		
4 Hakes, Hayden	15	Iowa Flyers Swim Club-IA	10:12.23	9:21.74	IASI
31.49	1:07.51 (36.02)	1:43.78 (36.27)	2:19.94 (36.16)		
2:55.00 (35.06)	3:30.39 (35.39)	4:05.96 (35.57)	4:41.79 (35.83)		
5:16.98 (35.19)	5:52.36 (35.38)	6:27.12 (34.76)	7:02.26 (35.14)		
7:37.52 (35.26)	8:12.71 (35.19)	8:47.76 (35.05)	9:21.74 (33.98)		
5 McGrath, Ian	16	Linn-Mar-IA	10:08.02	9:47.95	IASI
32.35	1:07.77 (35.42)	1:44.51 (36.74)	2:21.73 (37.22)		
2:58.81 (37.08)	3:35.98 (37.17)	4:13.51 (37.53)	4:51.26 (37.75)		
5:28.93 (37.67)	6:06.03 (37.10)	6:43.69 (37.66)	7:20.67 (36.98)		
7:58.09 (37.42)	8:35.48 (37.39)	9:12.72 (37.24)	9:47.95 (35.23)		
6 Sieren, Owen	15	Linn-Mar-IA	9:33.65	9:53.20	IASI
31.49	1:07.15 (35.66)	1:43.67 (36.52)	2:20.49 (36.82)		
2:57.32 (36.83)	3:35.18 (37.86)	4:12.80 (37.62)	4:50.96 (38.16)		
5:28.93 (37.97)	6:06.97 (38.04)	6:44.89 (37.92)	7:23.11 (38.22)		
8:00.77 (37.66)	8:38.97 (38.20)	9:16.60 (37.63)	9:53.20 (36.60)		
7 Below, Conner	15	Iowa Flyers Swim Club-IA	10:16.83	9:58.26	IASI
32.64	1:08.79 (36.15)	1:45.99 (37.20)	2:23.08 (37.09)		
3:01.23 (38.15)	3:39.19 (37.96)	4:17.51 (38.32)	4:55.60 (38.09)		
5:33.57 (37.97)	6:11.13 (37.56)	6:49.51 (38.38)	7:27.76 (38.25)		
8:06.38 (38.62)	8:44.06 (37.68)	9:22.13 (38.07)	9:58.26 (36.13)		
8 Ruelas, Sam	16	Iowa Flyers Swim Club-IA	10:27.12	10:36.56	SIL
35.97	1:16.14 (40.17)	1:56.82 (40.68)	2:37.64 (40.82)		
3:18.66 (41.02)	4:00.25 (41.59)	4:41.34 (41.09)	5:22.87 (41.53)		
6:03.66 (40.79)	6:44.48 (40.82)		8:05.05 ()		
8:44.93 (39.88)	9:23.85 (38.92)	9:58.67 (34.82)	10:36.56 (37.89)		
--- Coffey, James	17	Greater Des Moines YMCA-IA	8:59.75		SCR
--- Ketcham, Zac	17	Greater Des Moines YMCA-IA	9:34.55		SCR
--- Stukerjorgen, Finn	15	Central Iowa Aquatics-IA	10:20.89		SCR

2022 IA CIA BEAT THE HEAT - 6/24/2022 to 6/26/2022**Prairie Meadows Pool, Sanction #: IA-22-060****Wellmark YMCA * Des Moines, IA * 50 Meter Course****Results****Boys 15 & Over 1500 LC Meter Freestyle****18:59.09 15&O IASI****20:53.09 15&O SIL**

Name	Age	Team	Seed Time	Finals Time	
1 Kelley, Luke	16	Linn-Mar-IA	16:52.61	17:03.75	IASI
29.30	1:02.69 (33.39)	1:36.76 (34.07)	2:10.69 (33.93)		
2:45.61 (34.92)	3:19.99 (34.38)	3:55.29 (35.30)	4:30.43 (35.14)		
5:04.77 (34.34)	5:39.84 (35.07)	6:14.49 (34.65)	6:48.71 (34.22)		
7:23.65 (34.94)	7:57.77 (34.12)	8:31.69 (33.92)	9:06.01 (34.32)		
9:40.58 (34.57)	10:15.20 (34.62)	10:49.43 (34.23)	11:24.15 (34.72)		
11:58.60 (34.45)	12:34.05 (35.45)	13:08.06 (34.01)	13:42.38 (34.32)		
14:16.96 (34.58)	14:51.35 (34.39)	15:26.41 (35.06)	15:59.64 (33.23)		
16:33.69 (34.05)	17:03.75 (30.06)				
2 Hancock, Tom	18	Greater Des Moines YMCA-IA	17:05.54	17:22.31	IASI
30.27	1:04.00 (33.73)	1:37.97 (33.97)	2:13.41 (35.44)		
2:47.81 (34.40)	3:23.37 (35.56)	3:58.58 (35.21)	4:34.15 (35.57)		
5:08.34 (34.19)	5:43.74 (35.40)	6:18.90 (35.16)	6:53.56 (34.66)		
7:28.94 (35.38)	8:04.08 (35.14)	8:38.75 (34.67)	9:14.15 (35.40)		
9:49.32 (35.17)	10:24.31 (34.99)	10:59.49 (35.18)	11:33.81 (34.32)		
12:09.02 (35.21)	12:44.13 (35.11)	13:18.77 (34.64)	13:54.02 (35.25)		
14:29.24 (35.22)	15:03.71 (34.47)	15:38.57 (34.86)	16:13.49 (34.92)		
16:48.09 (34.60)	17:22.31 (34.22)				
3 Polyak, Joe	16	Iowa Flyers Swim Club-IA	16:52.16	17:39.37	IASI
30.59	1:05.27 (34.68)	1:40.35 (35.08)	2:15.41 (35.06)		
2:50.89 (35.48)	3:26.55 (35.66)	4:02.24 (35.69)	4:37.64 (35.40)		
5:13.69 (36.05)	5:49.07 (35.38)	6:25.13 (36.06)	7:00.69 (35.56)		
7:36.99 (36.30)	8:13.19 (36.20)	8:49.26 (36.07)	9:25.24 (35.98)		
10:01.13 (35.89)	10:37.32 (36.19)	11:12.88 (35.56)	11:48.46 (35.58)		
12:23.60 (35.14)	12:59.37 (35.77)	13:34.88 (35.51)	14:10.68 (35.80)		
14:45.98 (35.30)	15:21.46 (35.48)	15:56.12 (34.66)	16:31.44 (35.32)		
17:05.86 (34.42)	17:39.37 (33.51)				
4 Hancock, Joe	18	Greater Des Moines YMCA-IA	16:49.45	18:02.78	IASI
30.79	1:04.85 (34.06)	1:39.37 (34.52)	2:14.45 (35.08)		
2:49.20 (34.75)	3:24.27 (35.07)	3:58.97 (34.70)	4:33.98 (35.01)		
5:09.41 (35.43)	5:45.41 (36.00)	6:21.60 (36.19)	6:57.81 (36.21)		
7:34.29 (36.48)	8:10.07 (35.78)	8:47.06 (36.99)	9:24.15 (37.09)		
10:02.12 (37.97)	10:39.07 (36.95)	11:16.26 (37.19)	11:54.74 (38.48)		
12:31.17 (36.43)	13:08.60 (37.43)	13:45.74 (37.14)	14:23.55 (37.81)		
15:01.44 (37.89)	15:38.40 (36.96)	16:16.02 (37.62)	16:51.74 (35.72)		
17:28.21 (36.47)	18:02.78 (34.57)				
5 Millage, Colin	15	Iowa Flyers Swim Club-IA	18:34.63	18:31.66	IASI
31.88	1:07.55 (35.67)	1:44.10 (36.55)	2:20.71 (36.61)		
2:57.63 (36.92)	3:34.40 (36.77)	4:11.40 (37.00)	4:48.28 (36.88)		
5:25.77 (37.49)	6:02.97 (37.20)	6:39.78 (36.81)	7:17.07 (37.29)		
7:54.61 (37.54)	8:31.91 (37.30)	9:09.20 (37.29)	9:46.55 (37.35)		
10:24.03 (37.48)	11:01.47 (37.44)	11:39.20 (37.73)	12:16.86 (37.66)		
12:54.67 (37.81)	13:32.58 (37.91)	14:10.02 (37.44)	14:47.43 (37.41)		
15:24.98 (37.55)	16:02.18 (37.20)	16:39.98 (37.80)	17:17.20 (37.22)		
17:54.86 (37.66)	18:31.66 (36.80)				

2022 IA CIA BEAT THE HEAT - 6/24/2022 to 6/26/2022

Prairie Meadows Pool, Sanction #: IA-22-060

Wellmark YMCA * Des Moines, IA * 50 Meter Course

Results

(Boys 15 & Over 1500 LC Meter Freestyle)

Name	Age	Team	Seed Time	Finals Time
6 Hunt, Nolan	15	Greater Des Moines YMCA-IA	NT	18:46.67 IASI
32.07	1:07.20 (35.13)	1:43.97 (36.77)	2:21.27 (37.30)	
2:59.51 (38.24)	3:37.54 (38.03)	4:12.85 (35.31)	4:52.50 (39.65)	
5:30.21 (37.71)	6:07.49 (37.28)	6:46.09 (38.60)	7:24.34 (38.25)	
8:02.26 (37.92)	8:40.44 (38.18)	9:18.70 (38.26)	9:57.54 (38.84)	
10:34.93 (37.39)	11:13.26 (38.33)	11:52.21 (38.95)	12:28.89 (36.68)	
13:06.31 (37.42)	13:44.72 (38.41)	14:22.94 (38.22)	15:00.52 (37.58)	
15:38.61 (38.09)	16:17.48 (38.87)	16:55.52 (38.04)	17:33.08 (37.56)	
18:08.02 (34.94)	18:46.67 (38.65)			
7 Below, Conner	15	Iowa Flyers Swim Club-IA	19:25.05	18:51.56 IASI
		1:42.53 ()	2:19.71 (37.18)	
2:56.50 (36.79)	3:34.13 (37.63)	4:11.59 (37.46)	4:49.76 (38.17)	
5:27.42 (37.66)	6:05.02 (37.60)	6:43.00 (37.98)	7:21.01 (38.01)	
7:59.19 (38.18)	8:37.57 (38.38)	9:16.45 (38.88)	9:55.09 (38.64)	
10:33.45 (38.36)	11:12.80 (39.35)	11:51.27 (38.47)	12:29.52 (38.25)	
13:08.12 (38.60)	13:46.36 (38.24)	14:24.73 (38.37)	15:03.24 (38.51)	
15:41.83 (38.59)	16:20.27 (38.44)	16:58.70 (38.43)	17:36.53 (37.83)	
18:15.33 (38.80)	18:51.56 (36.23)			
8 Sieren, Owen	15	Linn-Mar-IA	18:28.38	18:52.72 IASI
31.76	1:07.64 (35.88)	1:44.63 (36.99)	2:22.19 (37.56)	
2:59.88 (37.69)	3:38.13 (38.25)	4:15.44 (37.31)	4:53.48 (38.04)	
5:31.14 (37.66)	6:09.08 (37.94)	6:47.12 (38.04)	7:25.49 (38.37)	
8:03.36 (37.87)	8:41.64 (38.28)	9:20.00 (38.36)	9:58.44 (38.44)	
10:36.12 (37.68)	11:14.32 (38.20)	11:52.46 (38.14)	12:30.88 (38.42)	
13:09.00 (38.12)	13:47.63 (38.63)	14:26.36 (38.73)	15:04.88 (38.52)	
15:43.12 (38.24)	16:21.46 (38.34)	17:00.05 (38.59)	17:38.15 (38.10)	
18:16.07 (37.92)	18:52.72 (36.65)			
9 McGrath, Ian	16	Linn-Mar-IA	19:35.35	19:01.13 SIL
		1:47.34 ()	2:25.15 (37.81)	
3:03.23 (38.08)	3:41.94 (38.71)	4:20.51 (38.57)	4:58.70 (38.19)	
5:37.17 (38.47)	6:15.39 (38.22)	6:53.17 (37.78)	7:31.00 (37.83)	
8:09.08 (38.08)	8:47.72 (38.64)	9:25.99 (38.27)	10:04.12 (38.13)	
10:42.51 (38.39)	11:20.78 (38.27)	11:59.40 (38.62)	12:38.67 (39.27)	
13:16.06 (37.39)	13:54.86 (38.80)	14:33.57 (38.71)	15:12.35 (38.78)	
15:51.27 (38.92)	16:29.85 (38.58)	17:08.07 (38.22)	17:46.69 (38.62)	
19:01.13 (1:14.44)				
10 Herstedt, Ethan	16	Davenport Metro Swim Team-IA	18:43.69	19:16.82 SIL
33.00	1:09.85 (36.85)	1:47.55 (37.70)	2:25.63 (38.08)	
3:04.09 (38.46)	3:41.69 (37.60)	4:15.53 (33.84)	4:58.96 (43.43)	
5:37.21 (38.25)	6:16.12 (38.91)	6:54.86 (38.74)	7:33.83 (38.97)	
8:13.09 (39.26)	8:52.40 (39.31)	9:31.38 (38.98)	10:10.46 (39.08)	
10:49.46 (39.00)	11:28.59 (39.13)	12:07.74 (39.15)	12:47.24 (39.50)	
13:26.26 (39.02)	14:05.90 (39.64)	14:45.37 (39.47)	15:24.85 (39.48)	
16:04.26 (39.41)	16:43.75 (39.49)	17:22.13 (38.38)	18:00.46 (38.33)	
18:39.01 (38.55)	19:16.82 (37.81)			
--- Bailey, Kingsley	15	Unattached Cia-IA	17:09.06	NS

