

**2022 Spring Forward Weekend - MPAC - 2022-04-07 to 2022-04-10****Session Report**

Session: 1 Thursday Prelims

Day of Meet: 1 Starts at 08:30 AM Heat Interval: 35 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Prelims	3 Women 100 Backstroke	77	8	08:30 AM	_____
Prelims	4 Men 100 Backstroke	95	10	08:49 AM	_____
	Break: 2 Minutes: Switch Ends				
Prelims	5 Women 50 Freestyle	113	12	09:12 AM	_____
Prelims	6 Men 50 Freestyle	147	15	09:26 AM	_____
	Break: 2 Minutes:				
Prelims	7 Women 200 Breaststroke	57	6	09:45 AM	_____
Prelims	8 Men 200 Breaststroke	67	7	10:07 AM	_____
Finals-S	1 Women 800 Freestyle	8	1	10:32 AM	_____
Finals-S	2 Men 800 Freestyle	9	1	10:43 AM	_____
	Swimmers Counts for Warm-ups: 312	=====	=====		
	Entry / Heat Totals:	573	60		
	Finish Time			10:56 AM	_____

Session: 2 Thursday Finals

Day of Meet: 1 Starts at 06:00 PM Heat Interval: 75 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals-1	1 Women 800 Freestyle	10	1	06:00 PM	_____
Finals-1	2 Men 800 Freestyle	10	1	06:12 PM	_____
Finals	3 Women 100 Backstroke	50	5 u	06:23 PM	_____
Finals	4 Men 100 Backstroke	50	5 u	06:36 PM	_____
	Break: 2 Minutes: Switch Ends				
Finals	5 Women 50 Freestyle	60	6 u	06:51 PM	_____
Finals	6 Men 50 Freestyle	60	6 u	07:01 PM	_____
	Break: 2 Minutes: Switch Ends				
Finals	7 Women 200 Breaststroke	40	4 u	07:14 PM	_____
Finals	8 Men 200 Breaststroke	40	4 u	07:30 PM	_____
	Swimmers Counts for Warm-ups: 220	=====	=====		
	Entry / Heat Totals:	320	32		
	Finish Time			07:46 PM	_____

**TIMES ARE ESTIMATES ONLY**

**2022 Spring Forward Weekend - MPAC - 2022-04-07 to 2022-04-10****Session Report**

Session: 3 Friday Prelims

Day of Meet: 2 Starts at 08:30 AM Heat Interval: 35 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Prelims	11 Women 200 Freestyle	106	11	08:30 AM	_____
Prelims	12 Men 200 Freestyle	129	13	09:08 AM	_____
Prelims	13 Women 400 IM	15	2	09:47 AM	_____
Prelims	14 Men 400 IM	33	4	09:59 AM	_____
Prelims	15 Women 100 Butterfly	104	11	10:25 AM	_____
Prelims	16 Men 100 Butterfly	135	14	10:48 AM	_____
	Swimmers Counts for Warm-ups: 304	=====	=====		
	Entry / Heat Totals:	522	55		
	Finish Time			11:14 AM	_____

Session: 4 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-1	9 Women 1500 Freestyle	7	1	06:00 PM	_____
Finals	11 Women 200 Freestyle	50	5 u	06:21 PM	_____
Finals	12 Men 200 Freestyle	50	5 u	06:39 PM	_____
Finals	13 Women 400 IM	10	1 u	06:56 PM	_____
Finals	14 Men 400 IM	20	2 u	07:02 PM	_____
Finals	15 Women 100 Butterfly	50	5 u	07:15 PM	_____
Finals	16 Men 100 Butterfly	60	6 u	07:27 PM	_____
	Swimmers Counts for Warm-ups: 176	=====	=====		
	Entry / Heat Totals:	247	25		
	Finish Time			07:41 PM	_____

Session: 5 Saturday Prelims

Day of Meet: 3 Starts at 08:30 AM Heat Interval: 35 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Prelims	19 Women 100 Freestyle	130	13	08:30 AM	_____
Prelims	20 Men 100 Freestyle	148	15	08:55 AM	_____
Prelims	21 Women 200 Butterfly	39	4	09:20 AM	_____
Prelims	22 Men 200 Butterfly	55	6	09:34 AM	_____
Prelims	23 Women 100 Breaststroke	81	9	09:54 AM	_____
Prelims	24 Men 100 Breaststroke	107	11	10:15 AM	_____
	Swimmers Counts for Warm-ups: 322	=====	=====		
	Entry / Heat Totals:	560	58		
	Finish Time			10:37 AM	_____

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**2022 Spring Forward Weekend - MPAC - 2022-04-07 to 2022-04-10****Session Report**

Session: 6 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-1	18 Men 1500 Freestyle	8	1	06:00 PM	_____
Finals	19 Women 100 Freestyle	60	6 u	06:21 PM	_____
Finals	20 Men 100 Freestyle	60	6 u	06:34 PM	_____
Finals	21 Women 200 Butterfly	20	2 u	06:48 PM	_____
Finals	22 Men 200 Butterfly	40	4 u	06:55 PM	_____
Finals	23 Women 100 Breaststroke	50	5 u	07:10 PM	_____
Finals	24 Men 100 Breaststroke	50	5 u	07:23 PM	_____
	Swimmers Counts for Warm-ups: 214	=====	=====		
	Entry / Heat Totals:	288	29		
	Finish Time			07:36 PM	_____

Session: 7 Sunday Prelims

Day of Meet: 4 Starts at 08:30 AM Heat Interval: 35 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Prelims	25 Women 200 IM	108	11	08:30 AM	_____
Prelims	26 Men 200 IM	143	15	09:10 AM	_____
Prelims	27 Women 200 Backstroke	72	8	10:00 AM	_____
Prelims	28 Men 200 Backstroke	90	9	10:30 AM	_____
Prelims	29 Women 400 Freestyle	29	3	11:03 AM	_____
Prelims	30 Men 400 Freestyle	34	4	11:21 AM	_____
	Swimmers Counts for Warm-ups: 294	=====	=====		
	Entry / Heat Totals:	476	50		
	Finish Time			11:44 AM	_____

Session: 8 Sunday Finals

Day of Meet: 4 Starts at 06:00 PM Heat Interval: 75 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	25 Women 200 IM	60	6 u	06:00 PM	_____
Finals	26 Men 200 IM	60	6 u	06:24 PM	_____
Finals	27 Women 200 Backstroke	50	5 u	06:46 PM	_____
Finals	28 Men 200 Backstroke	50	5 u	07:06 PM	_____
Finals	29 Women 400 Freestyle	20	2 u	07:26 PM	_____
Finals	30 Men 400 Freestyle	20	2 u	07:38 PM	_____
	Swimmers Counts for Warm-ups: 183	=====	=====		
	Entry / Heat Totals:	260	26		
	Finish Time			07:49 PM	_____

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