

**2025 ECAC Winter Championship - 12-05-2025 to 12-07-2025****www.besmarttinc.com for meet results and more****Follow Be Smartt on Facebook & X****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	37	5 u	09:00 AM	_____
Prelims	4 Men 500 Freestyle	38	5 u	09:31 AM	_____
Prelims	5 Women 200 IM	45	6 u	09:58 AM	_____
Prelims	6 Men 200 IM	48	6 u	10:15 AM	_____
Prelims	7 Women 50 Freestyle	83	11 u	10:31 AM	_____
Prelims	8 Men 50 Freestyle	82	11 u	10:41 AM	_____
	Swimmers Counts for Warm-ups: 300	=====	=====		
	Entry / Heat Totals:	333	44		
	Finish Time			10:51 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	19	0	09:00 AM	_____
Prelims	10 Men 3 mtr Diving 6 Dives	8	0	09:58 AM	_____
	Swimmers Counts for Warm-ups: 27	=====	=====		
	Entry / Heat Totals:	27	0		
	Finish Time			10:22 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	19	3 u	06:00 PM	_____
Finals	2 Men 200 Freestyle Relay	18	3 u	06:07 PM	_____
Finals	3 Women 500 Freestyle	24	3 u	06:13 PM	_____
Finals	4 Men 500 Freestyle	24	3 u	06:31 PM	_____
Finals	5 Women 200 IM	24	3 u	06:47 PM	_____
Finals	6 Men 200 IM	24	3 u	06:55 PM	_____
Finals	7 Women 50 Freestyle	24	3 u	07:02 PM	_____
Finals	8 Men 50 Freestyle	24	3 u	07:05 PM	_____
	Break: 15 Minutes:				
Finals	9 Women 1 mtr Diving 6 Dives	0	0	07:23 PM	_____
Finals	10 Men 3 mtr Diving 6 Dives	0	0	07:23 PM	_____
Finals	11 Women 400 Medley Relay	19	3 u	07:24 PM	_____
Finals	12 Men 400 Medley Relay	18	3 u	07:38 PM	_____
	Swimmers Counts for Warm-ups: 190	=====	=====		
	Entry / Heat Totals:	218	30		
	Finish Time			07:52 PM	_____

**Revised Thursday December 4th, 2025**

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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	23	3 u	09:00 AM	_____
Prelims	16 Men 400 IM	27	4 u	09:17 AM	_____
	Break: 5 Minutes:				
Prelims	17 Women 100 Butterfly	46	6 u	09:42 AM	_____
Prelims	18 Men 100 Butterfly	62	8 u	09:51 AM	_____
	Break: 5 Minutes:				
Prelims	19 Women 200 Freestyle	58	8 u	10:07 AM	_____
Prelims	20 Men 200 Freestyle	49	7 u	10:28 AM	_____
	Break: 5 Minutes:				
Prelims	21 Women 100 Breaststroke	49	7 u	10:49 AM	_____
Prelims	22 Men 100 Breaststroke	47	6 u	11:01 AM	_____
	Break: 5 Minutes:				
Prelims	23 Women 100 Backstroke	57	8 u	11:15 AM	_____
Prelims	24 Men 100 Backstroke	46	6 u	11:30 AM	_____
	Swimmers Counts for Warm-ups: 320	=====	=====		
	Entry / Heat Totals:	464	63		
	Finish Time			11:40 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	15	0	09:00 AM	_____
Prelims	26 Men 1 mtr Diving 6 Dives	10	0	09:46 AM	_____
	Swimmers Counts for Warm-ups: 25	=====	=====		
	Entry / Heat Totals:	25	0		
	Finish Time			10:16 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	21	3 u	06:00 PM	_____
Finals	14 Men 200 Medley Relay	18	3 u	06:08 PM	_____
Finals	15 Women 400 IM	23	3 u	06:16 PM	_____
Finals	16 Men 400 IM	24	3 u	06:32 PM	_____
Finals	17 Women 100 Butterfly	24	3 u	06:46 PM	_____
Finals	18 Men 100 Butterfly	24	3 u	06:50 PM	_____
Finals	19 Women 200 Freestyle	24	3 u	06:55 PM	_____
Finals	20 Men 200 Freestyle	24	3 u	07:02 PM	_____
Finals	21 Women 100 Breaststroke	24	3 u	07:09 PM	_____
Finals	22 Men 100 Breaststroke	24	3 u	07:13 PM	_____
Finals	23 Women 100 Backstroke	24	3 u	07:18 PM	_____
Finals	24 Men 100 Backstroke	24	3 u	07:23 PM	_____
	Break: 15 Minutes:				
Finals	25 Women 3 mtr Diving 6 Dives	0	0	07:43 PM	_____
Finals	26 Men 1 mtr Diving 6 Dives	0	0	07:43 PM	_____
Finals	27 Women 800 Freestyle Relay	19	3 u	07:44 PM	_____
Finals	28 Men 800 Freestyle Relay	18	3 u	08:11 PM	_____
	Swimmers Counts for Warm-ups: 231	=====	=====		
	Entry / Heat Totals:	315	42		
	Finish Time			08:35 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	39	5 u	09:00 AM	_____
Prelims	32 Men 200 Backstroke	37	5 u	09:16 AM	_____
	Break: 5 Minutes:				
Prelims	33 Women 100 Freestyle	84	11 u	09:35 AM	_____
Prelims	34 Men 100 Freestyle	80	10 u	09:51 AM	_____
	Break: 5 Minutes:				
Prelims	35 Women 200 Breaststroke	35	5 u	10:09 AM	_____
Prelims	36 Men 200 Breaststroke	38	5 u	10:25 AM	_____
	Break: 5 Minutes:				
Prelims	37 Women 200 Butterfly	25	4 u	10:44 AM	_____
Prelims	38 Men 200 Butterfly	40	5 u	10:55 AM	_____
	Swimmers Counts for Warm-ups: 315	=====	=====		
	Entry / Heat Totals:	378	50		
	Finish Time			11:08 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	0	0	12:00 PM	_____
Finals	42 Men Platform Diving 6 Dives	0	0	12:01 PM	_____
	Finish Time			12:01 PM	_____

Session: 10 1650s

Day of Meet: 3 Starts at 02:00 PM Heat Interval: 15 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals-S	29 Women 1650 Freestyle	13	2 u	02:00 PM	_____
Finals-S	30 Men 1650 Freestyle	20	3 u	02:24 PM	_____
	Swimmers Counts for Warm-ups: 49	=====	=====		
	Entry / Heat Totals:	33	5		
	Finish Time			02:56 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	04:24 PM	_____
Finals	32 Men 200 Backstroke	24	3 u	04:32 PM	_____
Finals	33 Women 100 Freestyle	24	3 u	04:41 PM	_____
Finals	34 Men 100 Freestyle	24	3 u	04:45 PM	_____
Finals	35 Women 200 Breaststroke	24	3 u	04:49 PM	_____
Finals	36 Men 200 Breaststroke	24	3 u	04:58 PM	_____
Finals	37 Women 200 Butterfly	24	3 u	05:06 PM	_____
Finals	38 Men 200 Butterfly	24	3 u	05:14 PM	_____
	Break: 15 Minutes:				
Finals	39 Women 400 Freestyle Relay	22	3 u	05:37 PM	_____
Finals	40 Men 400 Freestyle Relay	19	3 u	05:50 PM	_____
	Swimmers Counts for Warm-ups: 231	=====	=====		
	Entry / Heat Totals:	249	32		
	Finish Time			06:02 PM	_____

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