Men 15 & Over 50 LC Meter Backstroke

Name	Age	Team	Seed Time	Finals Time
1 Havenhill, Asher	16	Greater Des Moines YMCA-IA	27.54	28.01
2 Callahan, Cooper	18	Linn-Mar-IA	29.39	28.09
3 Steffen, Ian	17	Linn-Mar-IA	27.99	28.49
4 Carter, Holden	16	Iowa Flyers Swim Club-IA	27.90	28.88

2022 IA CIA BEAT THE HEAT - 6/24/2022 to 6/26/2022**Prairie Meadows Pool, Sanction #: IA-22-060****Wellmark YMCA * Des Moines, IA * 50 Meter Course****Results****(Men 15 & Over 50 LC Meter Backstroke)**

	Name	Age	Team	Seed Time	Finals Time
5	Wallace, Reed	17	Central Iowa Aquatics-IA	28.64	29.03
6	Gerke, Max	16	Iowa Flyers Swim Club-IA	31.91	29.11
7	Smith, Logan	17	Cool Swim Team-MV	29.58	29.25
8	Nadel, Finn	16	Central Iowa Aquatics-IA	33.79	30.21
9	Peterson, Brock	15	Greater Des Moines YMCA-IA	40.68	30.48
10	Christensen, Jordan	18	Iowa Flyers Swim Club-IA	NT	30.63
11	Wells, Gabriel	15	Kansas City Blue Wave Swim Tea-MV	31.87	30.68
12	Coffelt, Matthew	16	Greater Des Moines YMCA-IA	29.00	30.70
13	Schaffel, Connor	15	Iowa Flyers Swim Club-IA	36.77	30.77
14	Gillett, Sean	17	Sun Prairie Storm-WI	30.25	30.86
15	Allsup, Ian	17	Linn-Mar-IA	30.94	31.25
16	Swanepoel, Lance	17	Greater Des Moines YMCA-IA	30.41	31.38
17	Turner, Mason	16	Linn-Mar-IA	31.31	31.58
18	Bishop, Charlie	16	UnAtt - Greater Des Moines Ymc-IA	35.77	31.75
19	Whinery, Quinn	16	Des Moines Swimming Federation-IA	31.76	31.77
20	Weigel, John	16	Iowa Flyers Swim Club-IA	38.30	31.86
21	Keith, Palmer	16	Kansas City Blue Wave Swim Tea-MV	41.98	32.02
22	Krizek, Trey	17	Cool Swim Team-MV	36.27	32.21
23	Valentine, Carson	15	Sioux Center Seahawks-MW	32.78	32.63
24	Mishra, Layhan	16	Cool Swim Team-MV	33.04	32.65
25	Deacon, Max	15	Central Iowa Aquatics-IA	NT	33.36
26	Denny, Roe	16	Greater Des Moines YMCA-IA	35.07	33.45
27	Stukerjurgan, Finn	15	Central Iowa Aquatics-IA	34.24	33.75
28	Ruelas, Sam	16	Iowa Flyers Swim Club-IA	36.50	33.76
29	McCredie, Owen	17	Davenport Metro Swim Team-IA	48.45	33.92
30	Miller, Clay	42	Unattached-IA	34.59	33.94
31	Brock, Klein	17	Central Iowa Aquatics-IA	37.48	34.21
32	Melum, Riley	16	Sun Prairie Storm-WI	33.60	34.62
33	Rimrodt, Chase	15	Sun Prairie Storm-WI	32.87	35.03
34	Eekhoff, Eli	17	South East Aquatics-IA	37.21	35.06
35	Jacewitz, Max	15	Cool Swim Team-MV	NT	35.22
36	Kirtz, Carter	17	Linn-Mar-IA	36.07	35.24
37	Pollard, Nathan	17	South East Aquatics-IA	36.99	35.36
38	Ketcham, Zac	17	Greater Des Moines YMCA-IA	35.63	35.59
39	Hunt, Nolan	15	Greater Des Moines YMCA-IA	41.75	35.68
40	Brekke, Tyler	15	Linn-Mar-IA	34.34	35.83
41	Sieren, Owen	15	Linn-Mar-IA	41.68	36.72
42	Hamerlinck, Nolan	15	Iowa Flyers Swim Club-IA	NT	36.77
43	Wittnebel, Alex	17	Linn-Mar-IA	38.62	37.51
44	Thomas, Ty	15	Carroll Area Swim Team-IA	36.52	37.69
45	Colvin, Jack	17	Iowa Flyers Swim Club-IA	NT	38.93
46	Wigant, Kaegan	15	Dowling Catholic Riptide-IA	NT	39.03
47	Schasker, Gus	16	Sun Prairie Storm-WI	38.87	39.99
---	Dahlke, Dakota	16	Iowa Flyers Swim Club-IA	39.89	DQ
	Re-Submerged				
---	Strank, Jaxon	18	Iowa Flyers Swim Club-IA	38.58	NS
---	Carstensen, Aiden	18	Iowa Flyers Swim Club-IA	27.26	NS
---	Kemp, Nick	16	Central Iowa Aquatics-IA	41.24	NS
---	McGrath, Braxton	18	Iowa Flyers Swim Club-IA	40.02	NS
---	Churchill, Micah	15	Cool Swim Team-MV	NT	NS

2022 IA CIA BEAT THE HEAT - 6/24/2022 to 6/26/2022**Prairie Meadows Pool, Sanction #: IA-22-060****Wellmark YMCA * Des Moines, IA * 50 Meter Course****Results****(Men 15 & Over 50 LC Meter Backstroke)**

Name	Age	Team	Seed Time	Finals Time
--- Pins, Jacob	15	Des Moines Swimming Federation-IA	31.91	SCR
--- Abram, AJ	17	Greater Des Moines YMCA-IA	33.09	SCR

Boys 15 & Over 100 LC Meter Backstroke**1:08.89 15&O IASI**

Name	Age	Team	Seed Time	Finals Time
1 Steffen, Ian	17	Linn-Mar-IA	58.26	59.95 IASI
28.86	59.95 (31.09)			
2 Davey, Sam	17	Greater Des Moines YMCA-IA	1:00.98	1:00.86 IASI
29.44	1:00.86 (31.42)			
3 Wallace, Reed	17	Central Iowa Aquatics-IA	59.53	1:01.92 IASI
30.06	1:01.92 (31.86)			
4 Hakes, Hayden	15	Iowa Flyers Swim Club-IA	1:02.01	1:03.34 IASI
30.93	1:03.34 (32.41)			
5 Coffelt, Matthew	16	Greater Des Moines YMCA-IA	1:01.87	1:03.37 IASI
30.61	1:03.37 (32.76)			
6 Carter, Holden	16	Iowa Flyers Swim Club-IA	1:01.36	1:04.11 IASI
30.93	1:04.11 (33.18)			
7 Smith, Logan	17	Cool Swim Team-MV	1:03.38	1:04.37 IASI
31.06	1:04.37 (33.31)			
8 Gillett, Sean	17	Sun Prairie Storm-WI	1:03.89	1:05.42 IASI
31.38	1:05.42 (34.04)			
9 Whinery, Quinn	16	Des Moines Swimming Federation-IA	NT	1:05.97 IASI
31.62	1:05.97 (34.35)			
10 Shepard, Cade	19	Uss Destroyers Swim Club-IA	1:05.62	1:06.02 IASI
32.27	1:06.02 (33.75)			
11 Swanson, Lukas	17	Iowa Flyers Swim Club-IA	1:07.50	1:06.16 IASI
31.89	1:06.16 (34.27)			
12 Rairden, Bodey	15	Sun Prairie Storm-WI	1:07.18	1:06.55 IASI
31.68	1:06.55 (34.87)			
13 Turner, Mason	16	Linn-Mar-IA	1:02.81	1:06.58 IASI
32.07	1:06.58 (34.51)			
14 Schaffel, Connor	15	Iowa Flyers Swim Club-IA	1:06.75	1:06.72 IASI
32.71	1:06.72 (34.01)			
15 Bailey, Kingsley	15	Unattached Cia-IA	1:07.31	1:06.87 IASI
32.54	1:06.87 (34.33)			
16 Nadel, Finn	16	Central Iowa Aquatics-IA	1:09.76	1:07.04 IASI
32.64	1:07.04 (34.40)			
17 Brotherton, Kirk	18	Iowa Flyers Swim Club-IA	1:07.91	1:07.31 IASI
33.62	1:07.31 (33.69)			
18 Mishra, Layhan	16	Cool Swim Team-MV	1:08.48	1:07.69 IASI
33.15	1:07.69 (34.54)			
19 Wells, Gabriel	15	Kansas City Blue Wave Swim Tea-MV	1:10.69	1:07.75 IASI
32.31	1:07.75 (35.44)			
20 Swanepoel, Lance	17	Greater Des Moines YMCA-IA	1:05.04	1:08.86 IASI
32.81	1:08.86 (36.05)			
21 Millage, Colin	15	Iowa Flyers Swim Club-IA	1:05.22	1:08.89 IASI
33.08	1:08.89 (35.81)			
22 Dinkin, Hayden	17	Greater Des Moines YMCA-IA	1:09.48	1:09.01
32.94	1:09.01 (36.07)			
23 Brock, Klein	17	Central Iowa Aquatics-IA	1:13.10	1:09.23
33.72	1:09.23 (35.51)			

2022 IA CIA BEAT THE HEAT - 6/24/2022 to 6/26/2022**Prairie Meadows Pool, Sanction #: IA-22-060****Wellmark YMCA * Des Moines, IA * 50 Meter Course****Results****(Boys 15 & Over 100 LC Meter Backstroke)**

