

**2024 MW FAST-GOAL Sprint Cup - 4/20/2024 to 4/21/2024**  
**Fremont NE Dillon Aquatic Center - 50 m, Sanction #: MWS24020**  
**Session Report**

Session: 1 Saturday AM 13&O Prelims

Day of Meet: 1 Starts at 08:00 AM Heat Interval: 18 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	1 Girls 13 & Over 200 Freestyle	30	5	08:00 AM	_____
Finals	2 Boys 13 & Over 200 Freestyle	30	5	08:14 AM	_____
Prelims	3 Girls 13 & Over 100 Butterfly	32	6	08:28 AM	_____
Prelims	4 Boys 13 & Over 100 Butterfly	44	8	08:39 AM	_____
	Break: 5 Minutes: Timer Movement				
Prelims	5 Girls 13 & Over 50 Backstroke	42	7	08:58 AM	_____
Prelims	6 Boys 13 & Over 50 Backstroke	27	5	09:07 AM	_____
	Break: 5 Minutes: Timer Movement				
Prelims	7 Girls 13 & Over 100 Breaststroke	42	7	09:19 AM	_____
Prelims	8 Boys 13 & Over 100 Breaststroke	50	9	09:34 AM	_____
	Break: 5 Minutes: Timer Movement				
Prelims	9 Girls 13 & Over 50 Freestyle	73	13	09:57 AM	_____
Prelims	10 Boys 13 & Over 50 Freestyle	64	11	10:09 AM	_____
	Break: 5 Minutes: Timer Movement				
Finals	11 Girls 13 & Over 400 IM	10	2	10:23 AM	_____
Finals	12 Boys 13 & Over 400 IM	11	2	10:36 AM	_____
	Swimmers Counts for Warm-ups: 166	=====	=====		
	Entry / Heat Totals:	455	80		
	Finish Time			10:50 AM	_____

Session: 2 Saturday AM 13&O Finals

Day of Meet: 1 Starts at 11:00 AM Heat Interval: 60 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	3 Girls 13 & Over 100 Butterfly	18	3 u	11:00 AM	_____
Finals	4 Boys 13 & Over 100 Butterfly	18	3 u	11:07 AM	_____
	Break: 5 Minutes: Timer Movement				
Finals	5 Girls 13 & Over 50 Backstroke	18	3 u	11:18 AM	_____
Finals	6 Boys 13 & Over 50 Backstroke	18	3 u	11:24 AM	_____
	Break: 5 Minutes: Timer Movement				
Finals	7 Girls 13 & Over 100 Breaststroke	18	3 u	11:35 AM	_____
Finals	8 Boys 13 & Over 100 Breaststroke	18	3 u	11:42 AM	_____
	Break: 5 Minutes: Timer Movement				
Finals	9 Girls 13 & Over 50 Freestyle	18	3 u	11:54 AM	_____
Finals	10 Boys 13 & Over 50 Freestyle	18	3 u	11:58 AM	_____
	Swimmers Counts for Warm-ups: 99	=====	=====		
	Entry / Heat Totals:	144	24		
	Finish Time			12:02 PM	_____

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**Session Report**

Session: 3 Saturday PM Session 12&U Timed Finals + 100 Free Prelims  
 Day of Meet: 1 Starts at 01:10 PM Heat Interval: 18 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Prelims	13 Girls 12 & Under 100 Freestyle	54	9	01:10 PM	_____
Prelims	14 Boys 12 & Under 100 Freestyle	51	9	01:30 PM	_____
	Break: 5 Minutes: Timer Movement				
Finals	15 Girls 12 & Under 50 Breaststroke	43	8	01:54 PM	_____
Finals	16 Boys 12 & Under 50 Breaststroke	35	6	02:05 PM	_____
	Break: 5 Minutes: Timer Movement				
Finals	17 Girls 12 & Under 200 Butterfly	2	1	02:18 PM	_____
Finals	18 Boys 12 & Under 200 Butterfly	1	1	02:22 PM	_____
Finals	19 Girls 12 & Under 100 Backstroke	36	6	02:25 PM	_____
Finals	20 Boys 12 & Under 100 Backstroke	44	8	02:41 PM	_____
Finals	21 Girls 12 & Under 200 Breaststroke	14	3	03:01 PM	_____
Finals	22 Boys 12 & Under 200 Breaststroke	7	2	03:15 PM	_____
	Break: 5 Minutes: Timer Movement				
Finals	23 Girls 12 & Under 50 Butterfly	29	5	03:29 PM	_____
Finals	24 Boys 12 & Under 50 Butterfly	30	5	03:36 PM	_____
	Break: 5 Minutes: Timer Movement				
Finals	25 Girls 12 & Under 200 IM	22	4	03:47 PM	_____
Finals	26 Boys 12 & Under 200 IM	22	4	04:04 PM	_____
	Break: 5 Minutes:				
	Swimmers Counts for Warm-ups: 120	=====	=====		
	Entry / Heat Totals:	390	71		
	Finish Time			04:27 PM	_____

Session: 4 100 Freestyle Finals Session  
 Day of Meet: 1 Starts at 04:15 PM Heat Interval: 75 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	13 Girls 12 & Under 100 Freestyle	12	2 u	04:15 PM	_____
Finals	14 Boys 12 & Under 100 Freestyle	12	2 u	04:20 PM	_____
	Swimmers Counts for Warm-ups: 24	=====	=====		
	Entry / Heat Totals:	24	4		
	Finish Time			04:25 PM	_____

