

Metroplex Aquatics Team

HELD UNDER THE SANCTION OF USA SWIMMING, Sanction #: NT 032-26**Hosted by Metroplex Aquatics****Session Report**

Session: 1 Wednesday Prelims
 Day of Meet: 1 Starts at 09:00 AM Heat Interval: 20 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Prelims	3 Women 200 Freestyle	83	11 u	09:00 AM	_____
Prelims	4 Men 200 Freestyle	91	12 u	09:30 AM	_____
Prelims	5 Women 50 Butterfly	58	8 u	10:00 AM	_____
Prelims	6 Men 50 Butterfly	89	12 u	10:12 AM	_____
Prelims	7 Women 100 Breaststroke	45	6 u	10:29 AM	_____
Prelims	8 Men 100 Breaststroke	62	8 u	10:39 AM	_____
Prelims	9 Women 100 Backstroke	59	8 u	10:52 AM	_____
Prelims	10 Men 100 Backstroke	67	9 u	11:06 AM	_____
Finals	13 Women 1500 Freestyle	17	3 u	11:22 AM	_____
Finals	14 Men 800 Freestyle	28	4 u	12:20 PM	_____
Swimmers Counts for Warm-ups: 323		=====	=====		
Entry / Heat Totals:		599	81		
Finish Time				01:00 PM	_____

Session: 2 Wednesday Finals
 Day of Meet: 1 Starts at 05:30 PM Heat Interval: 60 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	1 Women 200 Medley Relay	15	2 u	05:30 PM	_____
Finals	2 Men 200 Medley Relay	19	3 u	05:37 PM	_____
Finals	3 Women 200 Freestyle	40	5 u	05:47 PM	_____
Finals	4 Men 200 Freestyle	40	5 u	06:03 PM	_____
Finals	5 Women 50 Butterfly	40	5 u	06:18 PM	_____
Finals	6 Men 50 Butterfly	40	5 u	06:29 PM	_____
Finals	7 Women 100 Breaststroke	40	5 u	06:39 PM	_____
Finals	8 Men 100 Breaststroke	40	5 u	06:51 PM	_____
Finals	9 Women 100 Backstroke	40	5 u	07:01 PM	_____
Finals	10 Men 100 Backstroke	40	5 u	07:14 PM	_____
Finals	11 Women 200 Freestyle Relay	15	2 u	07:25 PM	_____
Finals	12 Men 200 Freestyle Relay	19	3 u	07:31 PM	_____
Swimmers Counts for Warm-ups: 247		=====	=====		
Entry / Heat Totals:		388	50		
Finish Time				07:39 PM	_____

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Session: 3 Thursday Prelims
 Day of Meet: 2 Starts at 09:00 AM Heat Interval: 20 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Prelims	15 Women 200 Backstroke	39	5 u	09:00 AM	_____
Prelims	16 Men 200 Backstroke	38	5 u	09:17 AM	_____
Prelims	17 Women 50 Breaststroke	44	6 u	09:32 AM	_____
Prelims	18 Men 50 Breaststroke	62	8 u	09:42 AM	_____
Prelims	19 Women 100 Freestyle	112	14 u	09:55 AM	_____
Prelims	20 Men 100 Freestyle	136	17 u	10:14 AM	_____
Prelims	21 Women 50 Backstroke	47	6 u	10:37 AM	_____
Prelims	22 Men 50 Backstroke	57	8 u	10:48 AM	_____
Prelims	23 Women 400 IM	33	5 u	11:01 AM	_____
Prelims	24 Men 400 IM	37	5 u	11:31 AM	_____
Swimmers Counts for Warm-ups: 315		=====	=====		
Entry / Heat Totals:		605	79		
Finish Time				11:59 AM	_____

Session: 4 Thursday Finals
 Day of Meet: 2 Starts at 05:30 PM Heat Interval: 20 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	15 Women 200 Backstroke	39	5 u	05:30 PM	_____
Finals	16 Men 200 Backstroke	38	5 u	05:46 PM	_____
Finals	17 Women 50 Breaststroke	40	5 u	06:01 PM	_____
Finals	18 Men 50 Breaststroke	40	5 u	06:10 PM	_____
Finals	19 Women 100 Freestyle	40	5 u	06:17 PM	_____
Finals	20 Men 100 Freestyle	40	5 u	06:24 PM	_____
Finals	21 Women 50 Backstroke	40	5 u	06:30 PM	_____
Finals	22 Men 50 Backstroke	40	5 u	06:39 PM	_____
Finals	23 Women 400 IM	32	4 u	06:47 PM	_____
Finals	24 Men 400 IM	32	4 u	07:11 PM	_____
Finals	25 Women 800 Freestyle Relay	8	1 u	07:32 PM	_____
Finals	26 Men 800 Freestyle Relay	11	2 u	07:42 PM	_____
Swimmers Counts for Warm-ups: 255		=====	=====		
Entry / Heat Totals:		400	51		
Finish Time				08:00 PM	_____