	Name	Age	Team	Seed Time	Finals Time
24	Dose, Jonathan	18	Carroll Area Swim Team-IA	1:13.25	1:09.33
	33.42			1:09.33 (35.91)	
25	Manning, Levi	17	Greater Des Moines YMCA-IA	1:11.37	1:09.56
	34.02			1:09.56 (35.54)	
26	Ruelas, Sam	16	Iowa Flyers Swim Club-IA	1:11.59	1:10.40
	34.32			1:10.40 (36.08)	
27	Stukerjorgen, Finn	15	Central Iowa Aquatics-IA	1:10.92	1:11.21
	34.72			1:11.21 (36.49)	
28	Valentine, Carson	15	Sioux Center Seahawks-MW	1:09.43	1:12.25
	34.40			1:12.25 (37.85)	
29	Ellis, Anthony	17	Des Moines Swimming Federation-IA	1:15.89	1:12.37
	35.20			1:12.37 (37.17)	
30	Treichel, Christian	15	Des Moines Swimming Federation-IA	1:11.12	1:12.70
	35.26			1:12.70 (37.44)	
31	Ketcham, Zac	17	Greater Des Moines YMCA-IA	1:11.23	1:12.76
	35.74			1:12.76 (37.02)	
32	Danner, Trevor	19	Carroll Area Swim Team-IA	1:17.88	1:12.81
	35.31			1:12.81 (37.50)	
33	Krizek, Trey	17	Cool Swim Team-MV	1:18.61	1:14.66
	34.22			1:14.66 (40.44)	
34	Allsup, Ian	17	Linn-Mar-IA	1:09.02	1:14.77
	35.77			1:14.77 (39.00)	
35	Snetselaar, Brady	15	Rams Swim Club-IA	NT	1:15.58
	35.62			1:15.58 (39.96)	
36	Hackathorn, Lars	16	Iowa City Eels-IA	1:16.85	1:15.61
	36.66			1:15.61 (38.95)	
37	Miller, A.J.	15	Iowa Flyers Swim Club-IA	1:13.43	1:15.92
	35.96			1:15.92 (39.96)	
38	Pollard, Nathan	17	South East Aquatics-IA	1:18.01	1:16.69
	37.41			1:16.69 (39.28)	
39	Brekke, Tyler	15	Linn-Mar-IA	1:16.93	1:16.93
	38.03			1:16.93 (38.90)	
40	Caballero, Ian	17	Iowa Flyers Swim Club-IA	NT	1:17.93
	35.77			1:17.93 (42.16)	
41	Eekhoff, Eli	17	South East Aquatics-IA	1:21.54	1:18.56
	36.42			1:18.56 (42.14)	
42	Melum, Riley	16	Sun Prairie Storm-WI	1:22.87	1:18.79
	38.92			1:18.79 (39.87)	
43	Holland, Camden	17	South East Aquatics-IA	1:17.38	1:19.40
	37.38			1:19.40 (42.02)	
44	Maretski, Roman	15	Sun Prairie Storm-WI	1:20.16	1:20.85
	39.19			1:20.85 (41.66)	
45	Jensen, Dane	17	Cool Swim Team-MV	NT	1:21.58
	38.28			1:21.58 (43.30)	
46	Schasker, Gus	16	Sun Prairie Storm-WI	1:29.35	1:22.34
	40.32			1:22.34 (42.02)	
47	Field, Jamisen	16	Rams Swim Club-IA	1:29.07	1:28.16
	41.28			1:28.16 (46.88)	
---	Sundrup, Kyle	17	Carroll Area Swim Team-IA	1:08.44	NS
---	Churchill, Micah	15	Cool Swim Team-MV	1:06.68	NS
---	Hamerlinck, Nolan	15	Iowa Flyers Swim Club-IA	NT	NS

2022 IA CIA BEAT THE HEAT - 6/24/2022 to 6/26/2022**Prairie Meadows Pool, Sanction #: IA-22-060****Wellmark YMCA * Des Moines, IA * 50 Meter Course****Results****(Boys 15 & Over 100 LC Meter Backstroke)**

Name	Age	Team	Seed Time	Finals Time
--- Carstensen, Aiden	18	Iowa Flyers Swim Club-IA	57.55	NS
--- Pins, Jacob	15	Des Moines Swimming Federation-IA	1:06.60	SCR

Boys 15 & Over 200 LC Meter Backstroke**2:35.19 15&O IASI****2:50.79 15&O SIL**

Name	Age	Team	Seed Time	Finals Time
1 Wallace, Reed	17	Central Iowa Aquatics-IA	2:08.33	2:10.42 IASI
30.72	1:04.06 (33.34)	1:37.93 (33.87)	2:10.42 (32.49)	
2 Havenhill, Asher	16	Greater Des Moines YMCA-IA	2:07.88	2:10.92 IASI
30.59	1:04.48 (33.89)	1:38.73 (34.25)	2:10.92 (32.19)	
3 Hakes, Hayden	15	Iowa Flyers Swim Club-IA	2:12.34	2:12.84 IASI
31.35	1:05.00 (33.65)	1:39.10 (34.10)	2:12.84 (33.74)	
4 Steffen, Ian	17	Linn-Mar-IA	2:09.15	2:15.04 IASI
30.90	1:04.68 (33.78)	1:39.56 (34.88)	2:15.04 (35.48)	
5 Turner, Mason	16	Linn-Mar-IA	2:12.92	2:18.11 IASI
32.82	1:08.06 (35.24)	1:43.54 (35.48)	2:18.11 (34.57)	
6 Gerke, Max	16	Iowa Flyers Swim Club-IA	2:16.46	2:21.28 IASI
32.48	1:08.92 (36.44)	1:45.40 (36.48)	2:21.28 (35.88)	
7 Bailey, Kingsley	15	Unattached Cia-IA	2:23.23	2:21.74 IASI
33.06	1:09.23 (36.17)	1:46.04 (36.81)	2:21.74 (35.70)	
8 Carter, Holden	16	Iowa Flyers Swim Club-IA	2:18.62	2:22.80 IASI
32.80	1:09.33 (36.53)	1:46.88 (37.55)	2:22.80 (35.92)	
9 Whinery, Quinn	16	Des Moines Swimming Federation-IA	2:29.77	2:25.39 IASI
32.90	1:10.41 (37.51)	1:48.68 (38.27)	2:25.39 (36.71)	
10 Gillett, Sean	17	Sun Prairie Storm-WI	2:21.71	2:25.53 IASI
33.56	1:10.78 (37.22)	1:48.38 (37.60)	2:25.53 (37.15)	
11 Shepard, Cade	19	Uss Destroyers Swim Club-IA	2:24.68	2:25.61 IASI
34.23	1:10.54 (36.31)	1:48.21 (37.67)	2:25.61 (37.40)	
12 Rairden, Bodey	15	Sun Prairie Storm-WI	2:30.74	2:26.85 IASI
33.30	1:10.31 (37.01)	1:48.74 (38.43)	2:26.85 (38.11)	
13 Mishra, Layhan	16	Cool Swim Team-MV	2:26.99	2:27.47 IASI
34.31	1:11.64 (37.33)	1:49.87 (38.23)	2:27.47 (37.60)	
14 Stukerjorgen, Finn	15	Central Iowa Aquatics-IA	2:28.30	2:28.07 IASI
35.03	1:13.52 (38.49)	1:51.21 (37.69)	2:28.07 (36.86)	
15 Herstedt, Ethan	16	Davenport Metro Swim Team-IA	2:33.88	2:28.96 IASI
35.25	1:14.18 (38.93)	1:53.16 (38.98)	2:28.96 (35.80)	
16 Millage, Colin	15	Iowa Flyers Swim Club-IA	2:21.63	2:31.13 IASI
34.91	1:13.78 (38.87)	1:52.51 (38.73)	2:31.13 (38.62)	
17 Keith, Palmer	16	Kansas City Blue Wave Swim Tea-MV	2:39.61	2:31.28 IASI
35.27	1:14.18 (38.91)	1:53.78 (39.60)	2:31.28 (37.50)	
18 Hancock, Joe	18	Greater Des Moines YMCA-IA	3:13.30	2:31.80 IASI
34.45	1:12.07 (37.62)	1:52.43 (40.36)	2:31.80 (39.37)	
19 Treichel, Christian	15	Des Moines Swimming Federation-IA	2:30.16	2:32.03 IASI
36.18	1:15.83 (39.65)	1:55.06 (39.23)	2:32.03 (36.97)	
20 Denny, Roe	16	Greater Des Moines YMCA-IA	2:33.20	2:32.26 IASI
35.06	1:13.12 (38.06)	1:52.59 (39.47)	2:32.26 (39.67)	
21 Ruelas, Sam	16	Iowa Flyers Swim Club-IA	2:29.09	2:33.38 IASI
37.50	1:18.65 (41.15)	1:56.94 (38.29)	2:33.38 (36.44)	
22 Trosper, John	15	Central Iowa Aquatics-IA	2:46.88	2:34.33 IASI
35.33	1:15.43 (40.10)	1:55.09 (39.66)	2:34.33 (39.24)	

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	Name	Age	Team	Seed Time	Finals Time	
23	Wells, Gabriel	15	Kansas City Blue Wave Swim Tea-MV	2:35.80	2:35.13	IASI
	34.83	1:14.98 (40.15)	1:55.85 (40.87)	2:35.13 (39.28)		
24	Ketcham, Zac	17	Greater Des Moines YMCA-IA	2:27.62	2:35.73	SIL
	37.55	1:17.21 (39.66)	1:57.08 (39.87)	2:35.73 (38.65)		
25	Below, Conner	15	Iowa Flyers Swim Club-IA	2:39.43	2:38.31	SIL
	38.04	1:18.74 (40.70)	1:58.96 (40.22)	2:38.31 (39.35)		
26	Sundrup, Kyle	17	Carroll Area Swim Team-IA	2:37.17	2:38.67	SIL
	35.97	1:15.70 (39.73)	1:57.48 (41.78)	2:38.67 (41.19)		
27	Miller, A.J.	15	Iowa Flyers Swim Club-IA	2:38.67	2:41.42	SIL
	38.12	1:18.91 (40.79)	2:00.59 (41.68)	2:41.42 (40.83)		
28	Brekke, Tyler	15	Linn-Mar-IA	2:41.41	2:42.22	SIL
	38.39	1:20.56 (42.17)	2:03.11 (42.55)	2:42.22 (39.11)		
29	Krizek, Trey	17	Cool Swim Team-MV	2:52.23	2:46.47	SIL
	36.59	1:19.61 (43.02)	2:02.88 (43.27)	2:46.47 (43.59)		
30	Pollard, Nathan	17	South East Aquatics-IA	2:48.03	2:49.09	SIL
	38.60	1:21.48 (42.88)	2:05.45 (43.97)	2:49.09 (43.64)		
31	Maretski, Roman	15	Sun Prairie Storm-WI	2:54.38	2:51.13	
	40.42	1:25.41 (44.99)	2:08.73 (43.32)	2:51.13 (42.40)		
32	Holland, Camden	17	South East Aquatics-IA	2:53.21	2:54.54	
	40.30	1:24.51 (44.21)	2:09.54 (45.03)	2:54.54 (45.00)		
33	Schasker, Gus	16	Sun Prairie Storm-WI	3:02.87	2:58.93	
	42.17	1:27.91 (45.74)	2:14.39 (46.48)	2:58.93 (44.54)		
34	Melum, Riley	16	Sun Prairie Storm-WI	3:02.87	3:01.74	
	44.63	1:32.01 (47.38)	2:18.98 (46.97)	3:01.74 (42.76)		
---	Churchill, Micah	15	Cool Swim Team-MV	NT	NS	
---	Valentine, Carson	15	Sioux Center Seahawks-MW	2:32.35	NS	
---	McGrath, Braxton	18	Iowa Flyers Swim Club-IA	2:33.03	NS	
---	Smith, Logan	17	Cool Swim Team-MV	2:17.68	NS	
---	Coffelt, Matthew	16	Greater Des Moines YMCA-IA	2:17.37	NS	
---	Swanson, Lukas	17	Iowa Flyers Swim Club-IA	2:25.62	SCR	
---	Pins, Jacob	15	Des Moines Swimming Federation-IA	2:16.65	SCR	
---	Stukerjurgan, Brek	19	Central Iowa Aquatics-IA	2:04.43	SCR	
---	Schaffel, Connor	15	Iowa Flyers Swim Club-IA	2:25.75	SCR	
---	Lein, Spencer	15	Cool Swim Team-MV	NT	SCR	

Men 15 & Over 50 LC Meter Breaststroke

	Name	Age	Team	Seed Time	Finals Time
1	Christensen, Jordan	18	Iowa Flyers Swim Club-IA	32.18	30.82
2	Nadel, Finn	16	Central Iowa Aquatics-IA	30.31	31.30
3	Callahan, Cooper	18	Linn-Mar-IA	34.11	31.56
4	Kirtz, Carter	17	Linn-Mar-IA	30.98	31.59
5	Havenhill, Asher	16	Greater Des Moines YMCA-IA	31.11	31.93
6	Sinclair, Eric	16	Cool Swim Team-MV	NT	32.86
7	Brock, Klein	17	Central Iowa Aquatics-IA	33.50	33.18
8	Yim, Keifer	15	Cool Swim Team-MV	38.78	33.32
9	Wells, Gabriel	15	Kansas City Blue Wave Swim Tea-MV	34.66	33.53
10	Steffen, Ian	17	Linn-Mar-IA	35.17	33.59
11	Keith, Palmer	16	Kansas City Blue Wave Swim Tea-MV	34.65	33.72
12	Weigel, John	16	Iowa Flyers Swim Club-IA	40.97	34.05
13	Bishop, Charlie	16	UnAtt - Greater Des Moines Ymc-IA	32.20	34.09
14	McCredie, Owen	17	Davenport Metro Swim Team-IA	33.10	34.11

