

**2025 MR TYR Senior Metropolitan Summer Champ - 7/10/2025 to 7/13/2025****Session Report**

Session: 1 Thursday

Day of Meet: 1 Starts at 05:30 PM Heat Interval: 30 Seconds / Back +15 Seconds

Round	Event	Starts at	
Finals	1 Women 800 Freestyle	05:30 PM	_____
Finals	2 Men 800 Freestyle	06:30 PM	_____
	Break: 10 Minutes:		
Finals	3 Women 800 Freestyle Relay	07:36 PM	_____
Finals	4 Men 800 Freestyle Relay	07:54 PM	_____
Finals	104 Men 200 Freestyle Relay Leadoff Event4	08:03 PM	_____
	Swimmers Counts for Warm-ups: 146		
	Finish Time	08:07 PM	_____

Session: 2 Friday Prelims

Day of Meet: 2 Starts at 09:00 AM Heat Interval: 30 Seconds / Back +15 Seconds

Round	Event	Starts at	
Finals-S	5 Women 200 Freestyle Relay	09:00 AM	_____
Finals-S	6 Men 200 Freestyle Relay	09:05 AM	_____
	Break: 10 Minutes:		
Prelims	7 Women 100 Breaststroke	09:20 AM	_____
Prelims	8 Men 100 Breaststroke	09:36 AM	_____
Prelims	9 Women 200 Freestyle	09:58 AM	_____
Prelims	10 Men 200 Freestyle	10:22 AM	_____
Prelims	11 Women 100 Butterfly	10:50 AM	_____
Prelims	12 Men 100 Butterfly	11:03 AM	_____
Prelims	13 Women 400 IM	11:18 AM	_____
Prelims	14 Men 400 IM	11:47 AM	_____
	Break: 10 Minutes:		
Finals-S	15 Women 200 Medley Relay	12:40 PM	_____
Finals-S	16 Men 200 Medley Relay	12:46 PM	_____
	Swimmers Counts for Warm-ups: 395		
	Finish Time	12:51 PM	_____

Session: 9 Friday AM Time Trials

Day of Meet: 2 Starts at 12:00 PM Heat Interval: 15 Seconds / Back +15 Seconds

Round	Event	Starts at	
Finals	208 Men 100 Breaststroke Time Trial	12:00 PM	_____
	Swimmers Counts for Warm-ups: 1		
	Finish Time	12:02 PM	_____

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Session: 3 Friday Finals

Day of Meet: 2 Starts at 05:30 PM Heat Interval: 90 Seconds / Back +15 Seconds

Round	Event	Starts at	
Finals-2	5 Women 200 Freestyle Relay	05:30 PM	_____
Finals-2	6 Men 200 Freestyle Relay	05:42 PM	_____
	Break: 5 Minutes: Awards		
Finals	7 Women 100 Breaststroke	05:57 PM	_____
Finals	8 Men 100 Breaststroke	06:09 PM	_____
	Break: 3 Minutes: Awards		
Finals	9 Women 200 Freestyle	06:22 PM	_____
Finals	10 Men 200 Freestyle	06:33 PM	_____
	Break: 3 Minutes: Awards		
Finals	11 Women 100 Butterfly	06:47 PM	_____
Finals	12 Men 100 Butterfly	06:57 PM	_____
	Break: 3 Minutes: Awards		
Finals	13 Women 400 IM	07:10 PM	_____
Finals	14 Men 400 IM	07:30 PM	_____
	Break: 5 Minutes: Awards		
Finals-2	15 Women 200 Medley Relay	07:54 PM	_____
Finals-2	16 Men 200 Medley Relay	08:07 PM	_____
	Swimmers Counts for Warm-ups: 222		
	Finish Time	08:19 PM	_____

Session: 4 Saturday Prelims

Day of Meet: 3 Starts at 09:00 AM Heat Interval: 30 Seconds / Back +15 Seconds

Round	Event	Starts at	
Prelims	17 Women 200 IM	09:00 AM	_____
Prelims	18 Men 200 IM	09:21 AM	_____
Prelims	19 Women 50 Freestyle	09:49 AM	_____
Prelims	20 Men 50 Freestyle	09:59 AM	_____
Prelims	21 Women 100 Backstroke	10:12 AM	_____
Prelims	22 Men 100 Backstroke	10:25 AM	_____
Prelims	23 Women 400 Freestyle	10:43 AM	_____
Prelims	24 Men 400 Freestyle	11:19 AM	_____
Finals-S	25 Women 400 Medley Relay	11:57 AM	_____
Finals-S	26 Men 400 Medley Relay	12:02 PM	_____
	Swimmers Counts for Warm-ups: 397		
	Finish Time	12:07 PM	_____
	Finish Time	12:00 PM	_____