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**Session Report**

Session: 5 Sunday AM 13&O Prelims

Day of Meet: 2 Starts at 08:00 AM Heat Interval: 18 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	27 Girls 13 & Over 200 IM	30	5	08:00 AM	_____
Finals	28 Boys 13 & Over 200 IM	30	5	08:16 AM	_____
	Break: 5 Minutes: Timer Movement				
Prelims	29 Girls 13 & Over 50 Butterfly	33	6	08:36 AM	_____
Prelims	30 Boys 13 & Over 50 Butterfly	39	7	08:43 AM	_____
	Break: 5 Minutes: Timer Movement				
Prelims	31 Girls 13 & Over 100 Backstroke	41	7	08:55 AM	_____
Prelims	32 Boys 13 & Over 100 Backstroke	55	10	09:09 AM	_____
	Break: 5 Minutes: Timer Movement				
Prelims	33 Girls 13 & Over 50 Breaststroke	20	4	09:35 AM	_____
Prelims	34 Boys 13 & Over 50 Breaststroke	28	5	09:40 AM	_____
	Break: 5 Minutes: Timer Movement				
Prelims	35 Girls 13 & Over 100 Freestyle	59	10	09:51 AM	_____
Prelims	36 Boys 13 & Over 100 Freestyle	66	11	10:06 AM	_____
Finals	37 Girls 13 & Over 400 Freestyle	18	3	10:23 AM	_____
Finals	38 Boys 13 & Over 400 Freestyle	18	3	10:40 AM	_____
	Swimmers Counts for Warm-ups: 156	=====	=====		
	Entry / Heat Totals:	437	76		
	Finish Time			10:57 AM	_____

Session: 6 Sunday AM 13&O Finals

Day of Meet: 2 Starts at 11:00 AM Heat Interval: 60 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	29 Girls 13 & Over 50 Butterfly	18	3 u	11:00 AM	_____
Finals	30 Boys 13 & Over 50 Butterfly	18	3 u	11:05 AM	_____
	Break: 5 Minutes: Timer Movement				
Finals	31 Girls 13 & Over 100 Backstroke	18	3 u	11:15 AM	_____
Finals	32 Boys 13 & Over 100 Backstroke	18	3 u	11:22 AM	_____
	Break: 5 Minutes: Timer Movement				
Finals	33 Girls 13 & Over 50 Breaststroke	18	3 u	11:34 AM	_____
Finals	34 Boys 13 & Over 50 Breaststroke	18	3 u	11:39 AM	_____
	Break: 5 Minutes: Timer Movement				
Finals	35 Girls 13 & Over 100 Freestyle	18	3 u	11:49 AM	_____
Finals	36 Boys 13 & Over 100 Freestyle	18	3 u	11:55 AM	_____
	Swimmers Counts for Warm-ups: 94	=====	=====		
	Entry / Heat Totals:	144	24		
	Finish Time			12:01 PM	_____

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**Session Report**

Session: 7 Sunday PM Session 12&U Timed Finals + 50 Free Prelims  
 Day of Meet: 2 Starts at 01:10 PM Heat Interval: 18 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	39 Girls 12 & Under 200 Freestyle	26	5	01:10 PM	_____
Finals	40 Boys 12 & Under 200 Freestyle	28	5	01:30 PM	_____
	Break: 5 Minutes: Timer Movement				
Prelims	41 Girls 12 & Under 50 Freestyle	59	10	01:55 PM	_____
Prelims	42 Boys 12 & Under 50 Freestyle	56	10	02:07 PM	_____
	Break: 5 Minutes: Timer Movement				
Finals	43 Girls 12 & Under 100 Butterfly	8	2	02:23 PM	_____
Finals	44 Boys 12 & Under 100 Butterfly	14	3	02:27 PM	_____
Finals	45 Girls 12 & Under 200 Backstroke	13	3	02:34 PM	_____
Finals	46 Boys 12 & Under 200 Backstroke	7	2	02:47 PM	_____
Finals	47 Girls 12 & Under 100 Breaststroke	35	6	02:55 PM	_____
Finals	48 Boys 12 & Under 100 Breaststroke	30	5	03:10 PM	_____
	Break: 5 Minutes: Timer Movement				
Finals	49 Girls 12 & Under 50 Backstroke	53	9	03:28 PM	_____
Finals	50 Boys 12 & Under 50 Backstroke	48	8	03:42 PM	_____
	Break: 5 Minutes: Timer Movement				
Finals	51 Girls 12 & Under 400 IM	3	1	04:01 PM	_____
Finals	52 Boys 12 & Under 400 IM	4	1	04:08 PM	_____
	Break: 5 Minutes: End of Session - Begin Finals				
	Swimmers Counts for Warm-ups: 126	=====	=====		
	Entry / Heat Totals:	384	70		
	Finish Time			04:20 PM	_____

Session: 8 50 Freestyle Finals Session  
 Day of Meet: 2 Starts at 04:15 PM Heat Interval: 75 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	41 Girls 12 & Under 50 Freestyle	12	2 u	04:15 PM	_____
Finals	42 Boys 12 & Under 50 Freestyle	12	2 u	04:19 PM	_____
	Swimmers Counts for Warm-ups: 24	=====	=====		
	Entry / Heat Totals:	24	4		
	Finish Time			04:23 PM	_____