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Session: 5 Friday Prelims
 Day of Meet: 3 Starts at 09:00 AM Heat Interval: 20 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Prelims	27 Women 200 Breaststroke	36	5 u	09:00 AM	_____
Prelims	28 Men 200 Breaststroke	30	4 u	09:18 AM	_____
Prelims	29 Women 100 Butterfly	72	9 u	09:30 AM	_____
Prelims	30 Men 100 Butterfly	99	13 u	09:44 AM	_____
Prelims	31 Women 400 Freestyle	68	9 u	10:03 AM	_____
Prelims	32 Men 400 Freestyle	77	10 u	10:50 AM	_____
Swimmers Counts for Warm-ups: 282		=====	=====		
Entry / Heat Totals:		382	50		
Finish Time				11:40 AM	_____

TIME TRIAL ENTRIES DUE AT 11 AM START APPROX NOON OR 15 MIN AFTER PRELIMS

Session: 7 Friday Finals
 Day of Meet: 3 Starts at 05:30 PM Heat Interval: 20 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	27 Women 200 Breaststroke	36	5 u	05:30 PM	_____
Finals	28 Men 200 Breaststroke	30	5 u	05:47 PM	_____
Finals	29 Women 100 Butterfly	40	5 u	06:02 PM	_____
Finals	30 Men 100 Butterfly	40	5 u	06:09 PM	_____
Finals	31 Women 400 Freestyle	32	4 u	06:16 PM	_____
Finals	32 Men 400 Freestyle	32	4 u	06:36 PM	_____
Finals	33 Women 400 Freestyle Relay	15	2 u	06:54 PM	_____
Finals	34 Men 400 Freestyle Relay	18	3 u	07:04 PM	_____
Swimmers Counts for Warm-ups: 207		=====	=====		
Entry / Heat Totals:		243	33		
Finish Time				07:17 PM	_____

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Session: 8 Saturday Prelims
 Day of Meet: 4 Starts at 09:00 AM Heat Interval: 20 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Prelims	35 Women 200 Butterfly	28	4 u	09:00 AM	_____
Prelims	36 Men 200 Butterfly	33	5 u	09:12 AM	_____
Prelims	37 Women 50 Freestyle	101	13 u	09:26 AM	_____
Prelims	38 Men 50 Freestyle	132	17 u	09:37 AM	_____
Prelims	39 Women 200 IM	77	10 u	09:51 AM	_____
Prelims	40 Men 200 IM	89	12 u	10:21 AM	_____
Finals	43 Women 800 Freestyle	33	5 u	10:55 AM	_____
Finals	44 Men 1500 Freestyle	23	3 u	11:49 AM	_____
Swimmers Counts for Warm-ups: 306		=====	=====		
Entry / Heat Totals:		516	69		
Finish Time				12:45 PM	_____

TIME TRIAL ENTRIES DUE AT NOON START APPROX 1 PM OR 15 MIN AFTER PRELIMS

Session: 10 Saturday Finals
 Day of Meet: 4 Starts at 05:30 PM Heat Interval: 90 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	35 Women 200 Butterfly	28	5 u	05:30 PM	_____
Finals	36 Men 200 Butterfly	33	5 u	05:51 PM	_____
Finals	37 Women 50 Freestyle	40	5 u	06:10 PM	_____
Finals	38 Men 50 Freestyle	40	5 u	06:20 PM	_____
Finals	39 Women 200 IM	40	5 u	06:29 PM	_____
Finals	40 Men 200 IM	40	5 u	06:50 PM	_____
Finals	41 Women 400 Medley Relay	13	2 u	07:09 PM	_____
Finals	42 Men 400 Medley Relay	18	3 u	07:22 PM	_____
Swimmers Counts for Warm-ups: 191		=====	=====		
Entry / Heat Totals:		252	35		
Finish Time				07:40 PM	_____