



2023 AAU JUNIOR OLYMPIC GAMES SWIMMING MEET SCHEDULE

Wellmark YMCA Downtown Des Moines
Des Moines, IA
July 27th - 30th, 2023

Schedule Subject to Change

All 8 & Under and 10 & Under events will swim as Timed Finals during the Prelim sessions. All other events will swim as Prelims and Finals except for all relays, the 400M Freestyle for 11-12 and 1500M Freestyle for 13-14 and 15-18, which will be Timed Finals.

*The 8 & Under division will be a recognized age group in the AAU Junior Olympic Games. USA Swimming long course time standards have not been established for this division. Participants will still need to submit a time from a prior meet.

For the following events: 1) 11-12 400 meter Freestyle, 2) 13-14 1500 meter Freestyle and 3) 15-18 1500 meter Freestyle and 4) 400 IM. If room is available, the AAU Aquatics Committee will consider entries that do not meet the qualifying time standard. The remaining lanes will be filled according to best times until the heat is full.

Afternoon warm-ups: Will begin 15 minutes after the conclusion of the morning session and competition will begin 45 minutes after warm-ups; estimated start time will be 12 p.m. for warm-ups and competition will start 45 minutes after warm-ups. Specific start times and lane assignments for warm-ups will be posted online at www.aaujrogames.org prior to the start of the meet.

It is our intention to run the program listed below. There could be limitations per session for participants.
As a last resort, we will eliminate finals and go to Timed Finals for all sessions.

First Day - Thursday, July 27, 2023

Athlete Check-In: 8:00 AM - 4:00 PM
Practice: 12:00 PM - 4:00 PM
Coaches Meeting: 4:00 PM

MidAmerican Energy Company RecPlex

Wellmark YMCA Downtown

Wellmark YMCA Downtown

Athletes must check-in at least the day prior to competing with the exception of the 400M and 1500M individual events. These athletes may register on Thursday. Check-in is open daily. Visit www.aaujrogames.org for additional check-in hours.

(ALL TIMED FINALS)

Session #1 (PM) - July 27

Prelims: Warm-up 5:00PM, Competition 6:00PM

TF = TIMED FINALS

Girls (Event #)	Qualifying Time	Event	Qualifying Time	Boys (Event #)
1	5:29.09	11-12 400 Meter Freestyle (1) (TF)	5:21.89	2
7	20:39.79	13-14 1500 Meter Freestyle (1), (2) (TF)	19:48.39	8
9	20:20.49	15-18 1500 Meter Freestyle (1), (2) (TF)	18:59.09	10

Notes:

- (1) These events will swim fastest to slowest alternating Girls and Boys.
- (2) These events may be seeded together but scored separately.

Second Day - Friday, July 28, 2023

Session #2 (AM) - July 28

Prelims: Warm-up 7:00AM, Competition 8:00AM

TF = TIMED FINALS

<u>Girls</u> <u>(Event #)</u>	<u>Qualifying</u> <u>Time</u>	<u>Event</u>	<u>Qualifying Time</u>	<u>Boys</u> <u>(Event #)</u>
11	2:29.39	13-14 200 Meter Freestyle	2:20.59	12
13	2:26.19	15-18 200 Meter Freestyle	2:14.89	14
15	3:08.29	13-14 200 Meter Breaststroke	2:56.09	16
17	3:05.09	15-18 200 Meter Breaststroke	2:47.49	18
19	1:20.39	13-14 100 Meter Butterfly	1:15.49	20
21	1:19.29	15-18 100 Meter Butterfly	1:11.79	22
3	5:56.19	13-14 400 Meter Individual Medley	5:36.59	4
5	5:49.69	15-18 400 Meter Individual Medley	5:20.59	6

Session #3 (Afternoon) - July 28

Prelims: Warm-ups start 15 minutes after the conclusion of the morning session

TF = TIMED FINALS

Competition will start 45 minutes after warm-ups

Estimated Times: 12 p.m. Warm-ups, 12:45 p.m. Competition

<u>Girls</u> <u>(Event #)</u>	<u>Qualifying</u> <u>Time</u>	<u>Event</u>	<u>Qualifying Time</u>	<u>Boys</u> <u>(Event #)</u>
27	2:36.19	11-12 200 Meter Freestyle	2:32.19	28
29	2:56.29	10 & Under 200 Meter Freestyle (TF)	2:50.79	30
31	1:40.89	11-12 100 Meter Breaststroke	1:38.39	32
33	1:59.79	10 & Under 100 Meter Breaststroke (TF)	1:55.99	34
35	38.29	11-12 50 Meter Butterfly	38.59	36
37	47.09	9-10 50 Meter Butterfly (TF)	45.99	38
39	*see note	8 & Under 50 Meter Butterfly (TF)	*see note	40
41		11-12 400 Meter Club Medley Relay (TF)		42

