

2026 FOX January Distance & Sprint Meet - 1/11/2026**Session Report**

Session: 1 12 & Under Distance & Open Sprint

Day of Meet: 1 Starts at 11:50 AM Heat Interval: 30 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	1 Girls 8 & Under 25 Breaststroke	11	2	11:50 AM	_____
Finals	2 Boys 8 & Under 25 Breaststroke	6	1	11:53 AM	_____
Finals	3 Girls 8 & Under 50 Breaststroke	9	1	11:55 AM	_____
Finals	4 Boys 8 & Under 50 Breaststroke	8	1	11:56 AM	_____
Finals	5 Girls 50 Backstroke	105	11	11:58 AM	_____
Finals	6 Boys 50 Backstroke	91	10	12:14 PM	_____
Finals	7 Girls 8 & Under 25 Backstroke	6	1	12:29 PM	_____
Finals	8 Boys 8 & Under 25 Backstroke	15	2	12:30 PM	_____
Finals	9 Girls 8 & Under 50 Backstroke	20	2	12:33 PM	_____
Finals	10 Boys 8 & Under 50 Backstroke	10	1	12:37 PM	_____
Finals	11 Girls 12 & Under 200 Freestyle	15	2	12:39 PM	_____
Finals	12 Boys 12 & Under 200 Freestyle	20	2	12:48 PM	_____
Finals	13 Girls 50 Breaststroke	99	10	12:55 PM	_____
Finals	14 Boys 50 Breaststroke	72	8	01:09 PM	_____
Finals	15 Girls 12 & Under 500 Freestyle	12	2	01:19 PM	_____
Finals	16 Boys 12 & Under 500 Freestyle	12	2	01:38 PM	_____
Finals	17 Girls 8 & Under 25 Butterfly	6	1	01:56 PM	_____
Finals	18 Boys 8 & Under 25 Butterfly	8	1	01:57 PM	_____
Finals	19 Girls 8 & Under 50 Butterfly	3	1	01:58 PM	_____
Finals	20 Boys 8 & Under 50 Butterfly	5	1	01:59 PM	_____
Finals	21 Girls 50 Butterfly	94	10	02:01 PM	_____
Finals	22 Boys 50 Butterfly	91	10	02:13 PM	_____
Finals	23 Girls 12 & Under 400 IM	6	1	02:25 PM	_____
Finals	24 Boys 12 & Under 400 IM	1	1	02:31 PM	_____
Finals	26 Boys 8 & Under 25 Freestyle	10	1	02:38 PM	_____
Finals	25 Girls 8 & Under 25 Freestyle	11	2	02:39 PM	_____
Finals	27 Girls 8 & Under 50 Freestyle	20	2	02:41 PM	_____
Finals	28 Boys 8 & Under 50 Freestyle	19	2	02:45 PM	_____
Finals	29 Girls 100 IM	103	11	02:48 PM	_____
Finals	30 Boys 100 IM	79	8	03:10 PM	_____
	Swimmers Counts for Warm-ups: 323	=====	=====		
	Entry / Heat Totals:	967	110		
	Finish Time			03:26 PM	_____
	=====				
	Team - #Entries - #Athletes				
	=====				
APEX	Apex Aquatic Club	87	23		
EPSC	Eastern Panhandle Swim Club	146	51		
FSC	Fox Swim Club	246	83		
FAST	Frederick Area Swim Team	330	116		
SMDA	Southern Maryland Aquatics	94	32		
SPRC	Sprc Stingrays	64	18		

2026 FOX January Distance & Sprint Meet - 1/11/2026
Session Report

Session: 2 Distance

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

Round	Event	Entries	Heats	Starts at	
Finals	31 Girls 400 IM	10	1	03:30 PM	_____
Finals	32 Boys 400 IM	10	1	03:36 PM	_____
Finals	33 Girls 500 Freestyle	32	4	03:43 PM	_____
Finals	34 Boys 500 Freestyle	25	3	04:12 PM	_____
Finals	35 Girls 1650 Freestyle	9	1	04:33 PM	_____
Finals	36 Boys 1650 Freestyle	13	2	04:58 PM	_____
	Swimmers Counts for Warm-ups: 97	=====	=====		
	Entry / Heat Totals:	99	12		
	Finish Time			05:47 PM	_____
	=====				
	Team - #Entries - #Athletes				
	=====				
APEX	Apex Aquatic Club	2	2		
EPSC	Eastern Panhandle Swim Club	22	21		
FSC	Fox Swim Club	42	42		
FAST	Frederick Area Swim Team	29	28		
SPRC	Sprc Stingrays	4	4		