

2023 Speedo ESSZ Spring SC Championships - 3/9/2023 to 3/12/2023**Session Report**

Session: 1 Thursday - Timed Finals

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	17	3 u	05:00 PM	_____
Finals	2 Men 1000 Freestyle	24	3 u	05:34 PM	_____
	Break: 10 Minutes:				
Finals	3 Women 800 Freestyle Relay	7	1 u	06:15 PM	_____
Finals	4 Men 800 Freestyle Relay	9	2 u	06:23 PM	_____
	Swimmers Counts for Warm-ups: 94	=====	=====		
	Entry / Heat Totals:	57	9		
	Finish Time			06:39 PM	_____

Session: 2 Friday Prelims

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	43	6 u	09:00 AM	_____
Prelims	6 Men 200 Freestyle	80	10 u	09:14 AM	_____
Prelims	7 Women 100 Breaststroke	44	6 u	09:35 AM	_____
Prelims	8 Men 100 Breaststroke	56	7 u	09:44 AM	_____
	Break: 10 Minutes:				
Prelims	9 Women 100 Butterfly	79	10 u	10:03 AM	_____
Prelims	10 Men 100 Butterfly	93	12 u	10:16 AM	_____
	Break: 10 Minutes:				
Prelims	11 Women 400 IM	20	3 u	10:41 AM	_____
Prelims	12 Men 400 IM	39	5 u	10:56 AM	_____
	Break: 10 Minutes:				
Finals-S	13 Women 400 Medley Relay	0	0	11:29 AM	_____
Finals-S	14 Men 400 Medley Relay	1	1 u	11:29 AM	_____
	Swimmers Counts for Warm-ups: 315	=====	=====		
	Entry / Heat Totals:	455	60		
	Finish Time			11:33 AM	_____

2023 Speedo ESSZ Spring SC Championships - 3/9/2023 to 3/12/2023**Session Report**

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	_____
	Break: 5 Minutes: Awards				
Finals	7 Women 100 Breaststroke	32	4 u	06:30 PM	_____
Finals	8 Men 100 Breaststroke	32	4 u	06:39 PM	_____
	Break: 5 Minutes: Awards				
Finals	9 Women 100 Butterfly	32	4 u	06:53 PM	_____
Finals	10 Men 100 Butterfly	32	4 u	07:02 PM	_____
	Break: 5 Minutes: Awards				
Finals	11 Women 400 IM	20	4 u	07:15 PM	_____
Finals	12 Men 400 IM	32	4 u	07:38 PM	_____
	Break: 5 Minutes: Awards				
Finals-2	13 Women 400 Medley Relay	14	2 u	08:05 PM	_____
Finals-2	14 Men 400 Medley Relay	16	2 u	08:16 PM	_____
	Swimmers Counts for Warm-ups: 226	=====	=====		
	Entry / Heat Totals:	274	36		
	Finish Time			08:26 PM	_____

Session: 4 Saturday Prelims

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	32	4 u	09:00 AM	_____
Prelims	16 Men 200 Butterfly	50	7 u	09:10 AM	_____
	Break: 10 Minutes:				
Prelims	17 Women 50 Freestyle	77	10 u	09:37 AM	_____
Prelims	18 Men 50 Freestyle	99	13 u	09:44 AM	_____
Prelims	19 Women 200 Breaststroke	35	5 u	09:53 AM	_____
Prelims	20 Men 200 Breaststroke	44	6 u	10:07 AM	_____
Prelims	21 Women 100 Backstroke	71	9 u	10:22 AM	_____
Prelims	22 Men 100 Backstroke	72	9 u	10:36 AM	_____
Prelims	23 Women 500 Freestyle	22	3 u	10:49 AM	_____
Prelims	24 Men 500 Freestyle	43	6 u	11:06 AM	_____
	Swimmers Counts for Warm-ups: 340	=====	=====		
	Entry / Heat Totals:	545	72		
	Finish Time			11:36 AM	_____

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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	_____
	Break: 5 Minutes: Awards				
Finals	17 Women 50 Freestyle	32	4 u	06:32 PM	_____
Finals	18 Men 50 Freestyle	32	4 u	06:38 PM	_____
	Break: 5 Minutes: Awards				
Finals	19 Women 200 Breaststroke	32	4 u	06:50 PM	_____
Finals	20 Men 200 Breaststroke	32	4 u	07:04 PM	_____
	Break: 5 Minutes: Awards				
Finals	21 Women 100 Backstroke	32	4 u	07:23 PM	_____
Finals	22 Men 100 Backstroke	32	4 u	07:32 PM	_____
	Break: 5 Minutes: Awards				
Finals	23 Women 500 Freestyle	22	4 u	07:47 PM	_____
Finals	24 Men 500 Freestyle	32	4 u	08:12 PM	_____
	Swimmers Counts for Warm-ups: 226	=====	=====		
	Entry / Heat Totals:	310	40		
	Finish Time			08:36 PM	_____

Session: 6 Sunday Preliminaries

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	80	10 u	09:00 AM	_____
Prelims	26 Men 100 Freestyle	112	14 u	09:13 AM	_____
	Break: 10 Minutes:				
Prelims	29 Women 200 Backstroke	53	7 u	09:39 AM	_____
Prelims	28 Men 200 Backstroke	46	6 u	09:58 AM	_____
Prelims	31 Women 200 IM	44	6 u	10:13 AM	_____
Prelims	32 Men 200 IM	67	9 u	10:28 AM	_____
	Break: 10 Minutes:				
Finals-S	33 Women 400 Freestyle Relay	0	0	10:58 AM	_____
Finals-S	34 Men 400 Freestyle Relay	1	1 u	10:58 AM	_____
Finals-S	27 Women 1650 Freestyle	0	0	11:02 AM	_____
Finals-S	30 Men 1650 Freestyle	9	2 u	11:02 AM	_____
	Swimmers Counts for Warm-ups: 287	=====	=====		
	Entry / Heat Totals:	412	55		
	Finish Time			11:37 AM	_____

2023 Speedo ESSZ Spring SC Championships - 3/9/2023 to 3/12/2023**Session Report**

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	_____
	Break: 5 Minutes: Awards				
Finals-1	27 Women 1650 Freestyle	5	1 u	05:52 PM	_____
Finals	28 Men 200 Backstroke	32	4 u	06:11 PM	_____
	Break: 5 Minutes: Awards				
Finals	29 Women 200 Backstroke	32	4 u	06:30 PM	_____
Finals-1	30 Men 1650 Freestyle	8	1 u	06:44 PM	_____
	Break: 5 Minutes: Awards				
Finals	31 Women 200 IM	32	4 u	07:07 PM	_____
Finals	32 Men 200 IM	32	4 u	07:21 PM	_____
	Break: 5 Minutes: Awards				
Finals-2	33 Women 400 Freestyle Relay	14	2 u	07:38 PM	_____
Finals-2	34 Men 400 Freestyle Relay	16	2 u	07:48 PM	_____
	Swimmers Counts for Warm-ups: 215	=====	=====		
	Entry / Heat Totals:	235	30		
	Finish Time			07:57 PM	_____