

**2023 ECAC Winter Championship - 12-01-2023 to 12-03-2023****www.besmarttinc.com for meet results and more****Follow us on FACEBOOK and TWITTER****Session Report**

Session: 1 Friday Prelims

Day of Meet: 1 Starts at 09:00 AM Heat Interval: 30 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Prelims	3 Women 500 Freestyle	70	9 u	09:00 AM	_____
Prelims	4 Men 500 Freestyle	43	6 u	09:54 AM	_____
Prelims	5 Women 200 IM	62	8 u	10:27 AM	_____
Prelims	6 Men 200 IM	46	6 u	10:50 AM	_____
Prelims	7 Women 50 Freestyle	108	14 u	11:05 AM	_____
Prelims	8 Men 50 Freestyle	104	13 u	11:19 AM	_____
	Swimmers Counts for Warm-ups: 409	=====	=====		
	Entry / Heat Totals:	433	56		
	Finish Time			11:30 AM	_____

Session: 2 Friday Diving

Day of Meet: 1 Starts at 09:00 AM Heat Interval: 30 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Prelims	9 Women 1 mtr Diving 6 Dives	12	0	09:00 AM	_____
Prelims	10 Men 3 mtr Diving 6 Dives	8	0	09:37 AM	_____
	Swimmers Counts for Warm-ups: 20	=====	=====		
	Entry / Heat Totals:	20	0		
	Finish Time			10:01 AM	_____

Session: 3 Friday Finals

Day of Meet: 1 Starts at 06:00 PM Heat Interval: 30 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	1 Women 200 Freestyle Relay	26	4 u	06:00 PM	_____
Finals	2 Men 200 Freestyle Relay	25	4 u	06:10 PM	_____
Finals	3 Women 500 Freestyle	24	3 u	06:18 PM	_____
Finals	4 Men 500 Freestyle	24	3 u	06:35 PM	_____
Finals	5 Women 200 IM	24	3 u	06:51 PM	_____
Finals	6 Men 200 IM	24	3 u	06:59 PM	_____
Finals	7 Women 50 Freestyle	24	3 u	07:06 PM	_____
Finals	8 Men 50 Freestyle	24	3 u	07:09 PM	_____
	Break: 15 Minutes:				
Finals	9 Women 1 mtr Diving 6 Dives	0	0	07:27 PM	_____
Finals	10 Men 3 mtr Diving 6 Dives	0	0	07:27 PM	_____
Finals	11 Women 400 Medley Relay	25	4 u	07:28 PM	_____
Finals	12 Men 400 Medley Relay	23	3 u	07:47 PM	_____
	Swimmers Counts for Warm-ups: 211	=====	=====		
	Entry / Heat Totals:	243	33		
	Finish Time			08:00 PM	_____



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Session: 4 Saturday Prelims

Day of Meet: 2 Starts at 09:00 AM Heat Interval: 30 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Prelims	15 Women 400 IM	29	4 u	09:00 AM	_____
Prelims	16 Men 400 IM	23	3 u	09:22 AM	_____
Prelims	17 Women 100 Butterfly	60	8 u	09:37 AM	_____
Prelims	18 Men 100 Butterfly	69	9 u	09:49 AM	_____
Prelims	19 Women 200 Freestyle	85	11 u	10:02 AM	_____
Prelims	20 Men 200 Freestyle	74	10 u	10:31 AM	_____
Prelims	21 Women 100 Breaststroke	56	7 u	10:55 AM	_____
Prelims	22 Men 100 Breaststroke	44	6 u	11:07 AM	_____
Prelims	23 Women 100 Backstroke	64	8 u	11:16 AM	_____
Prelims	24 Men 100 Backstroke	42	6 u	11:30 AM	_____
	Swimmers Counts for Warm-ups: 425	=====	=====		
	Entry / Heat Totals:	546	72		
	Finish Time			11:41 AM	_____

Session: 5 Saturday Diving

Day of Meet: 2 Starts at 09:00 AM Heat Interval: 30 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Prelims	25 Women 3 mtr Diving 6 Dives	11	0	09:00 AM	_____
Prelims	26 Men 1 mtr Diving 6 Dives	8	0	09:34 AM	_____
	Swimmers Counts for Warm-ups: 19	=====	=====		
	Entry / Heat Totals:	19	0		
	Finish Time			09:58 AM	_____



