

2025 EST Spring Into Long Course - 4/12/2025 to 4/13/2025**Session Report**

Session: 1 Saturday AM

Day of Meet: 1 Starts at 08:00 AM Heat Interval: 30 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	1 Mixed 9-12 100 Breaststroke	151	19	08:00 AM	_____
Finals	2 Mixed 9-12 50 Freestyle	232	29	08:49 AM	_____
Finals	3 Mixed 9-12 100 Butterfly	62	8	09:25 AM	_____
	Break: 10 Minutes: Warmup/Cooldown				
Finals	4 Mixed 9-12 50 Backstroke	226	29	09:54 AM	_____
Finals	5 Mixed 9-12 200 Freestyle	120	15	10:41 AM	_____
	Swimmers Counts for Warm-ups: 275	=====	=====		
	Entry / Heat Totals:	791	100		
	Finish Time			11:40 AM	_____
	=====				
	Team - #Entries - #Athletes				
	=====				
BCSC	Baltimore City Swim Club	32	13		
CAA	Columbia Aquatics Association	189	64		
EST	Eagle Swim Team	201	68		
GTAC	Green Terror Aquatic Club	24	9		
MAS	Merritt Athletic Swimming	90	33		
NBAC	North Baltimore Aquatic Club	99	34		
RAC	Retriever Aquatic Club	72	24		
SPY	Spy Swim Team	61	22		
SA	Suburban Aquatics	21	7		
UNA	Unattached	2	1		

2025 EST Spring Into Long Course - 4/12/2025 to 4/13/2025
Session Report

Session: 2 Saturday 400 IM
Day of Meet: 1 Starts at 12:30 PM Heat Interval: 30 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	6 Mixed 400 IM	15	3	12:30 PM	_____
	Swimmers Counts for Warm-ups: 15	=====	=====		
	Entry / Heat Totals:	15	3		
	Finish Time			12:53 PM	_____
	=====				
	Team - #Entries - #Athletes				
	=====				
EST	Eagle Swim Team	1	1		
MAS	Merritt Athletic Swimming	5	5		
RAC	Retriever Aquatic Club	4	4		
SPY	Spy Swim Team	4	4		
UNA	Unattached	1	1		

2025 EST Spring Into Long Course - 4/12/2025 to 4/13/2025**Session Report**

Session: 3 Saturday PM

Day of Meet: 1 Starts at 02:00 PM Heat Interval: 30 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	7 Mixed 13 & Over 200 Backstroke	43	6	02:00 PM	_____
Finals	8 Mixed 13 & Over 100 Butterfly	30	4	02:24 PM	_____
	Break: 10 Minutes: Warm-Up/Cool Down				
Finals	9 Mixed 13 & Over 50 Backstroke	72	9	02:42 PM	_____
Finals	10 Mixed 13 & Over 200 Breaststroke	27	4	02:56 PM	_____
Finals	11 Mixed 13 & Over 100 Freestyle	98	13	03:12 PM	_____
	Break: 10 Minutes: Warm-Up/Cool Down				
Finals	12 Mixed 13 & Over 50 Breaststroke	47	6	03:47 PM	_____
Finals	13 Mixed 13 & Over 200 IM	36	5	03:56 PM	_____
	Swimmers Counts for Warm-ups: 127	=====	=====		
	Entry / Heat Totals:	353	47		
	Finish Time			04:15 PM	_____
	=====				
	Team - #Entries - #Athletes				
	=====				
BCSC	Baltimore City Swim Club	15	5		
EST	Eagle Swim Team	86	35		
GTAC	Green Terror Aquatic Club	12	4		
MAS	Merritt Athletic Swimming	72	25		
NBAC	North Baltimore Aquatic Club	39	13		
RAC	Retriever Aquatic Club	59	20		
SPY	Spy Swim Team	70	25		

2025 EST Spring Into Long Course - 4/12/2025 to 4/13/2025**Session Report**

Session: 4 Sunday AM

Day of Meet: 2 Starts at 08:00 AM Heat Interval: 30 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	14 Mixed 9-12 100 Backstroke	152	19	08:00 AM	_____
Finals	15 Mixed 9-12 50 Breaststroke	142	18	08:49 AM	_____
Finals	16 Mixed 9-12 100 Freestyle	200	25	09:16 AM	_____
	Break: 10 Minutes: Warmup/Cooldown				
Finals	17 Mixed 9-12 50 Butterfly	131	17	10:20 AM	_____
Finals	18 Mixed 9-12 200 IM	81	11	10:43 AM	_____
	Swimmers Counts for Warm-ups: 245	=====	=====		
	Entry / Heat Totals:	706	90		
	Finish Time			11:29 AM	_____
	=====				
	Team - #Entries - #Athletes				
	=====				
ACSS	Aqua Culture Swim Team	45	15		
BCSC	Baltimore City Swim Club	15	6		
CAA	Columbia Aquatics Association	150	52		
EST	Eagle Swim Team	189	65		
GTAC	Green Terror Aquatic Club	24	8		
MAS	Merritt Athletic Swimming	74	27		
NBAC	North Baltimore Aquatic Club	84	28		
RAC	Retriever Aquatic Club	51	17		
SPY	Spy Swim Team	55	20		
SA	Suburban Aquatics	17	6		
UNA	Unattached	2	1		

2025 EST Spring Into Long Course - 4/12/2025 to 4/13/2025
Session Report

Session: 5 Sunday 400 Free
Day of Meet: 2 Starts at 12:15 PM Heat Interval: 30 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	19 Mixed 400 Freestyle	31	5	12:15 PM	_____
	Swimmers Counts for Warm-ups: 31	====	====		
	Entry / Heat Totals:	31	5		
	Finish Time			12:51 PM	_____
	=====				
	Team - #Entries - #Athletes				
	=====				
EST	Eagle Swim Team	4	4		
GTAC	Green Terror Aquatic Club	1	1		
MAS	Merritt Athletic Swimming	7	7		
NBAC	North Baltimore Aquatic Club	3	3		
RAC	Retriever Aquatic Club	7	7		
SPY	Spy Swim Team	9	9		

2025 EST Spring Into Long Course - 4/12/2025 to 4/13/2025
Session Report

Session: 6 Sunday PM
Day of Meet: 2 Starts at 02:10 PM Heat Interval: 30 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	20 Mixed 13 & Over 200 Butterfly	6	1	02:10 PM	_____
Finals	21 Mixed 13 & Over 100 Backstroke	100	13	02:14 PM	_____
	Break: 10 Minutes: Warmup/Cooldown				
Finals	22 Mixed 13 & Over 50 Butterfly	46	6	02:55 PM	_____
Finals	23 Mixed 13 & Over 200 Freestyle	71	9	03:03 PM	_____
Finals	24 Mixed 13 & Over 100 Breaststroke	63	8	03:34 PM	_____
	Break: 10 Minutes: Warmup/Cooldown				
Finals	25 Mixed 13 & Over 50 Freestyle	112	14	04:02 PM	_____
	Swimmers Counts for Warm-ups: 138	=====	=====		
	Entry / Heat Totals:	398	51		
	Finish Time			04:17 PM	_____
	=====				
	Team - #Entries - #Athletes				
	=====				
ACSS	Aqua Culture Swim Team	30	10		
BCSC	Baltimore City Swim Club	15	5		
EST	Eagle Swim Team	151	52		
GTAC	Green Terror Aquatic Club	6	2		
MAS	Merritt Athletic Swimming	54	19		
NBAC	North Baltimore Aquatic Club	30	10		
RAC	Retriever Aquatic Club	57	20		
SPY	Spy Swim Team	55	20		