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Session: 5 Saturday Finals

Day of Meet: 3 Starts at 05:30 PM Heat Interval: 90 Seconds / Back +15 Seconds

Round	Event	Starts at	
Finals	17 Women 200 IM	05:30 PM	_____
Finals	18 Men 200 IM	05:42 PM	_____
	Break: 5 Minutes: Awards		
Finals	19 Women 50 Freestyle	05:58 PM	_____
Finals	20 Men 50 Freestyle	06:06 PM	_____
	Break: 5 Minutes: Awards		
Finals	21 Women 100 Backstroke	06:19 PM	_____
Finals	22 Men 100 Backstroke	06:30 PM	_____
	Break: 5 Minutes: Awards		
Finals	23 Women 400 Freestyle	06:46 PM	_____
Finals	24 Men 400 Freestyle	07:04 PM	_____
	Break: 5 Minutes: Awards		
Finals-2	25 Women 400 Medley Relay	07:26 PM	_____
Finals-2	26 Men 400 Medley Relay	07:39 PM	_____
	Swimmers Counts for Warm-ups: 219		
	Finish Time	07:50 PM	_____

Session: 6 Sunday Prelims

Day of Meet: 4 Starts at 09:00 AM Heat Interval: 30 Seconds / Back +15 Seconds

Round	Event	Starts at	
Prelims	29 Women 200 Backstroke	09:00 AM	_____
Prelims	30 Men 200 Backstroke	09:23 AM	_____
Prelims	31 Women 200 Breaststroke	09:47 AM	_____
Prelims	32 Men 200 Breaststroke	10:10 AM	_____
Prelims	33 Women 100 Freestyle	10:37 AM	_____
Prelims	34 Men 100 Freestyle	10:52 AM	_____
Prelims	35 Women 200 Butterfly	11:09 AM	_____
Prelims	36 Men 200 Butterfly	11:33 AM	_____
Finals-S	37 Women 400 Freestyle Relay	11:53 AM	_____
Finals-S	38 Men 400 Freestyle Relay	11:57 AM	_____
	Swimmers Counts for Warm-ups: 403		
	Finish Time	12:01 PM	_____
	Finish Time	12:00 PM	_____

Session: 7 Sunday Distance

Day of Meet: 4 Starts at 01:41 PM Heat Interval: 30 Seconds / Back +15 Seconds

Round	Event	Starts at	
Finals-S	27 Women 1500 Freestyle	01:41 PM	_____
Finals-S	28 Men 1500 Freestyle	02:39 PM	_____
	Swimmers Counts for Warm-ups: 77		
	Finish Time	03:50 PM	_____

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Session: 8 Sunday Finals

Day of Meet: 4 Starts at 05:00 PM Heat Interval: 90 Seconds / Back +15 Seconds

Round	Event	Starts at	
Finals-1	27 Women 1500 Freestyle	05:00 PM	_____
Finals-1	28 Men 1500 Freestyle	05:21 PM	_____
	Break: 3 Minutes:		
Finals	29 Women 200 Backstroke	05:42 PM	_____
Finals	30 Men 200 Backstroke	05:55 PM	_____
	Break: 3 Minutes: Awards		
Finals	31 Women 200 Breaststroke	06:09 PM	_____
Finals	32 Men 200 Breaststroke	06:22 PM	_____
	Break: 3 Minutes: Awards		
Finals	33 Women 100 Freestyle	06:37 PM	_____
Finals	34 Men 100 Freestyle	06:47 PM	_____
	Break: 3 Minutes: Awards		
Finals	35 Women 200 Butterfly	06:59 PM	_____
Finals	36 Men 200 Butterfly	07:11 PM	_____
	Break: 3 Minutes: Awards		
Finals-2	37 Women 400 Freestyle Relay	07:25 PM	_____
Finals-2	38 Men 400 Freestyle Relay	07:36 PM	_____
	Break: 5 Minutes: Awards		
	Swimmers Counts for Warm-ups: 280		
	Finish Time	07:52 PM	_____