

**2025 NC TAC Titans ESSZ Spring Senior Section - 3/6/2025 to 3/9/2025****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	11	2 u	05:00 PM	_____
Finals	2 Men 1000 Freestyle	28	4 u	05:23 PM	_____
	Break: 10 Minutes:				
Finals	3 Women 800 Freestyle Relay	5	1 u	06:15 PM	_____
Finals	4 Men 800 Freestyle Relay	10	2 u	06:23 PM	_____
	Swimmers Counts for Warm-ups: 39	=====	=====		
	Entry / Heat Totals:	54	9		
	Finish Time			06:38 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	50	7 u	09:00 AM	_____
Prelims	6 Men 200 Freestyle	80	10 u	09:17 AM	_____
Prelims	7 Women 100 Breaststroke	42	6 u	09:39 AM	_____
Prelims	8 Men 100 Breaststroke	60	8 u	09:48 AM	_____
	Break: 10 Minutes:				
Prelims	9 Women 100 Butterfly	51	7 u	10:09 AM	_____
Prelims	10 Men 100 Butterfly	88	11 u	10:19 AM	_____
	Break: 10 Minutes:				
Prelims	11 Women 400 IM	35	5 u	10:44 AM	_____
Prelims	12 Men 400 IM	34	5 u	11:08 AM	_____
	Break: 10 Minutes:				
Finals-S	13 Women 400 Medley Relay	0	0	11:42 AM	_____
Finals-S	14 Men 400 Medley Relay	3	1 u	11:42 AM	_____
	Swimmers Counts for Warm-ups: 274	=====	=====		
	Entry / Heat Totals:	443	60		
	Finish Time			11:46 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	07:02 PM	_____
	Break: 5 Minutes: Awards				
Finals	11 Women 400 IM	32	4 u	07:15 PM	_____
Finals	12 Men 400 IM	32	4 u	07:38 PM	_____
	Break: 5 Minutes: Awards				
Finals-2	13 Women 400 Medley Relay	12	2 u	08:05 PM	_____
Finals-2	14 Men 400 Medley Relay	16	2 u	08:16 PM	_____
	Swimmers Counts for Warm-ups: 181	=====	=====		
	Entry / Heat Totals:	284	36		
	Finish Time			08:26 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	27	4 u	09:00 AM	_____
Prelims	16 Men 200 Butterfly	40	5 u	09:11 AM	_____
	Break: 10 Minutes:				
Prelims	17 Women 50 Freestyle	61	8 u	09:33 AM	_____
Prelims	18 Men 50 Freestyle	85	11 u	09:40 AM	_____
Prelims	19 Women 200 Breaststroke	36	5 u	09:49 AM	_____
Prelims	20 Men 200 Breaststroke	43	6 u	10:03 AM	_____
Prelims	21 Women 100 Backstroke	72	9 u	10:19 AM	_____
Prelims	22 Men 100 Backstroke	69	9 u	10:34 AM	_____
Prelims	23 Women 500 Freestyle	26	4 u	10:48 AM	_____
Prelims	24 Men 500 Freestyle	37	5 u	11:11 AM	_____
	Swimmers Counts for Warm-ups: 302	=====	=====		
	Entry / Heat Totals:	496	66		
	Finish Time			11:37 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	27	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	26	4 u	07:47 PM	_____
Finals	24 Men 500 Freestyle	32	4 u	08:12 PM	_____
	Swimmers Counts for Warm-ups: 216	=====	=====		
	Entry / Heat Totals:	309	40		
	Finish Time			08:36 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	101	13 u	09:12 AM	_____
	Break: 10 Minutes:				
Prelims	29 Women 200 Backstroke	60	8 u	09:39 AM	_____
Prelims	28 Men 200 Backstroke	54	7 u	10:01 AM	_____
Prelims	31 Women 200 IM	69	9 u	10:21 AM	_____
Prelims	32 Men 200 IM	66	9 u	10:44 AM	_____
	Break: 10 Minutes:				
Finals-S	33 Women 400 Freestyle Relay	4	1 u	11:16 AM	_____
Finals-S	34 Men 400 Freestyle Relay	11	2 u	11:20 AM	_____
Finals-S	27 Women 1650 Freestyle	0	0	11:27 AM	_____
Finals-S	30 Men 1650 Freestyle	11	2 u	11:27 AM	_____
	Swimmers Counts for Warm-ups: 278	=====	=====		
	Entry / Heat Totals:	447	60		
	Finish Time			12:02 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

<b>Round</b>	<b>Event</b>	<b>Entries</b>	<b>Heats</b>	<b>Starts at</b>	
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	7	1 u	05:52 PM	_____
Finals	28 Men 200 Backstroke	32	4 u	06:12 PM	_____
	Break: 5 Minutes: Awards				
Finals	29 Women 200 Backstroke	32	4 u	06:31 PM	_____
Finals-1	30 Men 1650 Freestyle	8	1 u	06:45 PM	_____
	Break: 5 Minutes: Awards				
Finals	31 Women 200 IM	32	4 u	07:08 PM	_____
Finals	32 Men 200 IM	32	4 u	07:21 PM	_____
	Break: 5 Minutes: Awards				
Finals-1	33 Women 400 Freestyle Relay	8	1 u	07:39 PM	_____
Finals-1	34 Men 400 Freestyle Relay	8	1 u	07:44 PM	_____
	Swimmers Counts for Warm-ups: 157	=====	=====		
	Entry / Heat Totals:	223	28		
	Finish Time			07:48 PM	_____