2022 IA CIA BEAT THE HEAT - 6/24/2022 to 6/26/2022**Prairie Meadows Pool, Sanction #: IA-22-060****Wellmark YMCA * Des Moines, IA * 50 Meter Course****Results****(Men 15 & Over 50 LC Meter Breaststroke)**

	Name	Age	Team	Seed Time	Finals Time
15	Schaffel, Connor	15	Iowa Flyers Swim Club-IA	37.68	34.30
16	Lein, Spencer	15	Cool Swim Team-MV	NT	34.52
17	Sieren, Owen	15	Linn-Mar-IA	35.80	34.63
18	Gerke, Max	16	Iowa Flyers Swim Club-IA	36.81	34.74
19	Pollard, Nathan	17	South East Aquatics-IA	32.12	34.81
20	Colvin, Jack	17	Iowa Flyers Swim Club-IA	35.86	35.14
21	Dinkin, Hayden	17	Greater Des Moines YMCA-IA	35.40	35.15
22	Sheth, Maanit	16	Central Iowa Aquatics-IA	38.89	35.20
23	Miller, Clay	42	Unattached-IA	36.11	35.84
24	Gillett, Sean	17	Sun Prairie Storm-WI	39.15	35.94
25	Dahlke, Dakota	16	Iowa Flyers Swim Club-IA	46.69	36.15
26	Rimrodt, Chase	15	Sun Prairie Storm-WI	36.87	36.63
27	Jensen, Dane	17	Cool Swim Team-MV	NT	36.90
28	Hunt, Nolan	15	Greater Des Moines YMCA-IA	41.85	37.03
29	Valentine, Carson	15	Sioux Center Seahawks-MW	39.05	37.22
30	Brownsberger, Tate	15	Greater Des Moines YMCA-IA	37.21	37.72
31	Turner, Mason	16	Linn-Mar-IA	42.27	38.43
32	Ruelas, Sam	16	Iowa Flyers Swim Club-IA	41.24	38.54
33	Schasker, Gus	16	Sun Prairie Storm-WI	39.87	39.10
34	Melum, Riley	16	Sun Prairie Storm-WI	39.95	40.65
35	Wigant, Kaegan	15	Dowling Catholic Riptide-IA	NT	41.42
36	Mishra, Layhan	16	Cool Swim Team-MV	NT	41.79
37	Eekhoff, Eli	17	South East Aquatics-IA	42.41	42.05
38	Brekke, Tyler	15	Linn-Mar-IA	42.42	42.58
39	Hamerlinck, Nolan	15	Iowa Flyers Swim Club-IA	NT	45.49
40	Wittnebel, Alex	17	Linn-Mar-IA	44.56	46.87
---	Mahlstadt, Jax	21	Greater Des Moines YMCA-IA	NT	NS
---	Kemp, Nick	16	Central Iowa Aquatics-IA	41.56	NS
---	Strank, Jaxon	18	Iowa Flyers Swim Club-IA	NT	NS
---	McGrath, Braxton	18	Iowa Flyers Swim Club-IA	37.09	NS
---	Pins, Jacob	15	Des Moines Swimming Federation-IA	38.50	SCR
---	Abram, AJ	17	Greater Des Moines YMCA-IA	36.82	SCR

Boys 15 & Over 100 LC Meter Breaststroke**1:16.99 15&O IASI**

	Name	Age	Team	Seed Time	Finals Time
1	Kirtz, Carter	17	Linn-Mar-IA	1:06.85	1:08.50 IASI
	31.88				1:08.50 (36.62)
2	Yahashiri, Kento	17	Iowa Flyers Swim Club-IA	1:09.20	1:09.13 IASI
	32.51				1:09.13 (36.62)
3	Nadel, Finn	16	Central Iowa Aquatics-IA	1:06.01	1:09.29 IASI
	33.14				1:09.29 (36.15)
4	Christensen, Jordan	18	Iowa Flyers Swim Club-IA	1:06.01	1:09.49 IASI
	32.43				1:09.49 (37.06)
5	Callahan, Cooper	18	Linn-Mar-IA	1:19.46	1:09.89 IASI
	32.31				1:09.89 (37.58)
6	Brock, Klein	17	Central Iowa Aquatics-IA	1:09.37	1:10.13 IASI
	33.45				1:10.13 (36.68)
7	Weigel, John	16	Iowa Flyers Swim Club-IA	1:31.80	1:11.55 IASI
	33.40				1:11.55 (38.15)

2022 IA CIA BEAT THE HEAT - 6/24/2022 to 6/26/2022**Prairie Meadows Pool, Sanction #: IA-22-060****Wellmark YMCA * Des Moines, IA * 50 Meter Course****Results****(Boys 15 & Over 100 LC Meter Breaststroke)**

	Name	Age	Team	Seed Time	Finals Time	
8	Sinclair, Eric	16	Cool Swim Team-MV	1:10.02	1:13.22	IASI
	33.96				1:13.22 (39.26)	
9	Yim, Keifer	15	Cool Swim Team-MV	1:16.02	1:13.24	IASI
	34.36				1:13.24 (38.88)	
10	Shepard, Cade	19	Uss Destroyers Swim Club-IA	1:11.71	1:14.16	IASI
	34.20				1:14.16 (39.96)	
11	Kelley, Luke	16	Linn-Mar-IA	1:16.39	1:14.57	IASI
	35.22				1:14.57 (39.35)	
12	Behrens, Blake	16	Linn-Mar-IA	1:13.78	1:15.75	IASI
	35.77				1:15.75 (39.98)	
13	Bishop, Charlie	16	UnAtt - Greater Des Moines Ymc-IA	1:14.86	1:16.01	IASI
	35.18				1:16.01 (40.83)	
14	Keith, Palmer	16	Kansas City Blue Wave Swim Tea-MV	1:16.39	1:16.40	IASI
	35.54				1:16.40 (40.86)	
15	Davey, Sam	17	Greater Des Moines YMCA-IA	1:16.75	1:16.60	IASI
	36.15				1:16.60 (40.45)	
16	Wallace, Reed	17	Central Iowa Aquatics-IA	1:18.95	1:16.79	IASI
	36.24				1:16.79 (40.55)	
17	Pollard, Nathan	17	South East Aquatics-IA	1:11.09	1:17.18	
	35.71				1:17.18 (41.47)	
18	Brotherton, Kirk	18	Iowa Flyers Swim Club-IA	1:19.18	1:17.60	
	36.39				1:17.60 (41.21)	
19	Dinkin, Hayden	17	Greater Des Moines YMCA-IA	1:13.51	1:17.92	
	35.42				1:17.92 (42.50)	
20	Danner, Trevor	19	Carroll Area Swim Team-IA	1:18.25	1:18.15	
	36.72				1:18.15 (41.43)	
21	Colvin, Jack	17	Iowa Flyers Swim Club-IA	1:18.87	1:19.58	
	37.20				1:19.58 (42.38)	
22	Gerke, Max	16	Iowa Flyers Swim Club-IA	1:20.19	1:19.75	
	36.51				1:19.75 (43.24)	
23	Rimrodt, Chase	15	Sun Prairie Storm-WI	1:20.87	1:20.29	
	38.03				1:20.29 (42.26)	
24	Miller, A.J.	15	Iowa Flyers Swim Club-IA	1:21.50	1:21.16	
	37.36				1:21.16 (43.80)	
25	Sieren, Owen	15	Linn-Mar-IA	1:16.08	1:21.95	
	37.92				1:21.95 (44.03)	
26	Shafer, Samson	16	Greater Des Moines YMCA-IA	1:18.50	1:22.05	
	37.86				1:22.05 (44.19)	
27	Hunt, Nolan	15	Greater Des Moines YMCA-IA	1:23.75	1:22.39	
	39.19				1:22.39 (43.20)	
28	Dahlke, Dakota	16	Iowa Flyers Swim Club-IA	1:18.02	1:22.66	
	38.94				1:22.66 (43.72)	
29	Smith, Logan	17	Cool Swim Team-MV	1:31.90	1:23.17	
	37.66				1:23.17 (45.51)	
30	Caballero, Ian	17	Iowa Flyers Swim Club-IA	NT	1:24.13	
	41.60				1:24.13 (42.53)	
31	Brownsberger, Tate	15	Greater Des Moines YMCA-IA	1:25.25	1:24.39	
	40.05				1:24.39 (44.34)	
32	Jensen, Dane	17	Cool Swim Team-MV	NT	1:24.55	
	39.79				1:24.55 (44.76)	

2022 IA CIA BEAT THE HEAT - 6/24/2022 to 6/26/2022**Prairie Meadows Pool, Sanction #: IA-22-060****Wellmark YMCA * Des Moines, IA * 50 Meter Course****Results****(Boys 15 & Over 100 LC Meter Breaststroke)**

Name	Age	Team	Seed Time	Finals Time
33 Millage, Colin	15	Iowa Flyers Swim Club-IA	1:26.88	1:25.06
39.57	1:25.06 (45.49)			
34 Schasker, Gus	16	Sun Prairie Storm-WI	1:25.87	1:27.10
40.35	1:27.10 (46.75)			
35 Maretski, Roman	15	Sun Prairie Storm-WI	1:32.81	1:29.17
41.77	1:29.17 (47.40)			
36 Jacewitz, Max	15	Cool Swim Team-MV	NT	1:30.38
43.77	1:30.38 (46.61)			
37 Melum, Riley	16	Sun Prairie Storm-WI	1:28.87	1:30.58
41.60	1:30.58 (48.98)			
38 Eekhoff, Eli	17	South East Aquatics-IA	1:34.91	1:33.16
42.17	1:33.16 (50.99)			
39 Wittnebel, Alex	17	Linn-Mar-IA	1:32.31	1:38.91
46.16	1:38.91 (52.75)			
--- Folkerts, Drew	17	Des Moines Swimming Federation-IA	NT	DQ
Double pull / kicks				
42.36	DQ (49.00)			
--- Valentine, Carson	15	Sioux Center Seahawks-MW	1:28.15	NS
--- Carstensen, Aiden	18	Iowa Flyers Swim Club-IA	1:20.28	NS
--- Hamerlinck, Nolan	15	Iowa Flyers Swim Club-IA	NT	NS
--- Mahlstadt, Jax	21	Greater Des Moines YMCA-IA	1:11.39	NS
--- Churchill, Micah	15	Cool Swim Team-MV	NT	NS
--- Abram, AJ	17	Greater Des Moines YMCA-IA	1:16.47	SCR
--- Wells, Gabriel	15	Kansas City Blue Wave Swim Tea-MV	1:13.29	SCR
--- Peterson, Brock	15	Greater Des Moines YMCA-IA	NT	SCR

Boys 15 & Over 200 LC Meter Breaststroke**2:55.49 15&0 IASI****3:13.09 15&0 SIL**

Name	Age	Team	Seed Time	Finals Time
1 Kirtz, Carter	17	Linn-Mar-IA	2:25.00	2:30.37 IASI
32.70	1:11.05 (38.35)	1:51.35 (40.30)	2:30.37 (39.02)	
2 Polyak, Joe	16	Iowa Flyers Swim Club-IA	2:28.27	2:38.25 IASI
34.91	1:15.33 (40.42)	1:57.40 (42.07)	2:38.25 (40.85)	
3 Sinclair, Eric	16	Cool Swim Team-MV	2:35.23	2:40.33 IASI
36.21	1:16.57 (40.36)	1:58.43 (41.86)	2:40.33 (41.90)	
4 Yim, Keifer	15	Cool Swim Team-MV	2:46.93	2:45.90 IASI
37.96	1:20.56 (42.60)	2:02.16 (41.60)	2:45.90 (43.74)	
5 Behrens, Blake	16	Linn-Mar-IA	2:39.60	2:46.36 IASI
38.06	1:20.62 (42.56)	2:04.40 (43.78)	2:46.36 (41.96)	
6 McCredie, Owen	17	Davenport Metro Swim Team-IA	2:38.85	2:47.74 IASI
36.42	1:18.39 (41.97)	2:02.54 (44.15)	2:47.74 (45.20)	
7 Bishop, Charlie	16	UnAtt - Greater Des Moines Ymc-IA	2:46.56	2:49.81 IASI
36.69	1:19.33 (42.64)	2:04.09 (44.76)	2:49.81 (45.72)	
8 Sieren, Owen	15	Linn-Mar-IA	2:54.37	2:52.84 IASI
39.36	1:25.95 (46.59)	2:09.34 (43.39)	2:52.84 (43.50)	
9 Gerke, Max	16	Iowa Flyers Swim Club-IA	2:56.75	2:54.04 IASI
39.48	1:24.34 (44.86)	2:10.02 (45.68)	2:54.04 (44.02)	
10 Kelley, Luke	16	Linn-Mar-IA	2:48.10	2:54.43 IASI
39.22	1:26.75 (47.53)	2:13.48 (46.73)	2:54.43 (40.95)	