Session #4 (FINALS) - July 28

Finals: Warm-up 5:00PM, Competition 5:30PM

<u>Girls</u> <u>(Event #)</u>	<u>Qualifying</u> <u>Time</u>	<u>Event</u>	<u>Qualifying Time</u>	<u>Boys</u> <u>(Event #)</u>
23		13-14 400 Meter Club Medley Relay (TF)		24
25		15-18 400 Meter Club Medley Relay (TF)		26
27	2:36.19	11-12 200 Meter Freestyle	2:32.19	28
11	2:29.39	13-14 200 Meter Freestyle	2:20.59	12
13	2:26.19	15-18 200 Meter Freestyle	2:14.89	14
31	1:40.89	11-12 100 Meter Breaststroke	1:38.39	32
15	3:08.29	13-14 200 Meter Breaststroke	2:56.09	16
17	3:05.09	15-18 200 Meter Breaststroke	2:47.49	18
35	38.29	11-12 50 Meter Butterfly	38.59	36
19	1:20.39	13-14 100 Meter Butterfly	1:15.49	20
21	1:19.29	15-18 100 Meter Butterfly	1:11.79	22

Third Day - Saturday, July 29, 2023

Session #5 (AM) - July 29

Prelims: Warm-up 7:00AM, Competition 8:00AM

TF = TIMED FINALS

<u>Girls</u> <u>(Event #)</u>	<u>Qualifying</u> <u>Time</u>	<u>Event</u>	<u>Qualifying Time</u>	<u>Boys</u> <u>(Event #)</u>
43	34.49	13-14 50 Meter Freestyle	31.99	44
45	33.79	15-18 50 Meter Freestyle	30.19	46
47	2:47.79	13-14 200 Meter Individual Medley	2:38.29	48
49	2:44.49	15-18 200 Meter Individual Medley	2:31.39	50
51	1:23.59	13-14 100 Meter Backstroke	1:17.89	52
53	1:21.09	15-18 100 Meter Backstroke	1:14.39	54
55	5:14.39	13-14 400 Meter Freestyle	4:59.19	56
57	5:07.29	15-18 400 Meter Freestyle	4:46.09	58

Session #6 (Afternoon) - July 29

Prelims: Warm-ups start 15 minutes after the conclusion of the morning session

TF = TIMED FINALS

Competition will start 45 minutes after warm-ups

Estimated Times: 12 p.m. Warm-ups, 12:45 p.m. Competition

<u>Girls</u> <u>(Event #)</u>	<u>Qualifying</u> <u>Time</u>	<u>Event</u>	<u>Qualifying Time</u>	<u>Boys</u> <u>(Event #)</u>
65	35.69	11-12 50 Meter Freestyle	34.69	66
67	39.89	9-10 50 Meter Freestyle (TF)	39.49	68
69	*See Note	8 & Under 50 Meter Freestyle (TF)	*See Note	70
71	2:56.59	11-12 200 Meter Individual Medley	2:53.19	72
73	3:17.09	10 & Under 200 Meter Individual Medley (TF)	3:15.39	74
75	40.79	11-12 50 Meter Backstroke	40.39	76
77	48.89	9-10 50 Meter Backstroke (TF)	49.19	78
79	*See Note	8 & Under 50 Meter Backstroke (TF)	*See Note	80
81		11-12 400 Meter Club Free Relay (TF)		82

Session #7 (FINALS) - July 29

Finals: Warm-up 5:00PM, Competition 5:30PM

<u>Girls</u> <u>(Event #)</u>	<u>Qualifying</u> <u>Time</u>	<u>Event</u>	<u>Qualifying Time</u>	<u>Boys</u> <u>(Event #)</u>
59		13-14 400 Meter Club Free Relay (TF)		60
61		15-18 400 Meter Club Free Relay (TF)		62
65	35.69	11-12 50 Meter Freestyle	34.69	66
43	34.49	13-14 50 Meter Freestyle	31.99	44
45	33.79	15-18 50 Meter Freestyle	30.19	46
71	2:56.59	11-12 200 Meter Individual Medley	2:53.19	72
47	2:47.79	13-14 200 Meter Individual Medley	2:38.29	48
49	2:44.49	15-18 200 Meter Individual Medley	2:31.39	50
75	40.79	11-12 50 Meter Backstroke	40.39	76
51	1:23.59	13-14 100 Meter Backstroke	1:17.89	52
53	1:21.09	15-18 100 Meter Backstroke	1:14.39	54
55	5:14.39	13-14 400 Meter Freestyle	4:59.19	56
57	5:07.29	15-18 400 Meter Freestyle	4:46.09	58

