

Rockfish Winter Wake Up Meet - 1/24/2026 to 1/25/2026**Session Report**

Session: 1 12 & Under Saturday Session

Day of Meet: 1 Starts at 08:00 AM Heat Interval: 35 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	1 Girls 12 & Under 200 Freestyle	36	5	08:00 AM	_____
Finals	2 Boys 12 & Under 200 Freestyle	20	3	08:19 AM	_____
Finals	3 Girls 10 & Under 100 IM	33	5	08:30 AM	_____
Finals	4 Boys 10 & Under 100 IM	14	2	08:43 AM	_____
Finals	5 Girls 11-12 100 IM	28	4	08:48 AM	_____
Finals	6 Boys 11-12 100 IM	15	2	08:58 AM	_____
Finals	7 Girls 8 & Under 25 Freestyle	19	3	09:02 AM	_____
Finals	8 Boys 8 & Under 25 Freestyle	9	2	09:06 AM	_____
	Break: 10 Minutes:				
Finals	9 Girls 10 & Under 50 Freestyle	48	6	09:18 AM	_____
Finals	10 Boys 10 & Under 50 Freestyle	29	4	09:27 AM	_____
Finals	11 Girls 11-12 50 Freestyle	41	6	09:33 AM	_____
Finals	12 Boys 11-12 50 Freestyle	22	3	09:41 AM	_____
Finals	13 Girls 9-10 100 Backstroke	18	3	09:44 AM	_____
Finals	14 Boys 9-10 100 Backstroke	14	2	09:52 AM	_____
Finals	15 Girls 11-12 100 Backstroke	19	3	09:58 AM	_____
Finals	16 Boys 11-12 100 Backstroke	17	3	10:06 AM	_____
	Break: 10 Minutes:				
Finals	17 Girls 9-10 100 Butterfly	8	1	10:24 AM	_____
Finals	18 Boys 9-10 100 Butterfly	2	1	10:27 AM	_____
Finals	19 Girls 11-12 100 Butterfly	16	2	10:29 AM	_____
Finals	20 Boys 11-12 100 Butterfly	10	2	10:33 AM	_____
Finals	21 Girls 8 & Under 25 Breaststroke	21	3	10:38 AM	_____
Finals	22 Boys 8 & Under 25 Breaststroke	7	1	10:42 AM	_____
Finals	23 Girls 10 & Under 25 Breaststroke	8	1	10:43 AM	_____
Finals	24 Boys 10 & Under 25 Breaststroke	9	2	10:44 AM	_____
Finals	25 Girls 11-12 50 Breaststroke	32	4	10:46 AM	_____
Finals	26 Boys 11-12 50 Breaststroke	19	3	10:53 AM	_____
	Swimmers Counts for Warm-ups: 156	=====	=====		
	Entry / Heat Totals:	514	76		
	Finish Time			10:58 AM	_____

Rockfish Winter Wake Up Meet - 1/24/2026 to 1/25/2026**Session Report**

Session: 2 9 & Over 500 Free

Day of Meet: 1 Starts at 12:30 PM Heat Interval: 35 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	27 Girls 9 & Over 500 Freestyle	47	6 u	12:30 PM	_____
Finals	28 Boys 9 & Over 500 Freestyle	30	4 u	01:16 PM	_____
	Swimmers Counts for Warm-ups: 77	=====	=====		
	Entry / Heat Totals:	77	10		
	Finish Time			01:43 PM	_____

Rockfish Winter Wake Up Meet - 1/24/2026 to 1/25/2026**Session Report**

Session: 3 13 & Over Saturday Session

Day of Meet: 1 Starts at 03:30 PM Heat Interval: 35 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	29 Girls 13-14 200 IM	28	4	03:30 PM	_____
Finals	30 Boys 13-14 200 IM	18	3	03:46 PM	_____
Finals	31 Girls 15 & Over 200 IM	17	3	03:56 PM	_____
Finals	32 Boys 15 & Over 200 IM	14	2	04:07 PM	_____
Finals	33 Girls 13-14 50 Freestyle	42	6	04:13 PM	_____
Finals	34 Boys 13-14 50 Freestyle	24	3	04:20 PM	_____
Finals	35 Girls 15 & Over 50 Freestyle	31	4	04:24 PM	_____
Finals	36 Boys 15 & Over 50 Freestyle	22	3	04:28 PM	_____
	Break: 10 Minutes:				
Finals	37 Girls 13-14 200 Backstroke	18	3	04:41 PM	_____
Finals	38 Boys 13-14 200 Backstroke	8	1	04:53 PM	_____
Finals	39 Girls 15 & Over 200 Backstroke	13	2	04:57 PM	_____
Finals	40 Boys 15 & Over 200 Backstroke	13	2	05:05 PM	_____
	Break: 10 Minutes:				
Finals	41 Girls 13-14 200 Butterfly	6	1	05:22 PM	_____
Finals	42 Boys 13-14 200 Butterfly	4	1	05:27 PM	_____
Finals	43 Girls 15 & Over 200 Butterfly	6	1	05:30 PM	_____
Finals	44 Boys 15 & Over 200 Butterfly	8	1	05:33 PM	_____
Finals	45 Girls 13-14 100 Breaststroke	36	5	05:36 PM	_____
Finals	46 Boys 13-14 100 Breaststroke	23	3	05:48 PM	_____
Finals	47 Girls 15 & Over 100 Breaststroke	24	3	05:55 PM	_____
Finals	48 Boys 15 & Over 100 Breaststroke	21	3	06:02 PM	_____
	Swimmers Counts for Warm-ups: 127	=====	=====		
	Entry / Heat Totals:	376	54		
	Finish Time			06:07 PM	_____

