

2024 CAC 4th Annual Zach Spain B&Slower Meet - 11/8/2024 to 11/10/2024**Session Report**

Session: 1 Fri Evening Session

Day of Meet: 1 Starts at 05:00 PM Heat Interval: 35 Seconds / Back +15 Seconds

Round	Event	Starts at	
Finals	1 Girls 10 & Under 500 Freestyle	05:00 PM	_____
Finals	2 Boys 10 & Under 500 Freestyle	05:11 PM	_____
Finals	3 Girls 11-12 500 Freestyle	05:21 PM	_____
Finals	4 Boys 11-12 500 Freestyle	05:38 PM	_____
Finals	5 Girls 13-14 500 Freestyle	05:48 PM	_____
Finals	6 Boys 13-14 500 Freestyle	05:56 PM	_____
Finals	7 Girls 15 & Over 500 Freestyle	06:05 PM	_____
Finals	8 Boys 15 & Over 500 Freestyle	06:13 PM	_____
Finals	9 Girls 11-12 400 IM	06:22 PM	_____
Finals	10 Boys 11-12 400 IM	06:29 PM	_____
Finals	11 Girls 13-14 400 IM	06:36 PM	_____
Finals	12 Boys 13-14 400 IM	06:42 PM	_____
Finals	13 Girls 15 & Over 400 IM	06:49 PM	_____
Finals	14 Boys 15 & Over 400 IM	06:56 PM	_____
Finals	15 Girls 11-12 1650 Freestyle	07:02 PM	_____
Finals	16 Boys 11-12 1650 Freestyle	07:02 PM	_____
Finals	17 Girls 13-14 1650 Freestyle	07:02 PM	_____
Finals	18 Boys 13-14 1650 Freestyle	07:29 PM	_____
Finals	19 Girls 15 & Over 1650 Freestyle	07:56 PM	_____
Finals	20 Boys 15 & Over 1650 Freestyle	08:22 PM	_____
	Swimmers Counts for Warm-ups: 92		
	Finish Time	08:49 PM	_____

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Session Report

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

Round	Event	Starts at	
Finals	21 Girls 15 & Over 200 IM	08:00 AM	_____
Finals	22 Boys 15 & Over 200 IM	08:08 AM	_____
Finals	23 Girls 13-14 200 IM	08:18 AM	_____
Finals	24 Boys 13-14 200 IM	08:37 AM	_____
Finals	25 Girls 15 & Over 100 Freestyle	08:52 AM	_____
Finals	26 Boys 15 & Over 100 Freestyle	08:56 AM	_____
Finals	27 Girls 13-14 100 Freestyle	08:59 AM	_____
Finals	28 Boys 13-14 100 Freestyle	09:10 AM	_____
Finals	29 Girls 15 & Over 200 Butterfly	09:18 AM	_____
Finals	30 Boys 15 & Over 200 Butterfly	09:21 AM	_____
Finals	31 Girls 13-14 200 Butterfly	09:24 AM	_____
Finals	32 Boys 13-14 200 Butterfly	09:28 AM	_____
Finals	33 Girls 15 & Over 100 Breaststroke	09:31 AM	_____
Finals	34 Boys 15 & Over 100 Breaststroke	09:35 AM	_____
Finals	35 Girls 13-14 100 Breaststroke	09:44 AM	_____
Finals	36 Boys 13-14 100 Breaststroke	09:58 AM	_____
Finals	37 Girls 15 & Over 200 Backstroke	10:08 AM	_____
Finals	38 Boys 15 & Over 200 Backstroke	10:15 AM	_____
Finals	39 Girls 13-14 200 Backstroke	10:23 AM	_____
Finals	40 Boys 13-14 200 Backstroke	10:39 AM	_____
	Swimmers Counts for Warm-ups: 180		
	Finish Time	10:51 AM	_____

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Session Report

Session: 3 Sat Mid Afternoon Session

Day of Meet: 2 Starts at 12:30 PM Heat Interval: 35 Seconds / Back +15 Seconds

Round	Event	Starts at	
Finals	41 Girls 10 & Under 200 Backstroke	12:30 PM	_____
Finals	42 Boys 10 & Under 200 Backstroke	12:35 PM	_____
Finals	43 Girls 10 & Under 50 Freestyle	12:39 PM	_____
Finals	44 Boys 10 & Under 50 Freestyle	12:57 PM	_____
Finals	45 Girls 10 & Under 100 Butterfly	01:10 PM	_____
Finals	46 Boys 10 & Under 100 Butterfly	01:12 PM	_____
Finals	47 Girls 10 & Under 50 Breaststroke	01:14 PM	_____
Finals	48 Boys 10 & Under 50 Breaststroke	01:31 PM	_____
Finals	49 Girls 10 & Under 100 Backstroke	01:43 PM	_____
Finals	50 Boys 10 & Under 100 Backstroke	02:07 PM	_____
Finals	51 Girls 10 & Under 100 IM	02:25 PM	_____
Finals	52 Boys 10 & Under 100 IM	02:43 PM	_____
	Swimmers Counts for Warm-ups: 209		
	Finish Time	02:58 PM	_____

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Session: 4 Sat Late Afternoon Session

