

	Session	Warm up	Swim start	Estimated finish
<b>Day 1</b>	<b>1</b>	8.00-9.00	9.05	11.30
	<b>2</b>	12.30-13.30	13.35	15.30
	<b>3</b>	16.00-16.30	16.35	18.30
<b>Day 2</b>	<b>4</b>	8.00-9.00	9.05	11.45
	<b>5</b>	12.25-13.25	13.30	15.30
	<b>6</b>	16.00-16.30	16.35	18.30
<b>Day 3</b>	<b>7</b>	8.00-08.30	8.35	9.55
	<b>second warm up</b>	10.00-10.40	10.45	12.05
	<b>8</b>	12.45-13.45	13.50	16.00
	<b>9</b>	16.15-16.45	16.50	18.45
<b>Day 4</b>	<b>10</b>	8.00-08.30	8.35	10.00
	<b>second warm up</b>	10.00-10.40	10.45	11.15
	<b>11</b>	12.15-13.15	13.20	15.25
	<b>12</b>	15.55-16.25	16.30	18.15
<b>Day 5</b>	<b>13</b>	8.00-9.00	9.05	10.45
	<b>14</b>	11.45-12.45	12.50	15.00
	<b>15</b>	15.30-16.00	16.05	18.00

Meet Timing Report For Session 01 Fri 10 April 2026 8:23  
Time Between Heats 40 Seconds & Between Backstroke Heats 60 Seconds &  
Event Sex Stroke/Distance Type Competitors Heats Start  
101 L 200 IM Heats 116 12 09:00  
102 M 50 Ba Heats 137 14 09:41  
103 L 100 Br Heats 112 12 10:03  
104 M 800 Fr Heats 41 5 10:28  
Estimated Session Finish Time 11:22

Meet Timing Report For Session 02 Fri 10 April 2026 8:24  
Time Between Heats 40 Seconds & Between Backstroke Heats 60 Seconds &  
Event Sex Stroke/Distance Type Competitors Heats Start  
105 L 400 MT Heats 9 1 13:35  
106 L 400 MT Heats 5 1 13:41  
107 M 100 Fr Heats 148 15 13:46  
108 L 400 Fr Heats 73 6 14:12  
109 M 200 Fl Heats 51 6 14:59  
Estimated Session Finish Time 15:19

Meet Timing Report For Session 04 Fri 10 April 2026 8:28  
Time Between Heats 40 Seconds & Between Backstroke Heats 60 Seconds &  
Event Sex Stroke/Distance Type Competitors Heats Start  
201 M 200 IM Heats 103 11 09:05  
202 L 50 Ba Heats 156 16 09:41  
203 M 100 Br Heats 130 13 10:06  
204 L 800 Fr Heats 44 5 10:32  
Estimated Session Finish Time 11:28

Meet Timing Report For Session 05 Fri 10 April 2026 8:31  
Time Between Heats 40 Seconds & Between Backstroke Heats 60 Seconds &

Event	Sex	Stroke/Distance	Type	Competitors	Heats	Start
205	M	400 MT	Heats	70	1	1:40
206	M	400 MT	Heats	70	1	01:45
207	L	100 Fr	Heats	144	5	01:50
208	L	400 Fr	Heats	84	1	02:17
209	L	200 Fl	Heats	77	8	03:07

Estimated Session Finish Time 03:35

Meet Timing Report For Session 07 Fri 10 April 2026 8:3

Time Between Heats 40 Seconds & Between Backstroke Heats 60 Seconds

Event	Sex	Stroke/Distance	Type	Competitors	Heats	Start
301	M	1500 Fr	Heats	34	4	8:30
302	L	400 IM	Heats	79	8	09:50
303	M	50 Fl	Heats	164	17	10:42
304	L	50 Br	Heats	117	12	11:02

Estimated Session Finish Time 11:18

Meet Timing Report For Session 08 Fri 10 April 2026 8:

