

**2022 Speedo ESSZ Spring SC Champs - 2 Pools - 3/10/2022 to 3/13/2022****Session Report**

Session: 1M Thursday - West Pool - Men

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

Round	Event	Entries	Heats	Starts at	
Finals	2 Men 1000 Freestyle	80	10 u	05:00 PM	_____
	Break: 10 Minutes:				
	Swimmers Counts for Warm-ups: 80	=====	=====		
	Entry / Heat Totals:	80	10		
	Finish Time			06:54 PM	_____

Session: 1W Thursday - East Pool - Women

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

Round	Event	Entries	Heats	Starts at	
Finals	1 Women 1000 Freestyle	45	6 u	05:00 PM	_____
	Break: 10 Minutes:				
Finals	3 Women 800 Freestyle Relay	21	3 u	06:17 PM	_____
Finals	4 Men 800 Freestyle Relay	27	4 u	06:42 PM	_____
	Swimmers Counts for Warm-ups: 45	=====	=====		
	Entry / Heat Totals:	93	13		
	Finish Time			07:12 PM	_____

Session: 2M Friday Prelims - East Pool - Men

Day of Meet: 2 Starts at 09:00 AM Heat Interval: 20 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Prelims	6 Men 200 Freestyle	181	23 u	09:00 AM	_____
Prelims	8 Men 100 Breaststroke	120	15 u	09:49 AM	_____
Prelims	10 Men 100 Butterfly	182	23 u	10:09 AM	_____
Prelims	12 Men 400 IM	93	12 u	10:37 AM	_____
	Break: 10 Minutes:				
Finals-S	14 Men 400 Medley Relay	19	3 u	11:41 AM	_____
	Swimmers Counts for Warm-ups: 349	=====	=====		
	Entry / Heat Totals:	595	76		
	Finish Time			11:54 AM	_____

**2022 Speedo ESSZ Spring SC Champs - 2 Pools - 3/10/2022 to 3/13/2022****Session Report**

Session: 2W Friday Prelims - West Pool - Women

Day of Meet: 2 Starts at 09:00 AM Heat Interval: 20 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Prelims	5 Women 200 Freestyle	137	18 u	09:00 AM	_____
Prelims	7 Women 100 Breaststroke	109	14 u	09:41 AM	_____
Prelims	9 Women 100 Butterfly	152	19 u	10:02 AM	_____
Prelims	11 Women 400 IM	77	10 u	10:26 AM	_____
	Break: 10 Minutes:				
Finals-S	13 Women 400 Medley Relay	14	2 u	11:26 AM	_____
	Swimmers Counts for Warm-ups: 306	=====	=====		
	Entry / Heat Totals:	489	63		
	Finish Time			11:35 AM	_____

Session: 3 Friday Finals

Day of Meet: 2 Starts at 06:00 PM Heat Interval: 75 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	5 Women 200 Freestyle	32	4 u	06:00 PM	_____
Finals	6 Men 200 Freestyle	32	4 u	06:13 PM	_____
Finals	7 Women 100 Breaststroke	32	4 u	06:24 PM	_____
Finals	8 Men 100 Breaststroke	32	4 u	06:34 PM	_____
Finals	9 Women 100 Butterfly	32	4 u	06:42 PM	_____
Finals	10 Men 100 Butterfly	32	4 u	06:51 PM	_____
Finals	11 Women 400 IM	32	4 u	06:59 PM	_____
Finals	12 Men 400 IM	32	4 u	07:22 PM	_____
	Break: 10 Minutes:				
Finals-2	13 Women 400 Medley Relay	16	2 u	07:53 PM	_____
Finals-2	14 Men 400 Medley Relay	16	2 u	08:04 PM	_____
	Swimmers Counts for Warm-ups: 192	=====	=====		
	Entry / Heat Totals:	288	36		
	Finish Time			08:15 PM	_____

Session: 4M Saturday Prelims - West Pool - Men

Day of Meet: 3 Starts at 09:00 AM Heat Interval: 20 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Prelims	16 Men 200 Butterfly	101	13 u	09:00 AM	_____
	Break: 5 Minutes:				
Prelims	18 Men 50 Freestyle	168	21 u	09:35 AM	_____
	Break: 5 Minutes:				
Prelims	20 Men 200 Breaststroke	97	13 u	09:55 AM	_____
Prelims	22 Men 100 Backstroke	145	19 u	10:28 AM	_____
Prelims	24 Men 500 Freestyle	125	16 u	10:56 AM	_____
	Swimmers Counts for Warm-ups: 360	=====	=====		
	Entry / Heat Totals:	636	82		
	Finish Time			12:18 PM	_____

