

2026 NC TAC Speedo Champions Series ESSZ - 3/12/2026 to 3/15/2026**Session Report**

Session: 1 Thursday - Timed Finals

Day of Meet: 1 Starts at 05:00 PM Heat Interval: 25 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	1 Women 1000 Freestyle	25	4 u	05:00 PM	_____
Finals	2 Men 1000 Freestyle	36	5 u	05:44 PM	_____
	Break: 10 Minutes: Awards				
Finals	3 Women 800 Freestyle Relay	7	1 u	06:46 PM	_____
Finals	4 Men 800 Freestyle Relay	10	2 u	06:54 PM	_____
	Break: 5 Minutes: Awards				
	Swimmers Counts for Warm-ups: 61	=====	=====		
	Entry / Heat Totals:	78	12		
	Finish Time			07:15 PM	_____

Session: 2 Friday Prelims

Day of Meet: 2 Starts at 09:00 AM Heat Interval: 25 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Prelims	5 Women 200 Freestyle	60	8 u	09:00 AM	_____
Prelims	6 Men 200 Freestyle	72	9 u	09:19 AM	_____
Prelims	7 Women 100 Breaststroke	52	7 u	09:39 AM	_____
Prelims	8 Men 100 Breaststroke	66	9 u	09:49 AM	_____
	Break: 10 Minutes:				
Prelims	9 Women 100 Butterfly	73	10 u	10:12 AM	_____
Prelims	10 Men 100 Butterfly	84	11 u	10:26 AM	_____
	Break: 10 Minutes:				
Prelims	11 Women 400 IM	49	7 u	10:50 AM	_____
Prelims	12 Men 400 IM	38	5 u	11:25 AM	_____
	Break: 10 Minutes:				
Finals-S	13 Women 400 Medley Relay	0	0	11:58 AM	_____
Finals-S	14 Men 400 Medley Relay	0	0	11:58 AM	_____
	Swimmers Counts for Warm-ups: 315	=====	=====		
	Entry / Heat Totals:	494	66		
	Finish Time			11:58 AM	_____

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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	07:01 PM	_____
	Break: 5 Minutes: Awards				
Finals	11 Women 400 IM	32	4 u	07:15 PM	_____
Finals	12 Men 400 IM	32	4 u	07:37 PM	_____
	Break: 5 Minutes: Awards				
Finals-2	13 Women 400 Medley Relay	9	2 u	08:04 PM	_____
Finals-2	14 Men 400 Medley Relay	12	2 u	08:15 PM	_____
	Break: 5 Minutes: Awards				
	Swimmers Counts for Warm-ups: 183	=====	=====		
	Entry / Heat Totals:	277	36		
	Finish Time			08:30 PM	_____

Session: 4 Saturday Prelims

Day of Meet: 3 Starts at 09:00 AM Heat Interval: 25 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Prelims	15 Women 200 Butterfly	41	6 u	09:00 AM	_____
Prelims	16 Men 200 Butterfly	50	7 u	09:16 AM	_____
	Break: 10 Minutes:				
Prelims	17 Women 50 Freestyle	66	9 u	09:43 AM	_____
Prelims	18 Men 50 Freestyle	71	9 u	09:50 AM	_____
Prelims	19 Women 200 Breaststroke	47	6 u	09:57 AM	_____
Prelims	20 Men 200 Breaststroke	38	5 u	10:14 AM	_____
Prelims	21 Women 100 Backstroke	76	10 u	10:27 AM	_____
Prelims	22 Men 100 Backstroke	66	9 u	10:44 AM	_____
Prelims	23 Women 500 Freestyle	39	5 u	10:58 AM	_____
Prelims	24 Men 500 Freestyle	44	6 u	11:25 AM	_____
	Swimmers Counts for Warm-ups: 322	=====	=====		
	Entry / Heat Totals:	538	72		
	Finish Time			11:56 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	06:31 PM	_____
Finals	18 Men 50 Freestyle	32	4 u	06:38 PM	_____
	Break: 5 Minutes: Awards				
Finals	19 Women 200 Breaststroke	32	4 u	06:49 PM	_____
Finals	20 Men 200 Breaststroke	32	4 u	07:03 PM	_____
	Break: 5 Minutes: Awards				
Finals	21 Women 100 Backstroke	32	4 u	07:22 PM	_____
Finals	22 Men 100 Backstroke	32	4 u	07:32 PM	_____
	Break: 5 Minutes: Awards				
Finals	23 Women 500 Freestyle	32	4 u	07:46 PM	_____
Finals	24 Men 500 Freestyle	32	4 u	08:11 PM	_____
	Break: 5 Minutes: Awards				
	Swimmers Counts for Warm-ups: 222	=====	=====		
	Entry / Heat Totals:	320	40		
	Finish Time			08:40 PM	_____

Session: 6 Sunday Preliminaries

Day of Meet: 4 Starts at 09:00 AM Heat Interval: 25 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Prelims	25 Women 100 Freestyle	71	9 u	09:00 AM	_____
Prelims	26 Men 100 Freestyle	88	11 u	09:12 AM	_____
	Break: 10 Minutes:				
Prelims	29 Women 200 Backstroke	58	8 u	09:36 AM	_____
Prelims	28 Men 200 Backstroke	58	8 u	09:58 AM	_____
Prelims	31 Women 200 IM	83	11 u	10:19 AM	_____
Prelims	32 Men 200 IM	59	8 u	10:47 AM	_____
	Break: 10 Minutes:				
Finals-S	33 Women 400 Freestyle Relay	2	1 u	11:16 AM	_____
Finals-S	34 Men 400 Freestyle Relay	3	1 u	11:20 AM	_____
Finals-S	27 Women 1650 Freestyle	3	1 u	11:24 AM	_____
Finals-S	30 Men 1650 Freestyle	17	3 u	11:42 AM	_____
	Swimmers Counts for Warm-ups: 300	=====	=====		
	Entry / Heat Totals:	442	61		
	Finish Time			12:34 PM	_____

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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	8	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	07:20 PM	_____
	Break: 5 Minutes: Awards				
Finals-1	33 Women 400 Freestyle Relay	8	1 u	07:37 PM	_____
Finals-1	34 Men 400 Freestyle Relay	8	1 u	07:42 PM	_____
	Break: 5 Minutes: Awards				
	Swimmers Counts for Warm-ups: 166	=====	=====		
	Entry / Heat Totals:	224	28		
	Finish Time			07:52 PM	_____