

2026 CUNYAC Championship - 01-30-2026 to 02-01-2026

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Session Report

Session: 1 Friday

Day of Meet: 1 Starts at 04:30 PM Heat Interval: 40 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	1 Women 200 Freestyle Relay	10	2 u	04:30 PM	_____
Finals	2 Men 200 Freestyle Relay	7	1 u	04:37 PM	_____
	Break: 10 Minutes: OPTIONAL				
Finals	3 Women 500 Freestyle	11	2 u	04:51 PM	_____
Finals	4 Men 500 Freestyle	10	2 u	05:07 PM	_____
Finals	5 Women 200 IM	10	2 u	05:24 PM	_____
Finals	6 Men 200 IM	5	1 u	05:31 PM	_____
Finals	7 Women 50 Freestyle	26	4 u	05:34 PM	_____
Finals	8 Men 50 Freestyle	24	3 u	05:40 PM	_____
	Break: 20 Minutes:				
Finals	9 Women 400 Medley Relay	8	1 u	06:04 PM	_____
Finals	10 Men 400 Medley Relay	6	1 u	06:11 PM	_____
	Swimmers Counts for Warm-ups: 92	=====	=====		
	Entry / Heat Totals:	117	19		
	Finish Time			06:20 PM	_____

Session: 4 Diving

Day of Meet: 1 Starts at 07:00 PM Heat Interval: 30 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	11 Women 1 mtr Diving	1	0	07:00 PM	_____
Finals	12 Men 1 mtr Diving	2	0	07:04 PM	_____
Finals	37 Women 3 mtr Diving	1	0	07:10 PM	_____
Finals	38 Men 3 mtr Diving	2	0	07:14 PM	_____
	Swimmers Counts for Warm-ups: 3				
	Entry / Heat Totals:	6	0		
	Finish Time			07:20 PM	_____





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Session Report

Session: 2 Saturday

Day of Meet: 3 Starts at 10:00 AM Heat Interval: 40 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at
Finals	13 Women 200 Medley Relay	10	2 u	10:00 AM
Finals	14 Men 200 Medley Relay	7	1 u	10:09 AM
	Break: 10 Minutes: Optional			
Finals	15 Women 400 IM	10	2 u	10:23 AM
Finals	16 Men 400 IM	6	1 u	10:39 AM
Finals	17 Women 100 Butterfly	8	1 u	10:45 AM
Finals	18 Men 100 Butterfly	10	2 u	10:48 AM
Finals	19 Women 200 Freestyle	14	2 u	10:52 AM
Finals	20 Men 200 Freestyle	9	2 u	10:59 AM
Finals	21 Women 100 Breaststroke	11	2 u	11:07 AM
Finals	22 Men 100 Breaststroke	12	2 u	11:12 AM
Finals	23 Women 100 Backstroke	23	3 u	11:16 AM
Finals	24 Men 100 Backstroke	9	2 u	11:24 AM
	Break: 20 Minutes:			
Finals	25 Women 800 Freestyle Relay	6	1 u	11:51 AM
Finals	26 Men 800 Freestyle Relay	3	1 u	12:04 PM
	Swimmers Counts for Warm-ups: 96	====	====	
	Entry / Heat Totals:	138	24	
	Finish Time			12:15 PM

Session: 3 Sunday

Day of Meet: 3 Starts at 10:00 AM Heat Interval: 40 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at
Finals	27 Women 1650 Freestyle	9	2 u	10:00 AM
Finals	28 Men 1650 Freestyle	6	1 u	10:31 AM
	Break: 40 Minutes: Adjustment for 1650s			
Finals	29 Women 200 Backstroke	10	2 u	11:26 AM
Finals	30 Men 200 Backstroke	8	1 u	11:35 AM
Finals	31 Women 100 Freestyle	17	3 u	11:40 AM
Finals	32 Men 100 Freestyle	18	3 u	11:46 AM
Finals	33 Women 200 Breaststroke	10	2 u	11:54 AM
Finals	34 Men 200 Breaststroke	9	2 u	12:02 PM
Finals	35 Women 200 Butterfly	8	1 u	12:11 PM
Finals	36 Men 200 Butterfly	9	2 u	12:15 PM
	Break: 20 Minutes:			
Finals	39 Women 400 Freestyle Relay	10	2 u	12:43 PM
Finals	40 Men 400 Freestyle Relay	7	1 u	12:58 PM
	Swimmers Counts for Warm-ups: 98	====	====	
	Entry / Heat Totals:	121	22	
	Finish Time			01:07 PM

