

2026 The Fred Lamback - 10/10/2026 to 10/11/2026**Session Report**

Session: 1 Saturday am

Day of Meet: 1 Starts at 09:00 AM Heat Interval: 120 Seconds / Back +30 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	1 Women 50 Freestyle S1-S14	27	5	09:00 AM	_____
Finals	2 Men 50 Freestyle S1-S14	15	3	09:16 AM	_____
	Break: 5 Minutes:				
Finals	3 Women 200 Breaststroke SB1-SB14	5	1	09:31 AM	_____
Finals	4 Men 200 Breaststroke SB1-SB14	3	1	09:39 AM	_____
	Break: 5 Minutes:				
Finals	5 Women 100 Backstroke S1-2, S6-S14	23	4	09:51 AM	_____
Finals	6 Men 100 Backstroke S1-S2, S6-S14	14	3	10:11 AM	_____
	Break: 5 Minutes:				
Finals	9 Women 150 IM SM1-SM4	2	1	10:33 AM	_____
	Break: 5 Minutes:				
Finals	12 Men 1500 Freestyle S1-S14	2	1	10:42 AM	_____
	Swimmers Counts for Warm-ups: 48	=====	=====		
	Entry / Heat Totals:	91	19		
	Finish Time			11:08 AM	_____

Session: 2 Saturday pm

Day of Meet: 1 Starts at 05:00 PM Heat Interval: 120 Seconds / Back +30 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	13 Women 100 Freestyle S1-S14	29	5	05:00 PM	_____
Finals	14 Men 100 Freestyle S1-S14	14	3	05:20 PM	_____
	Break: 5 Minutes:				
Finals	15 Women 200 Backstroke S1-S14	4	1	05:39 PM	_____
Finals	16 Men 200 Backstroke S1-S14	7	2	05:46 PM	_____
	Break: 5 Minutes:				
Finals	17 Women 50 Breaststroke SB1-SB14	18	3	06:07 PM	_____
Finals	18 Men 50 Breaststroke SB1-SB14	10	2	06:18 PM	_____
	Break: 5 Minutes:				
Finals	19 Women 100 Butterfly S8-S14	8	2	06:29 PM	_____
Finals	20 Men 100 Butterfly S8-S14	4	1	06:38 PM	_____
	Break: 5 Minutes:				
Finals	21 Women 400 IM SM1-SM14	1	1	06:47 PM	_____
	Swimmers Counts for Warm-ups: 49	=====	=====		
	Entry / Heat Totals:	95	20		
	Finish Time			06:56 PM	_____

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Session: 3 Sunday am

Day of Meet: 2 Starts at 09:00 AM Heat Interval: 120 Seconds / Back +30 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	23 Women 200 Freestyle S1-S14	6	1	09:00 AM	_____
Finals	24 Men 200 Freestyle S1-S14	6	1	09:07 AM	_____
	Break: 5 Minutes:				
Finals	25 Women 50 Backstroke S1-S14	16	3	09:17 AM	_____
Finals	26 Men 50 Backstroke S1-S14	8	2	09:29 AM	_____
	Break: 5 Minutes:				
Finals	27 Women 100 Breaststroke SB4-SB9, SB11-SB14	15	3	09:42 AM	_____
Finals	28 Men 100 Breaststroke SB4-SB9, SB11-SB14	7	2	09:55 AM	_____
	Break: 5 Minutes:				
Finals	29 Women 50 Butterfly S2-S14	9	2	10:08 AM	_____
Finals	30 Men 50 Butterfly S2-S14	6	1	10:14 AM	_____
	Break: 5 Minutes:				
Finals	31 Women 200 IM SM5-SM14	12	2	10:22 AM	_____
Finals	32 Men 200 IM SM5-SM14	3	1	10:39 AM	_____
Finals	33 Women 400 Freestyle S6-S14	6	1	10:45 AM	_____
	Swimmers Counts for Warm-ups: 45	=====	=====		
	Entry / Heat Totals:	94	19		
	Finish Time			10:56 AM	_____