

2021 CIA Beat the Heat - 6/25/2021 to 6/27/2021
Wellmark YMCA, Des Moines, IA 50309
50-Meter Course
Session Report

Session: 1 1500 Freestyle

Day of Meet: 1 Starts at 12:00 PM Heat Interval: 30 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	1 Mixed 1500 Freestyle	69	9	12:00 PM	_____
	Swimmers Counts for Warm-ups: 69	=====	=====		
	Entry / Heat Totals:	69	9		
	Finish Time			03:35 PM	_____

2021 CIA Beat the Heat - 6/25/2021 to 6/27/2021
Wellmark YMCA, Des Moines, IA 50309
50-Meter Course
Session Report

Session: 2 Friday 400's

Day of Meet: 1 Starts at 05:00 PM Heat Interval: 30 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	2 Mixed 400 IM	73	10	05:00 PM	_____
Finals	3 Mixed 400 Freestyle	160	20	06:08 PM	_____
	Swimmers Counts for Warm-ups: 221	=====	=====		
	Entry / Heat Totals:	233	30		
	Finish Time			08:12 PM	_____

2021 CIA Beat the Heat - 6/25/2021 to 6/27/2021**Wellmark YMCA, Des Moines, IA 50309****50-Meter Course****Session Report**

Session: 3 12 & Under

Day of Meet: 2 Starts at 08:00 AM Heat Interval: 35 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	5 Girls 12 & Under 200 IM	45	6	08:00 AM	_____
Finals	6 Boys 12 & Under 200 IM	28	4	08:26 AM	_____
Finals	7 Girls 12 & Under 100 Freestyle	83	11	08:44 AM	_____
Finals	8 Boys 12 & Under 100 Freestyle	66	9	09:10 AM	_____
Finals	9 Girls 12 & Under 200 Breaststroke	18	3	09:31 AM	_____
Finals	10 Boys 12 & Under 200 Breaststroke	13	2	09:45 AM	_____
Finals	11 Girls 12 & Under 50 Backstroke	99	13	09:55 AM	_____
Finals	12 Boys 12 & Under 50 Backstroke	72	9	10:17 AM	_____
Finals	13 Girls 12 & Under 100 Butterfly	23	3	10:33 AM	_____
Finals	14 Boys 12 & Under 100 Butterfly	18	3	10:40 AM	_____
Finals	15 Girls 12 & Under 100 Backstroke	60	8	10:48 AM	_____
Finals	16 Boys 12 & Under 100 Backstroke	53	7	11:09 AM	_____
Finals	17 Girls 12 & Under 50 Breaststroke	94	12	11:28 AM	_____
Finals	18 Boys 12 & Under 50 Breaststroke	60	8	11:47 AM	_____
	Swimmers Counts for Warm-ups: 222	====	====		
	Entry / Heat Totals:	732	98		
	Finish Time			11:59 AM	_____

2021 CIA Beat the Heat - 6/25/2021 to 6/27/2021**Wellmark YMCA, Des Moines, IA 50309****50-Meter Course****Session Report**

Session: 4 13 & Older

Day of Meet: 2 Starts at 02:10 PM Heat Interval: 25 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	19 Girls 13 & Over 200 Freestyle	121	16	02:10 PM	_____
Finals	20 Boys 13 & Over 200 Freestyle	121	16	03:01 PM	_____
Finals	21 Girls 13 & Over 100 Breaststroke	96	12	03:49 PM	_____
Finals	22 Boys 13 & Over 100 Breaststroke	74	10	04:14 PM	_____
Finals	23 Girls 13 & Over 50 Butterfly	81	11	04:35 PM	_____
Finals	24 Boys 13 & Over 50 Butterfly	64	8	04:47 PM	_____
Finals	25 Girls 13 & Over 200 Backstroke	78	10	04:56 PM	_____
Finals	26 Boys 13 & Over 200 Backstroke	65	9	05:33 PM	_____
Finals	27 Girls 13 & Over 100 Butterfly	92	12	06:06 PM	_____
Finals	28 Boys 13 & Over 100 Butterfly	84	11	06:28 PM	_____
Finals	29 Girls 13 & Over 50 Breaststroke	92	12	06:48 PM	_____
Finals	30 Boys 13 & Over 50 Breaststroke	73	10	07:03 PM	_____
	Swimmers Counts for Warm-ups: 348	=====	=====		
	Entry / Heat Totals:	1,041	137		
	Finish Time			07:15 PM	_____

