

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

**2022 CIA BEAT THE HEAT**

**Session Report**

Session: 1 Friday Afternoon 1500s

Day of Meet: 1 Starts at 12:00 PM Heat Interval: 15 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	1 Girls 11 & Over 1500 Freestyle	24	3 u	12:00 PM	_____
Finals	2 Boys 11 & Over 1500 Freestyle	24	3 u	01:05 PM	_____
	Swimmers Counts for Warm-ups: 48	=====	=====		
	Entry / Heat Totals:	48	6		
	Finish Time			02:04 PM	_____
	=====				
	Team - #Entries - #Athletes				
	=====				
CIA	Central Iowa Aquatics	8	8		
DMET	Davenport Metro Swim Team	1	1		
DMSF	Des Moines Swimming Federation	4	4		
DSMY	Greater Des Moines YMCA	8	8		
IFLY	Iowa Flyers Swim Club	14	14		
BWST	Kansas City Blue Wave Swim Tea	2	2		
LMST	Linn-Mar	7	7		
SPS	Sun Prairie Storm	1	1		
UNAT	Unattached	1	1		
USSD	Uss Destroyers Swim Club	2	2		

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

**2022 CIA BEAT THE HEAT**

**Session Report**

Session: 2 Friday Fast 50's

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

Round	Event	Entries	Heats	Starts at	
Finals	3 Mixed 12 & Under 50 Freestyle	120	15	05:00 PM	_____
Finals	4 Mixed 13 & Over 50 Freestyle	195	25	05:17 PM	_____
Finals	5 Mixed 12 & Under 50 Butterfly	84	11	05:39 PM	_____
Finals	6 Mixed 13 & Over 50 Butterfly	177	23	05:52 PM	_____
Finals	7 Mixed 12 & Under 50 Breaststroke	103	13	06:14 PM	_____
Finals	8 Mixed 13 & Over 50 Breaststroke	151	19	06:31 PM	_____
Finals	9 Mixed 12 & Under 50 Backstroke	109	14	06:52 PM	_____
Finals	10 Mixed 13 & Over 50 Backstroke	169	22	07:13 PM	_____
	Swimmers Counts for Warm-ups: 335	=====	=====		
	Entry / Heat Totals:	1,108	142		
	Finish Time			07:40 PM	_____
	=====				
	Team - #Entries - #Athletes				
	=====				
CAST	Carroll Area Swim Team	3	1		
CIA	Central Iowa Aquatics	194	58		
COOL	Cool Swim Team	101	35		
DMET	Davenport Metro Swim Team	59	16		
DMSF	Des Moines Swimming Federation	63	23		
RIP	Dowling Catholic Riptide	60	19		
DSMY	Greater Des Moines YMCA	125	43		
IFLY	Iowa Flyers Swim Club	212	56		
BWST	Kansas City Blue Wave Swim Tea	51	14		
LMST	Linn-Mar	94	25		
NSST	North Side Swim Team	12	4		
RSC	Rams Swim Club	23	11		
SCH	Sioux Center Seahawks	3	1		
SEA	South East Aquatics	8	2		
SPS	Sun Prairie Storm	68	17		
UN	UnAtt - Greater Des Moines Ymc	3	1		
UNAT	Unattached	9	3		
USSD	Uss Destroyers Swim Club	20	6		