Fourth Day - Sunday, July 30, 2023

Session #8 (AM) - July 30

Prelims: Warm-up 7:00AM, Competition 8:00AM

TF = TIMED FINALS

<u>Girls</u> <u>(Event #)</u>	<u>Qualifying</u> <u>Time</u>	<u>Event</u>	<u>Qualifying Time</u>	<u>Boys</u> <u>(Event #)</u>
85		13-14 200 Meter Club Free Relay (TF)		86
87		15-18 200 Meter Club Free Relay (TF)		88
89	2:44.89	13-14 200 Meter Backstroke	2:36.09	90
91	2:41.49	15-18 200 Meter Backstroke	2:28.89	92
93	1:34.79	13-14 100 Meter Breaststroke	1:28.09	94
95	1:32.39	15-18 100 Meter Breaststroke	1:23.49	96
97	2:45.49	13-14 200 Meter Butterfly	2:35.09	98
99	2:40.59	15-18 200 Meter Butterfly	2:27.69	100
101	1:14.79	13-14 100 Meter Freestyle	1:09.89	102
103	1:13.49	15-18 100 Meter Freestyle	1:06.89	104

Session #9 (Afternoon) - July 30

Prelims: Warm-ups start 15 minutes after the conclusion of the morning session

TIMED FINALS

Competition will start 45 minutes after warm-ups

Estimated Times: 12 p.m. Warm-ups, 12:45 p.m. Competition

<u>Girls</u> <u>(Event #)</u>	<u>Qualifying</u> <u>Time</u>	<u>Event</u>	<u>Qualifying Time</u>	<u>Boys</u> <u>(Event #)</u>
111		8 & Under 200 Meter Club Free Relay (TF)		112
113		9-10 200 Meter Club Free Relay (TF)		114
115		11-12 200 Meter Club Free Relay (TF)		116
117	1:30.99	11-12 100 Meter Backstroke	1:27.99	118
119	1:45.99	10 & Under 100 Meter Backstroke (TF)	1:43.09	120
121	45.49	11-12 50 Meter Breaststroke	45.19	122
123	53.99	9-10 50 Meter Breaststroke (TF)	53.29	124
125	*See Note	8 & Under 50 Meter Breaststroke (TF)	*See Note	126
127	1:28.49	11-12 100 Meter Butterfly	1:26.29	128
129	1:52.99	10 & Under 100 Meter Butterfly (TF)	1:50.79	130
131	1:18.09	11-12 100 Meter Freestyle	1:15.49	132
133	1:31.19	10 & Under 100 Meter Freestyle (TF)	1:30.19	134
135		10 & Under 200 Meter Club Medley Relay (TF)		136
137		11-12 200 Meter Club Medley Relay (TF)		138

Session #10 (FINALS) - July 30

Finals: Warm-up 5:00PM, Competition 5:30PM

Girls (Event #)	Qualifying Time	Event	Qualifying Time	Boys (Event #)
105		13-14 200 Meter Club Medley Relay (TF)		106
107		15-18 200 Meter Club Medley Relay (TF)		108
117	1:30.99	11-12 100 Meter Backstroke	1:27.99	118
89	2:44.89	13-14 200 Meter Backstroke	2:36.09	90
91	2:41.49	15-18 200 Meter Backstroke	2:28.89	92
121	45.49	11-12 50 Meter Breaststroke	45.19	122
93	1:34.79	13-14 100 Meter Breaststroke	1:28.09	94
95	1:32.39	15-18 100 Meter Breaststroke	1:23.49	96
127	1:28.49	11-12 100 Meter Butterfly	1:26.29	128
97	2:45.49	13-14 200 Meter Butterfly	2:35.09	98
99	2:40.59	15-18 200 Meter Butterfly	2:27.69	100
131	1:18.09	11-12 100 Meter Freestyle	1:15.49	132
101	1:14.79	13-14 100 Meter Freestyle	1:09.89	102
103	1:13.49	15-18 100 Meter Freestyle	1:06.89	104