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Session: 4W Saturday Prelims - East Pool - Women

Day of Meet: 3 Starts at 09:00 AM Heat Interval: 20 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Prelims	15 Women 200 Butterfly Break: 5 Minutes:	72	9 u	09:00 AM	_____
Prelims	17 Women 50 Freestyle Break: 5 Minutes:	158	20 u	09:28 AM	_____
Prelims	19 Women 200 Breaststroke	90	12 u	09:48 AM	_____
Prelims	21 Women 100 Backstroke	154	20 u	10:21 AM	_____
Prelims	23 Women 500 Freestyle Swimmers Counts for Warm-ups: 324	72 =====	9 u =====	10:52 AM	_____
	Entry / Heat Totals:	546	70		
	Finish Time			11:41 AM	_____

Session: 5 Saturday Finals

Day of Meet: 3 Starts at 06:00 PM Heat Interval: 75 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	15 Women 200 Butterfly	32	4 u	06:00 PM	_____
Finals	16 Men 200 Butterfly	32	4 u	06:14 PM	_____
Finals	17 Women 50 Freestyle	32	4 u	06:26 PM	_____
Finals	18 Men 50 Freestyle	32	4 u	06:33 PM	_____
Finals	19 Women 200 Breaststroke	32	4 u	06:39 PM	_____
Finals	20 Men 200 Breaststroke	32	4 u	06:53 PM	_____
Finals	21 Women 100 Backstroke	32	4 u	07:07 PM	_____
Finals	22 Men 100 Backstroke	32	4 u	07:16 PM	_____
Finals	23 Women 500 Freestyle	32	4 u	07:26 PM	_____
Finals	24 Men 500 Freestyle Swimmers Counts for Warm-ups: 236	32 =====	4 u =====	07:51 PM	_____
	Entry / Heat Totals:	320	40		
	Finish Time			08:14 PM	_____

Session: 6M Sunday Preliminaries - East Pool - Men

Day of Meet: 4 Starts at 09:00 AM Heat Interval: 20 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Prelims	26 Men 100 Freestyle	193	25 u	09:00 AM	_____
Prelims	28 Men 200 Backstroke	126	16 u	09:29 AM	_____
Prelims	32 Men 200 IM Break: 10 Minutes:	174	22 u	10:10 AM	_____
Finals-S	34 Men 400 Freestyle Relay	19	3 u	11:11 AM	_____
Finals-S	30 Men 1650 Freestyle Swimmers Counts for Warm-ups: 331	46 =====	6 u =====	11:22 AM	_____
	Entry / Heat Totals:	558	72		
	Finish Time			01:04 PM	_____

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Session: 6W Sunday Preliminaries - West Pool - Women

Day of Meet: 4 Starts at 09:00 AM Heat Interval: 20 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Prelims	25 Women 100 Freestyle	179	23 u	09:00 AM	_____
Prelims	29 Women 200 Backstroke	116	15 u	09:29 AM	_____
Prelims	31 Women 200 IM	163	21 u	10:09 AM	_____
	Break: 10 Minutes:				
Finals-S	33 Women 400 Freestyle Relay	13	2 u	11:12 AM	_____
Finals-S	27 Women 1650 Freestyle	16	2 u	11:20 AM	_____
	Swimmers Counts for Warm-ups: 298	=====	=====		
	Entry / Heat Totals:	487	63		
	Finish Time			11:57 AM	_____

Session: 7 Sunday Finals

Day of Meet: 4 Starts at 05:30 PM Heat Interval: 75 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	25 Women 100 Freestyle	32	4 u	05:30 PM	_____
Finals	26 Men 100 Freestyle	32	4 u	05:39 PM	_____
Finals-1	27 Women 1650 Freestyle	8	1 u	05:47 PM	_____
Finals	28 Men 200 Backstroke	32	4 u	06:06 PM	_____
Finals	29 Women 200 Backstroke	32	4 u	06:19 PM	_____
Finals-1	30 Men 1650 Freestyle	8	1 u	06:34 PM	_____
Finals	31 Women 200 IM	32	4 u	06:52 PM	_____
Finals	32 Men 200 IM	32	4 u	07:05 PM	_____
	Break: 10 Minutes:				
Finals-2	33 Women 400 Freestyle Relay	16	2 u	07:27 PM	_____
Finals-2	34 Men 400 Freestyle Relay	16	2 u	07:37 PM	_____
	Swimmers Counts for Warm-ups: 218	=====	=====		
	Entry / Heat Totals:	240	30		
	Finish Time			07:46 PM	_____