2021 CIA Beat the Heat - 6/25/2021 to 6/27/2021**Wellmark YMCA, Des Moines, IA 50309****50-Meter Course****Session Report**

Session: 5 12 & Under

Day of Meet: 3 Starts at 08:00 AM Heat Interval: 35 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	31 Girls 12 & Under 200 Freestyle	56	7	08:00 AM	_____
Finals	32 Boys 12 & Under 200 Freestyle	49	7	08:28 AM	_____
Finals	33 Girls 12 & Under 50 Butterfly	67	9	08:55 AM	_____
Finals	34 Boys 12 & Under 50 Butterfly	56	7	09:08 AM	_____
Finals	35 Girls 12 & Under 200 Backstroke	28	4	09:19 AM	_____
Finals	36 Boys 12 & Under 200 Backstroke	21	3	09:37 AM	_____
Finals	37 Girls 12 & Under 100 Breaststroke	56	7	09:50 AM	_____
Finals	38 Boys 12 & Under 100 Breaststroke	51	7	10:09 AM	_____
Finals	39 Girls 12 & Under 50 Freestyle	105	14	10:28 AM	_____
Finals	40 Boys 12 & Under 50 Freestyle	82	11	10:47 AM	_____
Finals	41 Girls 12 & Under 200 Butterfly	6	1	11:02 AM	_____
Finals	42 Boys 12 & Under 200 Butterfly	10	2	11:06 AM	_____
	Swimmers Counts for Warm-ups: 204	=====	=====		
	Entry / Heat Totals:	587	79		
	Finish Time			11:14 AM	_____

2021 CIA Beat the Heat - 6/25/2021 to 6/27/2021**Wellmark YMCA, Des Moines, IA 50309****50-Meter Course****Session Report**

Session: 6 13 & Older

Day of Meet: 3 Starts at 02:10 PM Heat Interval: 25 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	43 Girls 13 & Over 200 IM	106	14	02:10 PM	_____
Finals	44 Boys 13 & Over 200 IM	102	13	02:58 PM	_____
Finals	45 Girls 13 & Over 50 Backstroke	41	6	03:42 PM	_____
Finals	46 Boys 13 & Over 50 Backstroke	41	6	03:50 PM	_____
Finals	47 Girls 13 & Over 100 Freestyle	145	19	03:59 PM	_____
Finals	48 Boys 13 & Over 100 Freestyle	132	17	04:30 PM	_____
Finals	49 Girls 13 & Over 200 Breaststroke	44	6	04:57 PM	_____
Finals	50 Boys 13 & Over 200 Breaststroke	33	5	05:21 PM	_____
Finals	51 Girls 13 & Over 50 Freestyle	145	19	05:40 PM	_____
Finals	52 Boys 13 & Over 50 Freestyle	131	17	05:59 PM	_____
Finals	53 Girls 13 & Over 200 Butterfly	16	2	06:15 PM	_____
Finals	54 Boys 13 & Over 200 Butterfly	23	3	06:23 PM	_____
Finals	55 Girls 13 & Over 100 Backstroke	121	16	06:33 PM	_____
Finals	56 Boys 13 & Over 100 Backstroke	98	13	07:06 PM	_____
	Swimmers Counts for Warm-ups: 363	====	====		
	Entry / Heat Totals:	1,178	156		
	Finish Time			07:33 PM	_____