2022 IA CIA BEAT THE HEAT - 6/24/2022 to 6/26/2022**Prairie Meadows Pool, Sanction #: IA-22-060****Wellmark YMCA * Des Moines, IA * 50 Meter Course****Results****(Boys 15 & Over 200 LC Meter Breaststroke)**

	Name	Age	Team	Seed Time	Finals Time	
11	Below, Conner	15	Iowa Flyers Swim Club-IA	3:00.68	2:56.14	SIL
	40.59	1:26.28 (45.69)	2:11.86 (45.58)	2:56.14 (44.28)		
12	Colvin, Jack	17	Iowa Flyers Swim Club-IA	2:53.61	2:56.83	SIL
	39.94	1:25.93 (45.99)	2:11.24 (45.31)	2:56.83 (45.59)		
13	Rimrodt, Chase	15	Sun Prairie Storm-WI	3:24.06	2:57.09	SIL
	42.26	1:27.88 (45.62)	2:13.81 (45.93)	2:57.09 (43.28)		
14	Trosper, John	15	Central Iowa Aquatics-IA	2:51.54	2:58.74	SIL
	41.19	1:27.98 (46.79)	2:12.77 (44.79)	2:58.74 (45.97)		
15	Dahlke, Dakota	16	Iowa Flyers Swim Club-IA	2:53.04	2:59.16	SIL
	39.96	1:25.71 (45.75)	2:12.37 (46.66)	2:59.16 (46.79)		
16	Lein, Spencer	15	Cool Swim Team-MV	NT	3:00.01	SIL
	40.38	1:27.57 (47.19)	2:14.29 (46.72)	3:00.01 (45.72)		
17	Smith, Connor	18	Des Moines Swimming Federation-IA	3:02.02	3:00.85	SIL
	40.37	1:26.13 (45.76)	2:13.68 (47.55)	3:00.85 (47.17)		
18	Robie, Nick	15	Greater Des Moines YMCA-IA	3:11.56	3:01.07	SIL
	39.37	1:25.67 (46.30)	2:13.70 (48.03)	3:01.07 (47.37)		
19	Valentine, Carson	15	Sioux Center Seahawks-MW	3:07.60	3:04.07	SIL
	40.86	1:27.57 (46.71)	2:15.17 (47.60)	3:04.07 (48.90)		
20	Fertig, Jack	16	Rams Swim Club-IA	3:07.95	3:05.41	SIL
	38.91	1:26.23 (47.32)	2:15.73 (49.50)	3:05.41 (49.68)		
21	Ellis, Anthony	17	Des Moines Swimming Federation-IA	NT	3:06.97	SIL
	41.28	1:28.45 (47.17)	2:16.63 (48.18)	3:06.97 (50.34)		
22	Schasker, Gus	16	Sun Prairie Storm-WI	3:13.62	3:07.07	SIL
	42.34	1:29.80 (47.46)	2:19.15 (49.35)	3:07.07 (47.92)		
23	Swanson, Lukas	17	Iowa Flyers Swim Club-IA	NT	3:10.50	SIL
	42.72	1:30.69 (47.97)	2:20.43 (49.74)	3:10.50 (50.07)		
24	Wittnebel, Alex	17	Linn-Mar-IA	3:19.00	3:37.13	
	47.20	1:43.88 (56.68)	2:40.35 (56.47)	3:37.13 (56.78)		
---	Miller, Clay	42	Unattached-IA	NT	SCR	

Men 15 & Over 50 LC Meter Butterfly

	Name	Age	Team	Seed Time	Finals Time
1	Steffen, Ian	17	Linn-Mar-IA	26.45	26.50
2	Callahan, Cooper	18	Linn-Mar-IA	26.24	26.58
3	Carter, Holden	16	Iowa Flyers Swim Club-IA	25.99	26.79
4	Christensen, Jordan	18	Iowa Flyers Swim Club-IA	26.81	27.16
5	Gerke, Max	16	Iowa Flyers Swim Club-IA	27.88	27.26
6	Swanepoel, Lance	17	Greater Des Moines YMCA-IA	26.79	27.29
7	Havenhill, Asher	16	Greater Des Moines YMCA-IA	26.81	27.47
8	Smith, Logan	17	Cool Swim Team-MV	31.10	27.64
9	Dinkin, Hayden	17	Greater Des Moines YMCA-IA	27.00	27.73
10	Nadel, Finn	16	Central Iowa Aquatics-IA	28.35	27.77
11	Gillett, Sean	17	Sun Prairie Storm-WI	29.61	28.01
12	Sinclair, Eric	16	Cool Swim Team-MV	NT	28.28
13	Pollard, Nathan	17	South East Aquatics-IA	27.10	28.49
14	Wells, Gabriel	15	Kansas City Blue Wave Swim Tea-MV	NT	28.50
15	Bratz, Zach	17	Greater Des Moines YMCA-IA	26.97	28.58
16	Keith, Palmer	16	Kansas City Blue Wave Swim Tea-MV	28.51	28.71
17	Weigel, John	16	Iowa Flyers Swim Club-IA	28.05	28.73
18	Dahlke, Dakota	16	Iowa Flyers Swim Club-IA	38.14	28.85
19	Deacon, Max	15	Central Iowa Aquatics-IA	NT	28.99

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	Name	Age	Team	Seed Time	Finals Time
20	McCredie, Owen	17	Davenport Metro Swim Team-IA	29.55	29.13
21	Allsup, Ian	17	Linn-Mar-IA	30.23	29.17
22	Turner, Mason	16	Linn-Mar-IA	29.66	29.19
23	Yim, Keifer	15	Cool Swim Team-MV	38.04	29.29
24	Lein, Spencer	15	Cool Swim Team-MV	NT	29.40
*25	Denny, Roe	16	Greater Des Moines YMCA-IA	30.60	29.43
*25	Schaffel, Connor	15	Iowa Flyers Swim Club-IA	29.21	29.43
27	Brock, Klein	17	Central Iowa Aquatics-IA	30.17	29.52
28	Miller, Clay	42	Unattached-IA	30.19	29.96
29	Jensen, Dane	17	Cool Swim Team-MV	NT	30.00
30	Kirtz, Carter	17	Linn-Mar-IA	29.79	30.12
31	Ruelas, Sam	16	Iowa Flyers Swim Club-IA	30.07	30.15
32	Coffelt, Matthew	16	Greater Des Moines YMCA-IA	30.51	30.27
33	Herstedt, Ethan	16	Davenport Metro Swim Team-IA	NT	31.06
34	Thomas, Ty	15	Carroll Area Swim Team-IA	30.76	31.37
35	Krizek, Trey	17	Cool Swim Team-MV	NT	31.43
36	Brownsberger, Tate	15	Greater Des Moines YMCA-IA	32.09	31.45
37	Rimrodt, Chase	15	Sun Prairie Storm-WI	32.87	31.48
38	Eekhoff, Eli	17	South East Aquatics-IA	30.74	31.71
39	Hunt, Nolan	15	Greater Des Moines YMCA-IA	39.20	31.81
40	Valentine, Carson	15	Sioux Center Seahawks-MW	34.41	32.47
41	Colvin, Jack	17	Iowa Flyers Swim Club-IA	32.33	32.72
42	Melum, Riley	16	Sun Prairie Storm-WI	33.58	32.95
43	Brekke, Tyler	15	Linn-Mar-IA	35.35	33.86
44	Jacewitz, Max	15	Cool Swim Team-MV	NT	34.12
45	Sieren, Owen	15	Linn-Mar-IA	43.40	34.52
46	Wittnebel, Alex	17	Linn-Mar-IA	32.42	36.09
47	Hamerlinck, Nolan	15	Iowa Flyers Swim Club-IA	NT	37.48
48	Schasker, Gus	16	Sun Prairie Storm-WI	37.87	37.58
49	Wigant, Kaegan	15	Dowling Catholic Riptide-IA	NT	41.92
---	Kemp, Nick	16	Central Iowa Aquatics-IA	29.11	NS
---	Strank, Jaxon	18	Iowa Flyers Swim Club-IA	27.86	NS
---	Adaway, Joshua	15	Greater Des Moines YMCA-IA	30.74	NS
---	Churchill, Micah	15	Cool Swim Team-MV	27.99	NS
---	McGrath, Braxton	18	Iowa Flyers Swim Club-IA	26.60	NS
---	Carstensen, Aiden	18	Iowa Flyers Swim Club-IA	26.04	NS
---	Pins, Jacob	15	Des Moines Swimming Federation-IA	29.02	SCR
---	Abram, AJ	17	Greater Des Moines YMCA-IA	26.99	SCR

Boys 15 & Over 100 LC Meter Butterfly**1:06.29 15&O IASI**

	Name	Age	Team	Seed Time	Finals Time
1	Schwebach, Owen	16	Greater Des Moines YMCA-IA	58.68	59.27 IASI
	27.79	59.27 (31.48)			
2	Swanepoel, Lance	17	Greater Des Moines YMCA-IA	56.62	1:00.59 IASI
	28.12	1:00.59 (32.47)			
3	McGrath, Braxton	18	Iowa Flyers Swim Club-IA	57.30	1:00.79 IASI
	28.19	1:00.79 (32.60)			
4	Steffen, Ian	17	Linn-Mar-IA	59.11	1:00.81 IASI
	27.47	1:00.81 (33.34)			

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	Name	Age	Team	Seed Time	Finals Time	
5	Polyak, Joe	16	Iowa Flyers Swim Club-IA	1:01.19	1:01.06	IASI
	29.27				1:01.06 (31.79)	
6	Nadel, Finn	16	Central Iowa Aquatics-IA	59.97	1:01.47	IASI
	28.69				1:01.47 (32.78)	
7	Havenhill, Asher	16	Greater Des Moines YMCA-IA	1:02.51	1:02.21	IASI
	28.52				1:02.21 (33.69)	
8	Weigel, John	16	Iowa Flyers Swim Club-IA	1:02.77	1:02.84	IASI
	29.73				1:02.84 (33.11)	
9	Wallace, Reed	17	Central Iowa Aquatics-IA	1:03.93	1:03.04	IASI
	29.76				1:03.04 (33.28)	
10	Horse, Ryan	17	Linn-Mar-IA	1:01.85	1:03.06	IASI
	28.45				1:03.06 (34.61)	
11	McGrath, Ian	16	Linn-Mar-IA	1:06.97	1:03.36	IASI
	28.89				1:03.36 (34.47)	
12	Smith, Logan	17	Cool Swim Team-MV	1:03.73	1:03.67	IASI
	29.32				1:03.67 (34.35)	
13	Gillett, Sean	17	Sun Prairie Storm-WI	1:03.37	1:03.99	IASI
	29.61				1:03.99 (34.38)	
14	Howard, Calvin	16	Greater Des Moines YMCA-IA	1:00.31	1:04.08	IASI
	29.61				1:04.08 (34.47)	
15	Kelley, Luke	16	Linn-Mar-IA	1:08.43	1:04.37	IASI
	30.64				1:04.37 (33.73)	
16	Brotherton, Kirk	18	Iowa Flyers Swim Club-IA	1:02.53	1:04.38	IASI
	29.62				1:04.38 (34.76)	
17	Carver, Jack	16	Des Moines Swimming Federation-IA	1:02.71	1:04.63	IASI
	30.12				1:04.63 (34.51)	
18	Dose, Jonathan	18	Carroll Area Swim Team-IA	1:05.47	1:05.02	IASI
	30.64				1:05.02 (34.38)	
19	Keith, Palmer	16	Kansas City Blue Wave Swim Tea-MV	1:05.56	1:05.08	IASI
	30.84				1:05.08 (34.24)	
20	Sinclair, Eric	16	Cool Swim Team-MV	1:05.37	1:05.13	IASI
	30.46				1:05.13 (34.67)	
21	Bishop, Charlie	16	UnAtt - Greater Des Moines Ymc-IA	1:03.38	1:05.46	IASI
	29.59				1:05.46 (35.87)	
22	Yim, Keifer	15	Cool Swim Team-MV	1:12.96	1:05.84	IASI
	31.04				1:05.84 (34.80)	
23	Deacon, Max	15	Central Iowa Aquatics-IA	1:08.00	1:05.94	IASI
	30.42				1:05.94 (35.52)	
24	Yahashiri, Kento	17	Iowa Flyers Swim Club-IA	1:08.50	1:05.97	IASI
	30.30				1:05.97 (35.67)	
25	McCredie, Owen	17	Davenport Metro Swim Team-IA	1:07.44	1:06.05	IASI
	30.27				1:06.05 (35.78)	
26	Denny, Roe	16	Greater Des Moines YMCA-IA	1:07.64	1:06.08	IASI
	30.35				1:06.08 (35.73)	
27	Behrens, Blake	16	Linn-Mar-IA	1:04.50	1:07.01	
	31.62				1:07.01 (35.39)	
28	Wells, Gabriel	15	Kansas City Blue Wave Swim Tea-MV	1:07.20	1:07.02	
	30.28				1:07.02 (36.74)	
29	Herstedt, Ethan	16	Davenport Metro Swim Team-IA	1:16.47	1:07.26	
	32.11				1:07.26 (35.15)	