Day of Meet: 2 Starts at 04:30 PM Heat Interval: 35 Seconds / Back +15 Seconds

Round	Event	Starts at	
Finals	53 Girls 11-12 200 Backstroke	04:30 PM	_____
Finals	54 Boys 11-12 200 Backstroke	04:39 PM	_____
Finals	55 Girls 11-12 50 Freestyle	04:47 PM	_____
Finals	56 Boys 11-12 50 Freestyle	05:00 PM	_____
Finals	57 Girls 11-12 100 Butterfly	05:08 PM	_____
Finals	58 Boys 11-12 100 Butterfly	05:15 PM	_____
Finals	59 Girls 11-12 50 Breaststroke	05:20 PM	_____
Finals	60 Boys 11-12 50 Breaststroke	05:33 PM	_____
Finals	61 Girls 11-12 100 Backstroke	05:41 PM	_____
Finals	62 Boys 11-12 100 Backstroke	06:01 PM	_____
Finals	63 Girls 11-12 100 IM	06:12 PM	_____
Finals	64 Boys 11-12 100 IM	06:28 PM	_____
Finals	65 Girls 11-12 200 Breaststroke	06:39 PM	_____
Finals	66 Boys 11-12 200 Breaststroke	06:53 PM	_____
	Swimmers Counts for Warm-ups: 175		
	Finish Time	07:02 PM	_____

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Session Report

Session: 5 Sun Morning Session
Day of Meet: 3 Starts at 08:00 AM Heat Interval: 35 Seconds / Back +15 Seconds

Round	Event	Starts at	
Finals	67 Girls 15 & Over 200 Freestyle	08:00 AM	_____
Finals	68 Boys 15 & Over 200 Freestyle	08:07 AM	_____
Finals	69 Girls 13-14 200 Freestyle	08:13 AM	_____
Finals	70 Boys 13-14 200 Freestyle	08:28 AM	_____
Finals	71 Girls 15 & Over 100 Butterfly	08:42 AM	_____
Finals	72 Boys 15 & Over 100 Butterfly	08:44 AM	_____
Finals	73 Girls 13-14 100 Butterfly	08:48 AM	_____
Finals	74 Boys 13-14 100 Butterfly	08:55 AM	_____
Finals	75 Girls 15 & Over 200 Breaststroke	09:01 AM	_____
Finals	76 Boys 15 & Over 200 Breaststroke	09:09 AM	_____
Finals	77 Girls 13-14 200 Breaststroke	09:17 AM	_____
Finals	78 Boys 13-14 200 Breaststroke	09:30 AM	_____
Finals	79 Girls 15 & Over 100 Backstroke	09:42 AM	_____
Finals	80 Boys 15 & Over 100 Backstroke	09:49 AM	_____
Finals	81 Girls 13-14 100 Backstroke	09:56 AM	_____
Finals	82 Boys 13-14 100 Backstroke	10:08 AM	_____
Finals	83 Girls 15 & Over 50 Freestyle	10:21 AM	_____
Finals	84 Boys 15 & Over 50 Freestyle	10:23 AM	_____
Finals	85 Girls 13-14 50 Freestyle	10:26 AM	_____
Finals	86 Boys 13-14 50 Freestyle	10:31 AM	_____
	Swimmers Counts for Warm-ups: 180		
	Finish Time	10:37 AM	_____

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Session: 6 Sun Mid Afternoon Session

Day of Meet: 3 Starts at 12:30 PM Heat Interval: 35 Seconds / Back +15 Seconds

Round	Event	Starts at	
Finals	87 Girls 10 & Under 200 IM	12:30 PM	_____
Finals	88 Boys 10 & Under 200 IM	12:39 PM	_____
Finals	89 Girls 10 & Under 100 Freestyle	12:44 PM	_____
Finals	90 Boys 10 & Under 100 Freestyle	01:03 PM	_____
Finals	91 Girls 10 & Under 50 Butterfly	01:20 PM	_____
Finals	92 Boys 10 & Under 50 Butterfly	01:29 PM	_____
Finals	93 Girls 10 & Under 100 Breaststroke	01:35 PM	_____
Finals	94 Boys 10 & Under 100 Breaststroke	01:51 PM	_____
Finals	95 Girls 10 & Under 50 Backstroke	02:04 PM	_____
Finals	96 Boys 10 & Under 50 Backstroke	02:20 PM	_____
Finals	97 Girls 10 & Under 200 Freestyle	02:33 PM	_____
Finals	98 Boys 10 & Under 200 Freestyle	02:41 PM	_____
	Swimmers Counts for Warm-ups: 176		
	Finish Time	02:49 PM	_____

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Session Report

Session: 7 Sun Late Afternoon Session

Day of Meet: 3 Starts at 04:30 PM Heat Interval: 35 Seconds / Back +15 Seconds

Round	Event	Starts at	
Finals	99 Girls 11-12 200 IM	04:30 PM	_____
Finals	100 Boys 11-12 200 IM	04:43 PM	_____
Finals	101 Girls 11-12 100 Freestyle	04:51 PM	_____
Finals	102 Boys 11-12 100 Freestyle	05:06 PM	_____
Finals	103 Girls 11-12 50 Butterfly	05:17 PM	_____
Finals	104 Boys 11-12 50 Butterfly	05:22 PM	_____
Finals	105 Girls 11-12 100 Breaststroke	05:28 PM	_____
Finals	106 Boys 11-12 100 Breaststroke	05:41 PM	_____
Finals	107 Girls 11-12 50 Backstroke	05:51 PM	_____
Finals	108 Boys 11-12 50 Backstroke	06:03 PM	_____
Finals	109 Girls 11-12 200 Freestyle	06:11 PM	_____
Finals	110 Boys 11-12 200 Freestyle	06:26 PM	_____
Finals	111 Girls 11-12 200 Butterfly	06:38 PM	_____
Finals	112 Boys 11-12 200 Butterfly	06:42 PM	_____
	Swimmers Counts for Warm-ups: 144		
	Finish Time	06:46 PM	_____