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Session: 6 Saturday Finals

Day of Meet: 2 Starts at 06:00 PM Heat Interval: 30 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	13 Women 200 Medley Relay	26	4 u	06:00 PM	_____
Finals	14 Men 200 Medley Relay	24	3 u	06:11 PM	_____
Finals	15 Women 400 IM	24	3 u	06:18 PM	_____
Finals	16 Men 400 IM	23	3 u	06:34 PM	_____
Finals	17 Women 100 Butterfly	24	3 u	06:49 PM	_____
Finals	18 Men 100 Butterfly	24	3 u	06:53 PM	_____
Finals	19 Women 200 Freestyle	24	3 u	06:57 PM	_____
Finals	20 Men 200 Freestyle	24	3 u	07:05 PM	_____
Finals	21 Women 100 Breaststroke	24	3 u	07:11 PM	_____
Finals	22 Men 100 Breaststroke	24	3 u	07:16 PM	_____
Finals	23 Women 100 Backstroke	24	3 u	07:21 PM	_____
Finals	24 Men 100 Backstroke	24	3 u	07:26 PM	_____
	Break: 15 Minutes:				
Finals	25 Women 3 mtr Diving 6 Dives	0	0	07:46 PM	_____
Finals	26 Men 1 mtr Diving 6 Dives	0	0	07:46 PM	_____
Finals	27 Women 800 Freestyle Relay	19	3 u	07:47 PM	_____
Finals	28 Men 800 Freestyle Relay	18	3 u	08:13 PM	_____
	Swimmers Counts for Warm-ups: 256	=====	=====		
	Entry / Heat Totals:	326	43		
	Finish Time			08:37 PM	_____

Session: 7 Sunday Prelims

Day of Meet: 3 Starts at 09:00 AM Heat Interval: 30 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Prelims	31 Women 200 Backstroke	47	6 u	09:00 AM	_____
Prelims	32 Men 200 Backstroke	32	4 u	09:18 AM	_____
Prelims	33 Women 100 Freestyle	104	13 u	09:29 AM	_____
Prelims	34 Men 100 Freestyle	102	13 u	09:48 AM	_____
Prelims	35 Women 200 Breaststroke	45	6 u	10:06 AM	_____
Prelims	36 Men 200 Breaststroke	41	6 u	10:25 AM	_____
Prelims	37 Women 200 Butterfly	40	5 u	10:42 AM	_____
Prelims	38 Men 200 Butterfly	51	7 u	10:56 AM	_____
	Swimmers Counts for Warm-ups: 400	=====	=====		
	Entry / Heat Totals:	462	60		
	Finish Time			11:14 AM	_____



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Session: 8 Sunday Platform Diving (Exhibition)

Day of Meet: 3 Starts at 12:00 PM Heat Interval: 30 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	41 Women Platform Diving 6 Dives	7	0	12:00 PM	_____
Finals	42 Men Platform Diving 6 Dives	3	0	12:22 PM	_____
	Swimmers Counts for Warm-ups: 10	=====	=====		
	Entry / Heat Totals:	10	0		
	Finish Time			12:31 PM	_____

Session: 10 1650s

Day of Meet: 3 Starts at 01:30 PM Heat Interval: 15 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals-S	29 Women 1650 Freestyle	32	4 u	01:30 PM	_____
Finals-S	30 Men 1650 Freestyle	16	2 u	02:16 PM	_____
	Swimmers Counts for Warm-ups: 64	=====	=====		
	Entry / Heat Totals:	48	6		
	Finish Time			02:38 PM	_____

Session: 9 Sunday Finals

Day of Meet: 3 Starts at 04:00 PM Heat Interval: 30 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals-1	29 Women 1650 Freestyle	8	1 u	04:00 PM	_____
Finals-1	30 Men 1650 Freestyle	8	1 u	04:12 PM	_____
Finals	31 Women 200 Backstroke	24	3 u	04:23 PM	_____
Finals	32 Men 200 Backstroke	24	3 u	04:32 PM	_____
Finals	33 Women 100 Freestyle	24	3 u	04:40 PM	_____
Finals	34 Men 100 Freestyle	24	3 u	04:44 PM	_____
Finals	35 Women 200 Breaststroke	24	3 u	04:48 PM	_____
Finals	36 Men 200 Breaststroke	24	3 u	04:57 PM	_____
Finals	37 Women 200 Butterfly	24	3 u	05:05 PM	_____
Finals	38 Men 200 Butterfly	24	3 u	05:13 PM	_____
	Break: 15 Minutes:				
Finals	39 Women 400 Freestyle Relay	26	4 u	05:36 PM	_____
Finals	40 Men 400 Freestyle Relay	25	4 u	05:53 PM	_____
	Swimmers Counts for Warm-ups: 266	=====	=====		
	Entry / Heat Totals:	259	34		
	Finish Time			06:09 PM	_____

