



MIDWEST REGIONAL SWIM MEET

GENERAL INFORMATION

70+ TEAMS FROM NINE STATES ATTEND



HELD IN MINN.



APRIL 7TH & 8TH



GAIN EXPERIENCE



FIVE BONUS WEEKS

QUALIFYING TIMES

ADDITIONAL EVENTS' Q-TIMES ONLINE | USE AGE ON DEC. 1

8&U

BOYS
GIRLS

25 FR	25 BK	25 BR	25 FLY	50 FR	100 FR
17.66	21.75	23.50	20.88	44.05	1:36.64
17.66	21.75	23.50	20.88	44.05	1:36.64

9-10

BOYS
GIRLS

50 FR	50 BK	50 BR	50 FLY	100 FR	200 FR
34.37	41.34	46.53	40.03	1:16.07	2:47.69
34.37	41.40	46.53	41.20	1:16.47	2:53.69

11-12

BOYS
GIRLS

50 FR	50 BK	50 BR	50 FLY	100 FR	200 FR
30.29	35.48	40.02	33.80	1:05.36	2:23.54
30.52	35.48	40.09	33.80	1:06.82	2:27.02

13-14

BOYS
GIRLS

50 FR	100 BK	100 BR	100 FLY	100 FR	200 FR
27.84	1:06.87	1:16.64	1:05.49	59.80	2:11.19
29.31	1:11.27	1:22.19	1:10.89	1:04.59	2:20.02



\$145 / SWIMMER



TAPER WORKOUTS



FREE MWR SHIRT



LEARN MORE



SDMS
SOUTH DES MOINES SWIMMING