2022 IA CIA BEAT THE HEAT - 6/24/2022 to 6/26/2022**Prairie Meadows Pool, Sanction #: IA-22-060****Wellmark YMCA * Des Moines, IA * 50 Meter Course****Results****(Boys 15 & Over 100 LC Meter Butterfly)**

	Name	Age	Team	Seed Time	Finals Time
30	Trosper, John	15	Central Iowa Aquatics-IA	1:05.28	1:07.71
	31.16				1:07.71 (36.55)
31	Dahlke, Dakota	16	Iowa Flyers Swim Club-IA	1:28.34	1:08.85
	31.18				1:08.85 (37.67)
32	Shafer, Samson	16	Greater Des Moines YMCA-IA	1:07.95	1:09.16
	31.27				1:09.16 (37.89)
33	Jensen, Dane	17	Cool Swim Team-MV	NT	1:09.70
	32.73				1:09.70 (36.97)
34	Lein, Spencer	15	Cool Swim Team-MV	NT	1:10.20
	31.13				1:10.20 (39.07)
35	Allsup, Ian	17	Linn-Mar-IA	1:21.82	1:10.89
	31.21				1:10.89 (39.68)
36	Eighmy, Harrison	15	Greater Des Moines YMCA-IA	NT	1:11.66
	32.50				1:11.66 (39.16)
37	Treichel, Christian	15	Des Moines Swimming Federation-IA	NT	1:12.40
	32.63				1:12.40 (39.77)
38	Kirtz, Carter	17	Linn-Mar-IA	1:14.88	1:12.67
	33.04				1:12.67 (39.63)
39	Jacewitz, Max	15	Cool Swim Team-MV	NT	1:12.76
	34.43				1:12.76 (38.33)
40	Maretski, Roman	15	Sun Prairie Storm-WI	1:13.82	1:13.45
	35.47				1:13.45 (37.98)
41	Colvin, Jack	17	Iowa Flyers Swim Club-IA	1:19.84	1:15.19
	35.00				1:15.19 (40.19)
42	Eekhoff, Eli	17	South East Aquatics-IA	1:13.76	1:15.28
	32.73				1:15.28 (42.55)
43	Caballero, Ian	17	Iowa Flyers Swim Club-IA	NT	1:15.97
	33.39				1:15.97 (42.58)
44	Mishra, Layhan	16	Cool Swim Team-MV	1:16.24	1:17.06
	34.85				1:17.06 (42.21)
45	Fertig, Jack	16	Rams Swim Club-IA	1:13.62	1:17.41
	34.15				1:17.41 (43.26)
46	Thomas, Ty	15	Carroll Area Swim Team-IA	1:15.60	1:19.04
	34.00				1:19.04 (45.04)
47	Folkerts, Drew	17	Des Moines Swimming Federation-IA	1:23.39	1:20.13
	35.29				1:20.13 (44.84)
48	Melum, Riley	16	Sun Prairie Storm-WI	1:19.87	1:21.45
	36.83				1:21.45 (44.62)
49	Hackathorn, Lars	16	Iowa City Eels-IA	NT	1:22.82
	37.32				1:22.82 (45.50)
50	Holland, Camden	17	South East Aquatics-IA	1:28.27	1:27.88
	39.79				1:27.88 (48.09)
---	Mahlstadt, Jax	21	Greater Des Moines YMCA-IA	59.13	NS
---	Rairden, Bodey	15	Sun Prairie Storm-WI	1:10.46	NS
---	Kemp, Nick	16	Central Iowa Aquatics-IA	1:05.65	NS
---	Carstensen, Aiden	18	Iowa Flyers Swim Club-IA	59.04	NS
---	Hamerlinck, Nolan	15	Iowa Flyers Swim Club-IA	NT	NS
---	Churchill, Micah	15	Cool Swim Team-MV	1:05.58	NS
---	Valentine, Carson	15	Sioux Center Seahawks-MW	NT	NS
---	Bratz, Zach	17	Greater Des Moines YMCA-IA	59.77	NS
---	Miller, Clay	42	Unattached-IA	1:07.02	SCR

2022 IA CIA BEAT THE HEAT - 6/24/2022 to 6/26/2022**Prairie Meadows Pool, Sanction #: IA-22-060****Wellmark YMCA * Des Moines, IA * 50 Meter Course****Results****Boys 15 & Over 200 LC Meter Butterfly****2:34.19 15&O IASI****2:49.69 15&O SIL**

Name	Age	Team	Seed Time	Finals Time	
1 Dinkin, Hayden	17	Greater Des Moines YMCA-IA	2:08.76	2:13.81	IASI
28.88	1:02.78 (33.90)	1:38.02 (35.24)	2:13.81 (35.79)		
2 Schwebach, Owen	16	Greater Des Moines YMCA-IA	2:22.73	2:14.61	IASI
29.53	1:03.46 (33.93)	1:39.50 (36.04)	2:14.61 (35.11)		
3 Polyak, Joe	16	Iowa Flyers Swim Club-IA	2:22.94	2:21.75	IASI
30.32	1:05.45 (35.13)	1:42.86 (37.41)	2:21.75 (38.89)		
4 Wallace, Reed	17	Central Iowa Aquatics-IA	2:35.45	2:23.86	IASI
30.87	1:07.27 (36.40)	1:46.03 (38.76)	2:23.86 (37.83)		
5 McGrath, Ian	16	Linn-Mar-IA	2:38.24	2:27.45	IASI
33.14	1:09.73 (36.59)	1:48.51 (38.78)	2:27.45 (38.94)		
6 Keith, Palmer	16	Kansas City Blue Wave Swim Tea-MV	2:32.34	2:29.56	IASI
33.92	1:13.34 (39.42)	1:53.55 (40.21)	2:29.56 (36.01)		
7 Behrens, Blake	16	Linn-Mar-IA	2:35.35	2:29.89	IASI
32.76	1:10.83 (38.07)	1:50.86 (40.03)	2:29.89 (39.03)		
8 Trosper, John	15	Central Iowa Aquatics-IA	2:30.63	2:31.65	IASI
33.41	1:12.94 (39.53)	1:52.47 (39.53)	2:31.65 (39.18)		
9 Strank, Jaxon	18	Iowa Flyers Swim Club-IA	2:31.57	2:34.33	SIL
33.23	1:11.98 (38.75)	1:52.18 (40.20)	2:34.33 (42.15)		
10 Gillett, Sean	17	Sun Prairie Storm-WI	3:19.35	2:35.90	SIL
32.27	1:11.48 (39.21)	1:53.27 (41.79)	2:35.90 (42.63)		
11 Horsey, Ryan	17	Linn-Mar-IA	2:34.12	2:39.61	SIL
32.42	1:11.04 (38.62)	1:53.94 (42.90)	2:39.61 (45.67)		
12 Sinclair, Eric	16	Cool Swim Team-MV	NT	2:45.54	SIL
34.84	1:15.75 (40.91)	2:01.41 (45.66)	2:45.54 (44.13)		
13 Lein, Spencer	15	Cool Swim Team-MV	NT	2:50.60	
36.06	1:19.47 (43.41)	2:06.20 (46.73)	2:50.60 (44.40)		
14 Yim, Keifer	15	Cool Swim Team-MV	2:59.44	2:53.45	
36.83	1:20.94 (44.11)	2:06.64 (45.70)	2:53.45 (46.81)		
15 Maretski, Roman	15	Sun Prairie Storm-WI	3:17.87	2:53.72	
37.06	1:20.76 (43.70)	2:07.28 (46.52)	2:53.72 (46.44)		
16 Wells, Gabriel	15	Kansas City Blue Wave Swim Tea-MV	NT	2:54.59	
33.86	1:15.67 (41.81)	2:02.46 (46.79)	2:54.59 (52.13)		
17 Whinery, Quinn	16	Des Moines Swimming Federation-IA	NT	2:58.24	
33.30	1:16.65 (43.35)	2:06.06 (49.41)	2:58.24 (52.18)		
18 Jensen, Dane	17	Cool Swim Team-MV	NT	3:00.00	
34.38	1:16.66 (42.28)	2:07.73 (51.07)	3:00.00 (52.27)		
19 Krizek, Trey	17	Cool Swim Team-MV	NT	3:10.94	
35.90	1:23.23 (47.33)	2:16.16 (52.93)	3:10.94 (54.78)		
--- Jacewitz, Max	15	Cool Swim Team-MV	NT		DQ
Kick breaststroke type					
35.44	1:16.56 (41.12)	2:01.52 (44.96)	DQ (40.45)		
--- Sieren, Owen	15	Linn-Mar-IA	3:10.10		NS
--- Kemp, Nick	16	Central Iowa Aquatics-IA	2:30.37		NS
--- Bratz, Zach	17	Greater Des Moines YMCA-IA	2:16.82		NS
--- Swanepoel, Lance	17	Greater Des Moines YMCA-IA	2:05.94		NS
--- Coffey, James	17	Greater Des Moines YMCA-IA	2:15.94		NS
--- Mishra, Layhan	16	Cool Swim Team-MV	NT		NS
--- Swanson, Lukas	17	Iowa Flyers Swim Club-IA	NT		SCR

2022 IA CIA BEAT THE HEAT - 6/24/2022 to 6/26/2022**Prairie Meadows Pool, Sanction #: IA-22-060****Wellmark YMCA * Des Moines, IA * 50 Meter Course****Results****(Boys 15 & Over 200 LC Meter Butterfly)**

Name	Age	Team	Seed Time	Finals Time
--- Rairden, Bodey	15	Sun Prairie Storm-WI	2:55.87	SCR
--- Smith, Logan	17	Cool Swim Team-MV	2:37.05	SCR