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

**2022 CIA BEAT THE HEAT**

**Session Report**

Session: 3 Saturday Morning

Day of Meet: 2 Starts at 08:00 AM Heat Interval: 17 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	11 Girls 12 & Under 200 Freestyle	54	7	08:00 AM	_____
Finals	12 Boys 12 & Under 200 Freestyle	32	4	08:26 AM	_____
Finals	13 Girls 12 & Under 50 Butterfly	49	7	08:40 AM	_____
Finals	14 Boys 12 & Under 50 Butterfly	25	4	08:48 AM	_____
Finals	15 Girls 12 & Under 200 Backstroke	23	3	08:53 AM	_____
Finals	16 Boys 12 & Under 200 Backstroke	14	2	09:06 AM	_____
Finals	17 Girls 12 & Under 100 Breaststroke	71	9	09:14 AM	_____
Finals	18 Boys 12 & Under 100 Breaststroke	30	4	09:36 AM	_____
Finals	19 Girls 12 & Under 50 Backstroke	69	9	09:45 AM	_____
Finals	20 Boys 12 & Under 50 Backstroke	40	5	09:59 AM	_____
Finals	21 Girls 12 & Under 200 Butterfly	4	1	10:06 AM	_____
Finals	22 Boys 12 & Under 200 Butterfly	4	1	10:10 AM	_____
Finals	23 Girls 12 & Under 100 Freestyle	94	12	10:13 AM	_____
Finals	24 Boys 12 & Under 100 Freestyle	53	7	10:37 AM	_____
Finals	25 Girls 11-12 400 IM	6	1 u	10:51 AM	_____
Finals	26 Boys 11-12 400 IM	6	1 u	10:59 AM	_____
	Swimmers Counts for Warm-ups: 177	=====	=====		
	Entry / Heat Totals:	574	77		
	Finish Time			11:06 AM	_____
	=====				
	Team - #Entries - #Athletes				
	=====				
CIA	Central Iowa Aquatics	100	33		
COOL	Cool Swim Team	15	5		
DMET	Davenport Metro Swim Team	30	10		
DMSF	Des Moines Swimming Federation	94	29		
DSMY	Greater Des Moines YMCA	59	20		
ICE	Iowa City Eels	13	4		
IFLY	Iowa Flyers Swim Club	116	32		
BWST	Kansas City Blue Wave Swim Tea	23	6		
LMST	Linn-Mar	49	14		
RSC	Rams Swim Club	23	9		
SEA	South East Aquatics	3	1		
SPS	Sun Prairie Storm	15	4		
UNAT	Unattached	4	1		
USSD	Uss Destroyers Swim Club	30	9		

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

**2022 CIA BEAT THE HEAT**

**Session Report**

Session: 4 Saturday Afternoon

Day of Meet: 2 Starts at 01:30 PM Heat Interval: 12 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	29 Girls 13 & Over 200 IM	90	12	01:30 PM	_____
Finals	30 Boys 13 & Over 200 IM	96	12	02:09 PM	_____
Finals	31 Girls 13 & Over 100 Freestyle	113	15	02:46 PM	_____
Finals	32 Boys 13 & Over 100 Freestyle	115	15	03:07 PM	_____
Finals	33 Girls 13 & Over 200 Breaststroke	39	5	03:29 PM	_____
Finals	34 Boys 13 & Over 200 Breaststroke	49	7	03:47 PM	_____
Finals	35 Girls 13 & Over 100 Backstroke	92	12	04:12 PM	_____
Finals	36 Boys 13 & Over 100 Backstroke	85	11	04:34 PM	_____
Finals	37 Girls 13 & Over 100 Butterfly	64	8	04:54 PM	_____
Finals	38 Boys 13 & Over 100 Butterfly	81	11	05:06 PM	_____
	Break: 20 Minutes:				
Finals	39 Girls 13 & Over 400 Freestyle	59	8 u	05:43 PM	_____
Finals	40 Boys 13 & Over 400 Freestyle	61	8 u	06:27 PM	_____
Finals	43 Girls 13 & Over 800 Freestyle	19	3 u	07:10 PM	_____
Finals	44 Boys 13 & Over 800 Freestyle	23	3 u	07:42 PM	_____
	Swimmers Counts for Warm-ups: 309	=====	=====		
	Entry / Heat Totals:	986	130		
	Finish Time			08:14 PM	_____
	=====				
	Team - #Entries - #Athletes				
	=====				
CAST	Carroll Area Swim Team	15	6		
CIA	Central Iowa Aquatics	117	38		
COOL	Cool Swim Team	118	31		
DMET	Davenport Metro Swim Team	33	11		
DMSF	Des Moines Swimming Federation	106	33		
DSMY	Greater Des Moines YMCA	152	61		
ICE	Iowa City Eels	10	4		
IFLY	Iowa Flyers Swim Club	186	54		
BWST	Kansas City Blue Wave Swim Tea	43	10		
COE	Kohawk Aquatics	3	1		
LMST	Linn-Mar	85	25		
RSC	Rams Swim Club	16	6		
SCH	Sioux Center Seahawks	3	1		
SEA	South East Aquatics	10	3		
SPS	Sun Prairie Storm	68	17		
UN	UnAtt - Greater Des Moines Ymc	3	1		
UNAT	Unattached	5	2		
USSD	Uss Destroyers Swim Club	13	5		

