

**2022 Spring Forward Weekend - WINDSOR - 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	87	9	08:30 AM	_____
Prelims	4 Men 100 Backstroke	82	9	08:50 AM	_____
	Break: 2 Minutes: Switch Ends				
Prelims	5 Women 50 Freestyle	113	12	09:11 AM	_____
Prelims	6 Men 50 Freestyle	124	13	09:25 AM	_____
	Break: 2 Minutes: Switch Ends				
Prelims	7 Women 200 Breaststroke	56	6	09:41 AM	_____
Prelims	8 Men 200 Breaststroke	65	7	10:03 AM	_____
Finals-S	1 Women 800 Freestyle	7	1	10:28 AM	_____
Finals-S	2 Men 800 Freestyle	18	2	10:39 AM	_____
	Swimmers Counts for Warm-ups: 315	=====	=====		
	Entry / Heat Totals:	552	59		
	Finish Time			11:02 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	06:22 PM	_____
Finals	4 Men 100 Backstroke	40	4 u	06:35 PM	_____
	Break: 2 Minutes: Switch Ends				
Finals	5 Women 50 Freestyle	60	6 u	06:48 PM	_____
Finals	6 Men 50 Freestyle	60	6 u	06:58 PM	_____
	Break: 2 Minutes: Switch Ends				
Finals	7 Women 200 Breaststroke	30	3 u	07:10 PM	_____
Finals	8 Men 200 Breaststroke	40	4 u	07:23 PM	_____
	Swimmers Counts for Warm-ups: 216	=====	=====		
	Entry / Heat Totals:	300	30		
	Finish Time			07:38 PM	_____

**TIMES ARE ESTIMATES ONLY**

**2022 Spring Forward Weekend - WINDSOR - 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	128	13	08:30 AM	_____
Prelims	12 Men 200 Freestyle	130	13	09:11 AM	_____
Prelims	13 Women 400 IM	16	2	09:50 AM	_____
Prelims	14 Men 400 IM	48	5	10:03 AM	_____
Prelims	15 Women 100 Butterfly	123	13	10:34 AM	_____
Prelims	16 Men 100 Butterfly	137	14	10:59 AM	_____
	Swimmers Counts for Warm-ups: 342	=====	=====		
	Entry / Heat Totals:	582	60		
	Finish Time			11:25 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	8	1	06:00 PM	_____
Finals	11 Women 200 Freestyle	60	6 u	06:21 PM	_____
Finals	12 Men 200 Freestyle	60	6 u	06:42 PM	_____
Finals	13 Women 400 IM	10	1 u	07:02 PM	_____
Finals	14 Men 400 IM	20	2 u	07:09 PM	_____
Finals	15 Women 100 Butterfly	60	6 u	07:22 PM	_____
Finals	16 Men 100 Butterfly	60	6 u	07:36 PM	_____
	Swimmers Counts for Warm-ups: 190	=====	=====		
	Entry / Heat Totals:	278	28		
	Finish Time			07:50 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	140	14	08:30 AM	_____
Prelims	20 Men 100 Freestyle	163	17	08:55 AM	_____
Prelims	21 Women 200 Butterfly	40	4	09:24 AM	_____
Prelims	22 Men 200 Butterfly	51	6	09:37 AM	_____
Prelims	23 Women 100 Breaststroke	92	10	09:57 AM	_____
Prelims	24 Men 100 Breaststroke	114	12	10:18 AM	_____
Finals-S	18 Men 1500 Freestyle	3	1	10:43 AM	_____
	Swimmers Counts for Warm-ups: 361	=====	=====		
	Entry / Heat Totals:	503	64		
	Finish Time			11:02 AM	_____

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**2022 Spring Forward Weekend - WINDSOR - 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	9	1	06:00 PM	_____
Finals	19 Women 100 Freestyle	60	6 u	06:20 PM	_____
Finals	20 Men 100 Freestyle	60	6 u	06:33 PM	_____
Finals	21 Women 200 Butterfly	20	2 u	06:47 PM	_____
Finals	22 Men 200 Butterfly	30	3 u	06:54 PM	_____
Finals	23 Women 100 Breaststroke	50	5 u	07:05 PM	_____
Finals	24 Men 100 Breaststroke	50	5 u	07:18 PM	_____
	Swimmers Counts for Warm-ups: 224	=====	=====		
	Entry / Heat Totals:	279	28		
	Finish Time			07:30 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	109	11	08:30 AM	_____
Prelims	26 Men 200 IM	134	14	09:08 AM	_____
Prelims	27 Women 200 Backstroke	93	10	09:54 AM	_____
Prelims	28 Men 200 Backstroke	85	9	10:31 AM	_____
Prelims	29 Women 400 Freestyle	27	3	11:03 AM	_____
Prelims	30 Men 400 Freestyle	39	4	11:21 AM	_____
	Swimmers Counts for Warm-ups: 315	=====	=====		
	Entry / Heat Totals:	487	51		
	Finish Time			11:43 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	40	4 u	07:06 PM	_____
Finals	29 Women 400 Freestyle	20	2 u	07:21 PM	_____
Finals	30 Men 400 Freestyle	20	2 u	07:33 PM	_____
	Swimmers Counts for Warm-ups: 187	=====	=====		
	Entry / Heat Totals:	250	25		
	Finish Time			07:45 PM	_____

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