Boys 15 & Over 200 LC Meter IM

2:31.39 15&O IASI

Name	Age	Team	Seed Time	Finals Time
1 Callahan, Cooper	18	Linn-Mar-IA	2:07.50	2:12.65 IASI
28.29	1:02.12 (33.83)	1:41.28 (39.16)	2:12.65 (31.37)	
2 Steffen, Ian	17	Linn-Mar-IA	2:23.48	2:16.78 IASI
27.96	1:00.93 (32.97)	1:43.72 (42.79)	2:16.78 (33.06)	
3 Gerke, Max	16	Iowa Flyers Swim Club-IA	2:18.24	2:18.13 IASI
29.58	1:05.93 (36.35)	1:47.62 (41.69)	2:18.13 (30.51)	
4 Havenhill, Asher	16	Greater Des Moines YMCA-IA	2:19.71	2:18.34 IASI
29.23	1:03.09 (33.86)	1:45.27 (42.18)	2:18.34 (33.07)	
5 Hancock, Tom	18	Greater Des Moines YMCA-IA	2:14.28	2:18.71 IASI
29.49	1:04.69 (35.20)	1:46.59 (41.90)	2:18.71 (32.12)	
6 Wallace, Reed	17	Central Iowa Aquatics-IA	2:11.83	2:19.09 IASI
29.55	1:05.06 (35.51)	1:47.26 (42.20)	2:19.09 (31.83)	
7 Turner, Mason	16	Linn-Mar-IA	2:14.35	2:19.73 IASI
29.64	1:05.20 (35.56)	1:49.00 (43.80)	2:19.73 (30.73)	
8 Keith, Palmer	16	Kansas City Blue Wave Swim Tea-MV	2:20.78	2:21.19 IASI
30.62	1:08.83 (38.21)	1:50.29 (41.46)	2:21.19 (30.90)	
9 Nadel, Finn	16	Central Iowa Aquatics-IA	2:16.41	2:21.47 IASI
29.27	1:06.76 (37.49)	1:47.81 (41.05)	2:21.47 (33.66)	
10 Weigel, John	16	Iowa Flyers Swim Club-IA	2:19.51	2:21.54 IASI
28.94	1:05.54 (36.60)	1:47.62 (42.08)	2:21.54 (33.92)	
11 Schaffel, Connor	15	Iowa Flyers Swim Club-IA	2:21.00	2:23.13 IASI
29.96	1:05.57 (35.61)	1:49.82 (44.25)	2:23.13 (33.31)	
12 Bailey, Kingsley	15	Unattached Cia-IA	2:20.68	2:23.16 IASI
28.75	1:05.05 (36.30)	1:49.06 (44.01)	2:23.16 (34.10)	
13 Coffelt, Matthew	16	Greater Des Moines YMCA-IA	2:26.67	2:24.22 IASI
31.56	1:06.66 (35.10)	1:52.05 (45.39)	2:24.22 (32.17)	
14 Dinkin, Hayden	17	Greater Des Moines YMCA-IA	2:16.57	2:24.77 IASI
29.36	1:08.28 (38.92)	1:51.25 (42.97)	2:24.77 (33.52)	
15 Whinery, Quinn	16	Des Moines Swimming Federation-IA	2:23.47	2:25.91 IASI
30.16	1:06.34 (36.18)	1:53.75 (47.41)	2:25.91 (32.16)	
16 Carter, Holden	16	Iowa Flyers Swim Club-IA	2:24.11	2:25.94 IASI
28.43	1:04.92 (36.49)	1:52.81 (47.89)	2:25.94 (33.13)	
17 Smith, Logan	17	Cool Swim Team-MV	2:32.86	2:25.99 IASI
28.89	1:05.04 (36.15)	1:51.97 (46.93)	2:25.99 (34.02)	
18 Behrens, Blake	16	Linn-Mar-IA	2:25.78	2:26.07 IASI
31.73	1:12.08 (40.35)	1:53.85 (41.77)	2:26.07 (32.22)	
19 Gillett, Sean	17	Sun Prairie Storm-WI	2:26.96	2:26.20 IASI
28.59	1:06.66 (38.07)	1:51.99 (45.33)	2:26.20 (34.21)	
20 McGrath, Braxton	18	Iowa Flyers Swim Club-IA	2:25.45	2:26.67 IASI
29.31	1:09.09 (39.78)	1:53.24 (44.15)	2:26.67 (33.43)	
21 Bishop, Charlie	16	UnAtt - Greater Des Moines Ymc-IA	2:27.08	2:27.17 IASI
29.99	1:08.64 (38.65)	1:51.63 (42.99)	2:27.17 (35.54)	
22 Yahashiri, Kento	17	Iowa Flyers Swim Club-IA	2:38.44	2:27.21 IASI
31.07	1:12.48 (41.41)	1:52.68 (40.20)	2:27.21 (34.53)	
23 McCredie, Owen	17	Davenport Metro Swim Team-IA	2:21.44	2:27.31 IASI
31.40	1:11.11 (39.71)	1:53.24 (42.13)	2:27.31 (34.07)	

2022 IA CIA BEAT THE HEAT - 6/24/2022 to 6/26/2022**Prairie Meadows Pool, Sanction #: IA-22-060****Wellmark YMCA * Des Moines, IA * 50 Meter Course****Results****(Boys 15 & Over 200 LC Meter IM)**

	Name	Age	Team	Seed Time	Finals Time	
24	Shepard, Cade	19	Uss Destroyers Swim Club-IA	2:22.72	2:28.23	IASI
	31.57	1:07.99 (36.42)	1:52.17 (44.18)	2:28.23 (36.06)		
25	McGrath, Ian	16	Linn-Mar-IA	2:31.87	2:28.99	IASI
	29.12	1:07.79 (38.67)	1:54.50 (46.71)	2:28.99 (34.49)		
26	Dose, Jonathan	18	Carroll Area Swim Team-IA	2:35.22	2:30.29	IASI
	29.79	1:07.84 (38.05)	1:55.93 (48.09)	2:30.29 (34.36)		
27	Wells, Gabriel	15	Kansas City Blue Wave Swim Tea-MV	NT	2:30.46	IASI
	30.52	1:07.44 (36.92)	1:54.09 (46.65)	2:30.46 (36.37)		
28	Sinclair, Eric	16	Cool Swim Team-MV	2:35.68	2:30.62	IASI
	29.66	1:12.83 (43.17)	1:53.99 (41.16)	2:30.62 (36.63)		
29	Millage, Colin	15	Iowa Flyers Swim Club-IA	2:29.31	2:31.23	IASI
	31.20	1:08.99 (37.79)	1:56.62 (47.63)	2:31.23 (34.61)		
30	Horse, Ryan	17	Linn-Mar-IA	2:24.11	2:31.43	
	30.67	1:10.98 (40.31)	1:56.71 (45.73)	2:31.43 (34.72)		
31	Herstedt, Ethan	16	Davenport Metro Swim Team-IA	2:42.15	2:32.02	
	30.78	1:10.84 (40.06)	1:58.59 (47.75)	2:32.02 (33.43)		
32	Trosper, John	15	Central Iowa Aquatics-IA	2:26.46	2:33.69	
	31.48	1:12.43 (40.95)	1:57.09 (44.66)	2:33.69 (36.60)		
33	Smith, Connor	18	Des Moines Swimming Federation-IA	2:37.14	2:34.91	
	33.00	1:12.96 (39.96)	1:59.57 (46.61)	2:34.91 (35.34)		
34	Treichel, Christian	15	Des Moines Swimming Federation-IA	2:38.41	2:34.99	
	32.52	1:11.07 (38.55)	2:01.06 (49.99)	2:34.99 (33.93)		
35	Yim, Keifer	15	Cool Swim Team-MV	2:39.49	2:35.16	
	32.54	1:15.63 (43.09)	2:00.31 (44.68)	2:35.16 (34.85)		
36	Swanson, Lukas	17	Iowa Flyers Swim Club-IA	2:30.58	2:35.25	
	32.12	1:11.22 (39.10)	2:02.30 (51.08)	2:35.25 (32.95)		
37	Robie, Nick	15	Greater Des Moines YMCA-IA	2:41.29	2:35.58	
	32.21	1:11.94 (39.73)	2:00.54 (48.60)	2:35.58 (35.04)		
38	Ellis, Anthony	17	Des Moines Swimming Federation-IA	2:39.25	2:35.97	
	34.09	1:14.18 (40.09)	2:00.42 (46.24)	2:35.97 (35.55)		
39	Strank, Jaxon	18	Iowa Flyers Swim Club-IA	2:28.48	2:36.15	
	31.07	1:13.98 (42.91)	2:02.10 (48.12)	2:36.15 (34.05)		
40	Dahlke, Dakota	16	Iowa Flyers Swim Club-IA	2:27.03	2:36.45	
	31.83	1:13.11 (41.28)	2:00.07 (46.96)	2:36.45 (36.38)		
41	Jacewitz, Max	15	Cool Swim Team-MV	NT	2:36.63	
	34.52	1:15.89 (41.37)	2:04.85 (48.96)	2:36.63 (31.78)		
42	Stukerjurgan, Finn	15	Central Iowa Aquatics-IA	2:31.08	2:37.66	
	31.62	1:12.31 (40.69)	1:58.95 (46.64)	2:37.66 (38.71)		
43	Rimrodt, Chase	15	Sun Prairie Storm-WI	2:50.76	2:39.09	
	35.21	1:18.66 (43.45)	2:03.07 (44.41)	2:39.09 (36.02)		
44	Miller, A.J.	15	Iowa Flyers Swim Club-IA	2:35.11	2:40.55	
	33.37	1:14.67 (41.30)	2:02.01 (47.34)	2:40.55 (38.54)		
45	Mishra, Layhan	16	Cool Swim Team-MV	2:46.18	2:40.56	
	35.19	1:12.35 (37.16)	2:05.43 (53.08)	2:40.56 (35.13)		
46	Maretski, Roman	15	Sun Prairie Storm-WI	2:46.58	2:41.84	
	33.69	1:17.90 (44.21)	2:05.40 (47.50)	2:41.84 (36.44)		
47	Jensen, Dane	17	Cool Swim Team-MV	NT	2:41.88	
	32.29	1:15.86 (43.57)	2:03.82 (47.96)	2:41.88 (38.06)		
48	Shafer, Samson	16	Greater Des Moines YMCA-IA	2:29.04	2:42.37	
	31.95	1:13.41 (41.46)	2:02.48 (49.07)	2:42.37 (39.89)		

2022 IA CIA BEAT THE HEAT - 6/24/2022 to 6/26/2022**Prairie Meadows Pool, Sanction #: IA-22-060****Wellmark YMCA * Des Moines, IA * 50 Meter Course****Results****(Boys 15 & Over 200 LC Meter IM)**

Name	Age	Team	Seed Time	Finals Time
49 Colvin, Jack	17	Iowa Flyers Swim Club-IA	2:40.72	2:43.35
34.46	1:19.78 (45.32)	2:04.48 (44.70)	2:43.35 (38.87)	
50 Fertig, Jack	16	Rams Swim Club-IA	2:43.19	2:43.93
33.03	1:17.13 (44.10)	2:06.71 (49.58)	2:43.93 (37.22)	
51 Brekke, Tyler	15	Linn-Mar-IA	2:44.94	2:44.05
35.90	1:16.85 (40.95)	2:08.33 (51.48)	2:44.05 (35.72)	
52 Wittnebel, Alex	17	Linn-Mar-IA	2:49.90	2:53.82
34.75	1:19.35 (44.60)	2:14.37 (55.02)	2:53.82 (39.45)	
53 Holland, Camden	17	South East Aquatics-IA	2:58.45	3:02.25
37.57	1:22.62 (45.05)	2:20.63 (58.01)	3:02.25 (41.62)	
--- Melum, Riley	16	Sun Prairie Storm-WI	2:54.87	DQ
Not toward the breast off wall - fly				
33.73	1:17.81 (44.08)	2:07.59 (49.78)	DQ (42.20)	
--- Caballero, Ian	17	Iowa Flyers Swim Club-IA	NT	DQ
Not toward the breast off wall - fly				
30.92	1:14.68 (43.76)	2:07.69 (53.01)	DQ (40.49)	
--- Mahlstadt, Jax	21	Greater Des Moines YMCA-IA	2:17.76	NS
--- Kemp, Nick	16	Central Iowa Aquatics-IA	2:29.56	NS
--- Churchill, Micah	15	Cool Swim Team-MV	NT	NS
--- Coffey, James	17	Greater Des Moines YMCA-IA	2:21.66	NS
--- Abram, AJ	17	Greater Des Moines YMCA-IA	2:18.21	SCR
--- Miller, Clay	42	Unattached-IA	2:35.96	SCR
--- Pins, Jacob	15	Des Moines Swimming Federation-IA	2:22.05	SCR