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

**2022 CIA BEAT THE HEAT**

**Session Report**

Session: 5 Sunday Morning

Day of Meet: 3 Starts at 08:00 AM Heat Interval: 15 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	45 Girls 12 & Under 200 IM	45	6	08:00 AM	_____
Finals	46 Boys 12 & Under 200 IM	26	4	08:24 AM	_____
Finals	47 Girls 12 & Under 50 Freestyle	74	10	08:39 AM	_____
Finals	48 Boys 12 & Under 50 Freestyle	49	7	08:50 AM	_____
Finals	49 Girls 12 & Under 200 Breaststroke	25	4	08:57 AM	_____
Finals	50 Boys 12 & Under 200 Breaststroke	10	2	09:14 AM	_____
Finals	51 Girls 12 & Under 100 Backstroke	69	9	09:23 AM	_____
Finals	52 Boys 12 & Under 100 Backstroke	43	6	09:44 AM	_____
Finals	53 Girls 12 & Under 50 Breaststroke	70	9	09:58 AM	_____
Finals	54 Boys 12 & Under 50 Breaststroke	35	5	10:09 AM	_____
Finals	55 Girls 12 & Under 100 Butterfly	24	3	10:16 AM	_____
Finals	56 Boys 12 & Under 100 Butterfly	19	3	10:22 AM	_____
Finals	57 Girls 12 & Under 400 Freestyle	23	3	10:28 AM	_____
Finals	58 Boys 12 & Under 400 Freestyle	24	3	10:50 AM	_____
Finals	61 Girls 11-12 800 Freestyle	12	2 u	11:10 AM	_____
Finals	62 Boys 11-12 800 Freestyle	7	1 u	11:41 AM	_____
	Swimmers Counts for Warm-ups: 172	=====	=====		
	Entry / Heat Totals:	555	77		
	Finish Time			11:57 AM	_____
	=====				
	Team - #Entries - #Athletes				
	=====				
CIA	Central Iowa Aquatics	105	34		
COOL	Cool Swim Team	15	5		
DMET	Davenport Metro Swim Team	27	9		
DMSF	Des Moines Swimming Federation	79	26		
DSMY	Greater Des Moines YMCA	76	26		
ICE	Iowa City Eels	11	4		
IFLY	Iowa Flyers Swim Club	109	29		
BWST	Kansas City Blue Wave Swim Tea	26	6		
LMST	Linn-Mar	43	13		
RSC	Rams Swim Club	11	4		
SEA	South East Aquatics	4	1		
SPS	Sun Prairie Storm	15	4		
UNAT	Unattached	3	1		
USSD	Uss Destroyers Swim Club	31	10		

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

**2022 CIA BEAT THE HEAT**

**Session Report**

Session: 6 Sunday Afternoon

Day of Meet: 3 Starts at 01:30 PM Heat Interval: 12 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	63 Girls 13 & Over 400 IM	38	5 u	01:30 PM	_____
Finals	64 Boys 13 & Over 400 IM	47	6 u	02:01 PM	_____
Finals	65 Girls 13 & Over 200 Freestyle	93	12	02:36 PM	_____
Finals	66 Boys 13 & Over 200 Freestyle	106	14	03:11 PM	_____
Finals	67 Girls 13 & Over 100 Breaststroke	80	10	03:49 PM	_____
Finals	68 Boys 13 & Over 100 Breaststroke	92	12	04:08 PM	_____
Finals	69 Girls 13 & Over 200 Backstroke	73	10	04:28 PM	_____
Finals	70 Boys 13 & Over 200 Backstroke	73	10	05:03 PM	_____
Finals	71 Girls 13 & Over 50 Freestyle	89	12	05:36 PM	_____
Finals	72 Boys 13 & Over 50 Freestyle	96	12	05:45 PM	_____
Finals	73 Girls 13 & Over 200 Butterfly	30	4	05:54 PM	_____
Finals	74 Boys 13 & Over 200 Butterfly	35	5	06:07 PM	_____
	Swimmers Counts for Warm-ups: 289	=====	=====		
	Entry / Heat Totals:	852	112		
	Finish Time			06:23 PM	_____
	=====				
	Team - #Entries - #Athletes				
	=====				
CAST	Carroll Area Swim Team	5	2		
CIA	Central Iowa Aquatics	103	36		
COOL	Cool Swim Team	94	31		
DMET	Davenport Metro Swim Team	23	9		
DMSF	Des Moines Swimming Federation	84	28		
DSMY	Greater Des Moines YMCA	131	55		
ICE	Iowa City Eels	2	1		
IFLY	Iowa Flyers Swim Club	178	55		
BWST	Kansas City Blue Wave Swim Tea	40	10		
COE	Kohawk Aquatics	3	1		
LMST	Linn-Mar	75	25		
RSC	Rams Swim Club	13	6		
SCH	Sioux Center Seahawks	3	1		
SEA	South East Aquatics	11	3		
SPS	Sun Prairie Storm	65	17		
UN	UnAtt - Greater Des Moines Ymc	3	1		
UNAT	Unattached	5	2		
USSD	Uss Destroyers Swim Club	14	6		