Rockfish Winter Wake Up Meet - 1/24/2026 to 1/25/2026**Session Report**

Session: 4 12 & Under Sunday Session

Day of Meet: 2 Starts at 08:00 AM Heat Interval: 35 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	49 Girls 9-10 100 Freestyle	26	4	08:00 AM	_____
Finals	50 Boys 9-10 100 Freestyle	19	3	08:10 AM	_____
Finals	51 Girls 11-12 100 Freestyle	27	4	08:18 AM	_____
Finals	52 Boys 11-12 100 Freestyle	24	3	08:27 AM	_____
Finals	53 Girls 8 & Under 25 Backstroke	22	3	08:33 AM	_____
Finals	54 Boys 8 & Under 25 Backstroke	9	2	08:38 AM	_____
	Break: 10 Minutes:				
Finals	55 Girls 10 & Under 50 Backstroke	41	6	08:51 AM	_____
Finals	56 Boys 10 & Under 50 Backstroke	24	3	09:02 AM	_____
Finals	57 Girls 11-12 50 Backstroke	21	3	09:08 AM	_____
Finals	58 Boys 11-12 50 Backstroke	23	3	09:12 AM	_____
Finals	59 Girls 8 & Under 25 Butterfly	14	2	09:17 AM	_____
Finals	60 Boys 8 & Under 25 Butterfly	5	1	09:19 AM	_____
Finals	61 Girls 10 & Under 50 Butterfly	28	4	09:20 AM	_____
Finals	62 Boys 10 & Under 50 Butterfly	10	2	09:27 AM	_____
Finals	63 Girls 11-12 50 Butterfly	27	4	09:30 AM	_____
Finals	64 Boys 11-12 50 Butterfly	18	3	09:36 AM	_____
Finals	65 Girls 9-10 100 Breaststroke	15	2	09:40 AM	_____
Finals	66 Boys 9-10 100 Breaststroke	12	2	09:46 AM	_____
Finals	67 Girls 11-12 100 Breaststroke	14	2	09:52 AM	_____
Finals	68 Boys 11-12 100 Breaststroke	19	3	09:58 AM	_____
	Break: 10 Minutes:				
Finals	69 Girls 12 & Under 200 IM	25	4	10:15 AM	_____
Finals	70 Boys 12 & Under 200 IM	17	3	10:31 AM	_____
	Swimmers Counts for Warm-ups: 141	=====	=====		
	Entry / Heat Totals:	440	66		
	Finish Time			10:44 AM	_____

Rockfish Winter Wake Up Meet - 1/24/2026 to 1/25/2026**Session Report**

Session: 5 13 & Over Sunday Session

Day of Meet: 2 Starts at 01:00 PM Heat Interval: 35 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	71 Girls 13-14 400 IM	6	1 u	01:00 PM	_____
Finals	72 Boys 13-14 400 IM	5	1 u	01:07 PM	_____
Finals	73 Girls 15 & Over 400 IM	4	1 u	01:14 PM	_____
Finals	74 Boys 15 & Over 400 IM	7	1 u	01:20 PM	_____
Finals	75 Girls 13-14 100 Freestyle	32	4	01:27 PM	_____
Finals	76 Boys 13-14 100 Freestyle	24	3	01:34 PM	_____
Finals	77 Girls 15 & Over 100 Freestyle	23	3	01:40 PM	_____
Finals	78 Boys 15 & Over 100 Freestyle	17	3	01:45 PM	_____
Finals	79 Girls 13-14 100 Backstroke	30	4	01:50 PM	_____
Finals	80 Boys 13-14 100 Backstroke	22	3	02:00 PM	_____
Finals	81 Girls 15 & Over 100 Backstroke	21	3	02:07 PM	_____
Finals	82 Boys 15 & Over 100 Backstroke	16	2	02:14 PM	_____
Finals	83 Girls 13-14 100 Butterfly	20	3	02:18 PM	_____
Finals	84 Boys 13-14 100 Butterfly	9	2	02:24 PM	_____
Finals	85 Girls 15 & Over 100 Butterfly	21	3	02:28 PM	_____
Finals	86 Boys 15 & Over 100 Butterfly	17	3	02:34 PM	_____
Finals	87 Girls 13-14 200 Breaststroke	9	2	02:40 PM	_____
Finals	88 Boys 13-14 200 Breaststroke	12	2	02:49 PM	_____
Finals	89 Girls 15 & Over 200 Breaststroke	11	2	02:57 PM	_____
Finals	90 Boys 15 & Over 200 Breaststroke	10	2	03:05 PM	_____
Finals	91 Girls 13-14 200 Freestyle	25	4	03:13 PM	_____
Finals	92 Boys 13-14 200 Freestyle	17	3	03:26 PM	_____
Finals	93 Girls 15 & Over 200 Freestyle	14	2	03:37 PM	_____
Finals	94 Boys 15 & Over 200 Freestyle	13	2	03:44 PM	_____
	Swimmers Counts for Warm-ups: 123	=====	=====		
	Entry / Heat Totals:	385	59		
	Finish Time			03:50 PM	_____