Boys 15 & Over 400 LC Meter IM**5:20.59 15&O IASI****5:52.69 15&O SIL**

Name	Age	Team	Seed Time	Finals Time
1 Davey, Sam	17	Greater Des Moines YMCA-IA	4:50.60	4:53.43 IASI
29.74	1:04.19 (34.45)	1:41.55 (37.36)	2:18.51 (36.96)	
3:01.15 (42.64)	3:45.49 (44.34)	4:19.49 (34.00)	4:53.43 (33.94)	
2 Gerke, Max	16	Iowa Flyers Swim Club-IA	4:58.17	4:57.43 IASI
30.71	1:06.81 (36.10)	1:45.63 (38.82)	2:23.88 (38.25)	
3:09.17 (45.29)	3:54.57 (45.40)	4:26.72 (32.15)	4:57.43 (30.71)	
3 Hancock, Tom	18	Greater Des Moines YMCA-IA	4:43.93	5:01.95 IASI
29.64	1:05.24 (35.60)	1:43.78 (38.54)	2:22.29 (38.51)	
3:07.33 (45.04)	3:53.31 (45.98)	4:27.61 (34.30)	5:01.95 (34.34)	
4 Steffen, Ian	17	Linn-Mar-IA	5:03.67	5:02.51 IASI
29.74	1:05.10 (35.36)	1:43.38 (38.28)	2:21.86 (38.48)	
3:07.90 (46.04)	3:55.50 (47.60)	4:29.22 (33.72)	5:02.51 (33.29)	
5 Schaffel, Connor	15	Iowa Flyers Swim Club-IA	4:57.35	5:03.87 IASI
30.29	1:06.21 (35.92)	1:44.34 (38.13)	2:22.49 (38.15)	
3:08.96 (46.47)	3:56.95 (47.99)	4:31.71 (34.76)	5:03.87 (32.16)	
6 Bailey, Kingsley	15	Unattached Cia-IA	4:57.06	5:05.41 IASI
31.09	1:05.83 (34.74)	1:45.21 (39.38)	2:23.69 (38.48)	
3:08.96 (45.27)	3:56.07 (47.11)	4:30.62 (34.55)	5:05.41 (34.79)	
7 Coffelt, Matthew	16	Greater Des Moines YMCA-IA	5:20.42	5:06.60 IASI
31.63	1:08.86 (37.23)	1:47.38 (38.52)	2:25.55 (38.17)	
3:11.56 (46.01)	3:58.11 (46.55)	4:32.99 (34.88)	5:06.60 (33.61)	
8 Brock, Klein	17	Central Iowa Aquatics-IA	5:02.45	5:07.39 IASI
31.08	1:08.02 (36.94)	1:49.71 (41.69)	2:30.76 (41.05)	
3:13.56 (42.80)	3:56.74 (43.18)	4:32.56 (35.82)	5:07.39 (34.83)	

2022 IA CIA BEAT THE HEAT - 6/24/2022 to 6/26/2022**Prairie Meadows Pool, Sanction #: IA-22-060****Wellmark YMCA * Des Moines, IA * 50 Meter Course****Results****(Boys 15 & Over 400 LC Meter IM)**

	Name	Age	Team	Seed Time	Finals Time	
9	Nadel, Finn	16	Central Iowa Aquatics-IA	5:06.81	5:09.88	IASI
	30.78	1:06.68 (35.90)	1:48.61 (41.93)	2:28.70 (40.09)		
	3:11.93 (43.23)	3:56.59 (44.66)	4:34.22 (37.63)	5:09.88 (35.66)		
10	Kirtz, Carter	17	Linn-Mar-IA	5:14.88	5:16.43	IASI
	33.38	1:12.12 (38.74)	1:56.17 (44.05)	2:40.28 (44.11)		
	3:20.24 (39.96)	4:02.22 (41.98)	4:41.38 (39.16)	5:16.43 (35.05)		
11	Bishop, Charlie	16	UnAtt - Greater Des Moines Ymc-IA	5:29.77	5:17.66	IASI
	32.07	1:09.39 (37.32)	1:51.52 (42.13)	2:33.16 (41.64)		
	3:17.53 (44.37)	4:04.50 (46.97)	4:42.77 (38.27)	5:17.66 (34.89)		
12	Carter, Holden	16	Iowa Flyers Swim Club-IA	NT	5:19.84	IASI
	28.92	1:03.29 (34.37)	1:43.89 (40.60)	2:25.54 (41.65)		
	3:15.05 (49.51)	4:07.09 (52.04)	4:44.31 (37.22)	5:19.84 (35.53)		
13	Gillett, Sean	17	Sun Prairie Storm-WI	5:12.34	5:20.89	SIL
	30.44	1:06.17 (35.73)	1:47.68 (41.51)	2:29.07 (41.39)		
	3:16.85 (47.78)	4:06.74 (49.89)	4:44.35 (37.61)	5:20.89 (36.54)		
14	McGrath, Ian	16	Linn-Mar-IA	5:33.01	5:26.72	SIL
	32.17	1:09.15 (36.98)	1:51.21 (42.06)	2:32.06 (40.85)		
	3:21.31 (49.25)	4:12.97 (51.66)	4:50.72 (37.75)	5:26.72 (36.00)		
15	Herstedt, Ethan	16	Davenport Metro Swim Team-IA	5:35.12	5:29.01	SIL
	33.17	1:12.30 (39.13)	1:56.19 (43.89)	2:39.21 (43.02)		
	3:27.44 (48.23)	4:17.12 (49.68)	4:52.58 (35.46)	5:29.01 (36.43)		
16	Below, Conner	15	Iowa Flyers Swim Club-IA	6:22.53	5:32.66	SIL
	35.41	1:16.81 (41.40)	2:02.25 (45.44)	2:46.19 (43.94)		
	3:31.85 (45.66)	4:18.68 (46.83)	4:56.32 (37.64)	5:32.66 (36.34)		
17	Sieren, Owen	15	Linn-Mar-IA	5:48.25	5:34.35	SIL
	37.41	1:23.40 (45.99)	2:07.19 (43.79)	2:51.12 (43.93)		
	3:35.44 (44.32)	4:21.45 (46.01)	4:58.75 (37.30)	5:34.35 (35.60)		
18	Lein, Spencer	15	Cool Swim Team-MV	NT	5:39.22	SIL
	34.14	1:18.25 (44.11)	2:02.86 (44.61)	2:46.77 (43.91)		
	3:35.63 (48.86)	4:25.23 (49.60)	5:04.56 (39.33)	5:39.22 (34.66)		
19	Dahlke, Dakota	16	Iowa Flyers Swim Club-IA	6:10.50	5:43.01	SIL
	33.53	1:15.41 (41.88)	2:00.71 (45.30)	2:45.64 (44.93)		
	3:35.70 (50.06)	4:25.11 (49.41)	5:04.31 (39.20)	5:43.01 (38.70)		
20	Mishra, Layhan	16	Cool Swim Team-MV	NT	5:48.47	SIL
	35.19	1:19.73 (44.54)	1:59.68 (39.95)	2:40.69 (41.01)		
	3:35.38 (54.69)	4:31.86 (56.48)	5:09.74 (37.88)	5:48.47 (38.73)		
21	Yim, Keifer	15	Cool Swim Team-MV	NT	5:53.40	
	36.75	1:21.56 (44.81)	2:09.92 (48.36)	2:58.48 (48.56)		
	3:46.74 (48.26)	4:35.33 (48.59)	5:14.40 (39.07)	5:53.40 (39.00)		
22	Maretski, Roman	15	Sun Prairie Storm-WI	6:45.87	5:54.73	
	36.46	1:17.07 (40.61)	2:04.83 (47.76)	2:51.99 (47.16)		
	3:43.20 (51.21)	4:34.56 (51.36)	5:15.55 (40.99)	5:54.73 (39.18)		
23	Colvin, Jack	17	Iowa Flyers Swim Club-IA	NT	5:55.62	
	35.95	1:20.43 (44.48)	2:10.35 (49.92)	2:58.28 (47.93)		
	3:46.26 (47.98)	4:34.95 (48.69)	5:15.79 (40.84)	5:55.62 (39.83)		
24	Jensen, Dane	17	Cool Swim Team-MV	NT	6:03.41	
	33.91	1:14.32 (40.41)	2:02.89 (48.57)	2:51.16 (48.27)		
	3:42.35 (51.19)	4:35.34 (52.99)	5:19.31 (43.97)	6:03.41 (44.10)		
25	Wittnebel, Alex	17	Linn-Mar-IA	5:57.12	6:15.80	
	36.34	1:24.11 (47.77)	2:13.80 (49.69)	3:01.68 (47.88)		
	3:56.78 (55.10)	4:51.92 (55.14)	5:34.40 (42.48)	6:15.80 (41.40)		

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	Name	Age	Team	Seed Time	Finals Time
26	Holland, Camden	17	South East Aquatics-IA	NT	6:37.24
	39.37	1:27.65 (48.28)	2:15.88 (48.23)	3:02.11 (46.23)	
	4:04.01 (1:01.90)	5:04.43 (1:00.42)	5:50.89 (46.46)	6:37.24 (46.35)	
---	Rimrodt, Chase	15	Sun Prairie Storm-WI	6:15.87	DQ
	Head did not break the surface by 15 meters - fly				
	36.41	1:22.35 (45.94)	2:07.42 (45.07)	2:51.90 (44.48)	
	3:38.79 (46.89)	4:28.80 (50.01)	5:09.89 (41.09)	DQ (37.64)	
---	Smith, Logan	17	Cool Swim Team-MV	5:26.04	4:15.65
	Did not finish - Misc				
	31.73	1:09.93 (38.20)		1:50.92 ()	
	2:31.34 (40.42)	3:22.15 (50.81)	4:15.65 (53.50)		
---	Stukerjorgen, Finn	15	Central Iowa Aquatics-IA	5:32.58	SCR
---	Pins, Jacob	15	Des Moines Swimming Federation-IA	4:49.30	SCR
---	Kemp, Nick	16	Central Iowa Aquatics-IA	5:53.01	SCR
---	Swanson, Lukas	17	Iowa Flyers Swim Club-IA	NT	SCR
---	Mahlstadt, Jax	21	Greater Des Moines YMCA-IA	NT	SCR

Mixed 800 LC Meter Freestyle

	Name	Age	Team	Seed Time	Finals Time
1	Chen, Landen	14	Des Moines Swimming Federation-IA	NT	9:49.11
2	Schlueter, Noah	13	Central Iowa Aquatics-IA	NT	9:49.88
3	Jansen, Harrison	14	Central Iowa Aquatics-IA	NT	10:25.94
4	Cerbin, Emy	15	Unattached Cia-IA	NT	10:56.32
5	Stone, Katie	12	Central Iowa Aquatics-IA	NT	10:57.07
6	Ernsperger, Isabel	13	Central Iowa Aquatics-IA	NT	12:01.96
7	Frantum, Gabe	12	Central Iowa Aquatics-IA	NT	13:26.07

Combined Team Scores**Combined Team Scores - Through Event 903**

1.	Iowa Flyers Swim Club	5102.5	2.	Central Iowa Aquatics	3992.5
3.	Greater Des Moines YMCA	3692.5	4.	Des Moines Swimming Federation	2276
5.	Cool Swim Team	1673.5	6.	Linn-Mar	1656.5
7.	Sun Prairie Storm	974	8.	Kansas City Blue Wave Swim Tea	874
9.	Uss Destroyers Swim Club	812	10.	Davenport Metro Swim Team	547.5
11.	Iowa City Eels	231	12.	UnAtt - Greater Des Moines Ymc	164
13.	Rams Swim Club	129	14.	Dowling Catholic Riptide	111
15.	Unattached Cia	93	16.	Unattached	61
17.	Carroll Area Swim Team	24	18.	South East Aquatics	20
19.	North Side Swim Team	13	20.	Kohawk Aquatics	9

Scores - Women**Women - Team Rankings - Through Event 903**

1.	Greater Des Moines YMCA	2538.5	2.	Iowa Flyers Swim Club	2531.5
3.	Central Iowa Aquatics	1937.5	4.	Cool Swim Team	1057.5
5.	Linn-Mar	702.5	6.	Uss Destroyers Swim Club	677
7.	Des Moines Swimming Federation	485	8.	Kansas City Blue Wave Swim Tea	467
9.	Sun Prairie Storm	431	10.	Davenport Metro Swim Team	176.5

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11. UnAtt - Greater Des Moines Ymc	123	12. Dowling Catholic Riptide	105
13. Unattached	61	14. Rams Swim Club	60
15. Unattached Cia	37	16. Iowa City Eels	10
17. Kohawk Aquatics	9	17. North Side Swim Team	9

Scores - MenMen - Team Rankings - Through Event 903

1. Iowa Flyers Swim Club	2571	2. Central Iowa Aquatics	2055
3. Des Moines Swimming Federation	1791	4. Greater Des Moines YMCA	1154
5. Linn-Mar	954	6. Cool Swim Team	616
7. Sun Prairie Storm	543	8. Kansas City Blue Wave Swim Tea	407
9. Davenport Metro Swim Team	371	10. Iowa City Eels	221
11. Uss Destroyers Swim Club	135	12. Rams Swim Club	69
13. Unattached Cia	56	14. UnAtt - Greater Des Moines Ymc	41
15. Carroll Area Swim Team	24	16. South East Aquatics	20
17. Dowling Catholic Riptide	6	18. North Side Swim Team	4