Time Between Heats 40 Seconds & Between Backstroke Heats 60 Seconds

Event	Sex	Stroke/Distance	Type	Competitors	Heats	Star
305	M	200 Fr	Heats	110	11	1:50
306	L	200 Ba	Heats	116	12	02:20
307	M	100 Ba	Heats	151	16	03:00
308	L	400 FT	Heats	10	1	03:40
309	L	400 FT	Heats	3	1	03:40

Estimated Session Finish Time 03:52

Meet Timing Report For Session 10 Fri 10 April 2026 8:

Time Between Heats 40 Seconds & Between Backstroke Heats 60 Seconds

Event	Sex	Stroke/Distance	Type	Competitors	Heats	St:
401	L	1500 Fr	Heats	37	4	8:30
402	M	100 Fl	Heats	138	14	09:00
403	L	50 Fl	Heats	148	15	10:00
404	M	50 Fr	Heats	165	17	10:00

Estimated Session Finish Time 11:02

Meet Timing Report For Session 11 Fri 10 April 2026 8:

Time Between Heats 40 Seconds & Between Backstroke Heats 60 Second

Event	Sex	Stroke/Distance	Type	Competitors	Heats	St
405	L	200 Fr	Heats	109	11	13
406	M	200 Br	Heats	105	11	10
407	L	100 Ba	Heats	148	15	14
408	M	800 FT	Heats	1	1	15
409	M	800 FT	Heats	4	1	15

Estimated Session Finish Time 15:25

Meet Timing Report For Session 13 Fri 10 April 2026 8:

Time Between Heats 40 Seconds & Between Backstroke Heats 60 Second

Event	Sex	Stroke/Distance	Type	Competitors	Heats	Sta
501	M	400 IM	Heats	55	6	09:00
502	L	100 Fl	Heats	126	13	09:00
503	M	50 Br	Heats	130	10	10:00
504	L	50 Fr	Heats	159	16	10:00

Estimated Session Finish Time 10:38

Meet Timing Report For Session 14

Fri 10 April 2026

Time Between Heats 40 Seconds & Between Backstroke Heats 60 Seconds

Event	Sex	Stroke/Distance	Type	Competitors	Heats	St
505	M	200 Ba	Heats	106	11	12
506	L	200 Br	Heats	111	12	13
507	M	400 FT	Heats	11	2	14
508	M	400 FT	Heats	4	1	14
509	L	800 FT	Heats	4	1	14
510	L	800 FT	Heats	3	1	14

Estimated Session Finish Time 14:48

pm

Between Finals 60 Second

Total	Cumulative
00:41	00:41
00:22	01:03
00:25	01:28
00:54	02:22

pm

Between Finals 60 Second

Total	Cumulative
00:06	00:06
00:05	00:11
00:26	00:37
00:47	01:24
00:21	01:44

pm

Between Finals 90 Second

Total	Cumulative
00:36	00:36
00:25	01:01
00:26	01:27
00:55	02:23

pm

Between Finals 90 Second

Total	Cumulative
00:05	00:05
00:05	00:10
00:27	00:37
00:50	01:27
00:28	01:55

5 pm

& Between Finals 90 Second

Total	Cumulative
01:20	01:20
00:52	02:12
00:20	02:32
00:16	02:48

37 pm

& Between Finals 90 Second

t	Total	Cumulative
00:32	00:32	
00:45	01:17	
00:35	01:52	
00:05	01:57	
00:05	02:02	

8:44 pm

ds & Between Finals 90 Second

art	Total	Cumulative
05	01:24	01:24
:59	00:26	01:50
:25	00:18	02:08
:43	00:19	02:27

8:46 pm

ds & Between Finals 90 Second

art	Total	Cumulative
:20	00:33	00:33
:50	00:40	01:13
:00	00:34	01:47
:07	00:09	01:56
:16	00:09	02:05

:51 pm

s & Between Finals 90 Second

rt	Total	Cumulative
00	00:37	00:37
37	00:25	01:03
03	00:17	01:19
19	00:19	01:38

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8:54 pm

ds & Between Finals 90 Second

art	Total	Cumulative
::50	00:39	00:39
::29	00:45	01:25
::15	00:10	01:34
::24	00:04	01:39
::29	00:10	01:49
::39	00:10	01:58