

2023 EZ Southern Region Speedo Champ Series - 3/23/2023 to 3/26/2023
Session Report

Session: 1 Thursday- Distance 1000W - 1650M

Day of Meet: 1 Starts at 03:30 PM Heat Interval: 20 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	1 Women 1650 Freestyle	13	2 u	03:30 PM	_____
Finals	2 Men 1000 Freestyle	34	5 u	04:07 PM	_____
	Swimmers Counts for Warm-ups: 47	=====	=====		
	Entry / Heat Totals:	47	7		
	Finish Time			04:57 PM	_____

Session: 2 Friday Preliminaries

Day of Meet: 2 Starts at 08:30 AM Heat Interval: 20 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Prelims	3 Women 200 Freestyle	45	6 u	08:30 AM	_____
Prelims	4 Men 200 Freestyle	85	11 u	08:44 AM	_____
Prelims	5 Women 100 Breaststroke	56	7 u	09:07 AM	_____
Prelims	6 Men 100 Breaststroke	78	10 u	09:17 AM	_____
Prelims	7 Women 100 Butterfly	77	10 u	09:31 AM	_____
Prelims	8 Men 100 Butterfly	99	13 u	09:45 AM	_____
Prelims	9 Women 400 IM	52	7 u	10:01 AM	_____
Prelims	10 Men 400 IM	45	6 u	10:36 AM	_____
	Break: 5 Minutes:				
Finals-S	11 Women 800 Freestyle Relay	2	1 u	11:08 AM	_____
Finals-S	12 Men 800 Freestyle Relay	8	1 u	11:16 AM	_____
	Swimmers Counts for Warm-ups: 408	=====	=====		
	Entry / Heat Totals:	547	72		
	Finish Time			11:24 AM	_____

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Session: 3 Friday Finals

Day of Meet: 2 Starts at 06:00 PM Heat Interval: 75 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	3 Women 200 Freestyle Break: 2 Minutes:	24	3 u	06:00 PM	_____
Finals	4 Men 200 Freestyle Break: 2 Minutes:	24	3 u	06:12 PM	_____
Finals	5 Women 100 Breaststroke Break: 2 Minutes:	24	3 u	06:23 PM	_____
Finals	6 Men 100 Breaststroke Break: 2 Minutes:	24	3 u	06:32 PM	_____
Finals	7 Women 100 Butterfly Break: 2 Minutes:	24	3 u	06:40 PM	_____
Finals	8 Men 100 Butterfly Break: 2 Minutes:	24	3 u	06:49 PM	_____
Finals	9 Women 400 IM	24	3 u	06:57 PM	_____
Finals	10 Men 400 IM Break: 10 Minutes:	24	3 u	07:14 PM	_____
Finals-2	11 Women 800 Freestyle Relay	16	2 u	07:40 PM	_____
Finals-2	12 Men 800 Freestyle Relay Swimmers Counts for Warm-ups: 213	16	2 u	07:59 PM	_____
	Entry / Heat Totals:	224	28		
	Finish Time			08:15 PM	_____

Session: 4 Saturday Preliminaries

Day of Meet: 3 Starts at 08:30 AM Heat Interval: 20 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals-S	13 Women 200 Medley Relay	10	2 u	08:30 AM	_____
Finals-S	14 Men 200 Medley Relay Break: 5 Minutes:	20	3 u	08:40 AM	_____
Prelims	15 Women 200 Butterfly	56	7 u	08:57 AM	_____
Prelims	16 Men 200 Butterfly	68	9 u	09:15 AM	_____
Prelims	17 Women 50 Freestyle	81	11 u	09:36 AM	_____
Prelims	18 Men 50 Freestyle	113	15 u	09:44 AM	_____
Prelims	19 Women 200 Breaststroke	51	7 u	09:55 AM	_____
Prelims	20 Men 200 Breaststroke	61	8 u	10:15 AM	_____
Prelims	21 Women 100 Backstroke	59	8 u	10:35 AM	_____
Prelims	22 Men 100 Backstroke	69	9 u	10:48 AM	_____
Prelims	23 Women 500 Freestyle	40	5 u	11:02 AM	_____
Prelims	24 Men 500 Freestyle Break: 5 Minutes:	46	6 u	11:29 AM	_____
Finals-S	25 Women 400 Freestyle Relay	11	2 u	12:05 PM	_____
Finals-S	26 Men 400 Freestyle Relay Swimmers Counts for Warm-ups: 490	19	3 u	12:13 PM	_____
	Entry / Heat Totals:	704	95		
	Finish Time			12:24 PM	_____

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Session: 5 Saturday Finals

Day of Meet: 3 Starts at 06:00 PM Heat Interval: 75 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals-2	13 Women 200 Medley Relay Break: 2 Minutes:	16	2 u	06:00 PM	_____
Finals-2	14 Men 200 Medley Relay Break: 10 Minutes:	16	2 u	06:14 PM	_____
Finals	15 Women 200 Butterfly Break: 2 Minutes:	24	3 u	06:34 PM	_____
Finals	16 Men 200 Butterfly Break: 2 Minutes:	24	3 u	06:46 PM	_____
Finals	17 Women 50 Freestyle Break: 2 Minutes:	24	3 u	06:57 PM	_____
Finals	18 Men 50 Freestyle Break: 2 Minutes:	24	3 u	07:04 PM	_____
Finals	19 Women 200 Breaststroke Break: 2 Minutes:	24	3 u	07:11 PM	_____
Finals	20 Men 200 Breaststroke Break: 2 Minutes:	24	3 u	07:24 PM	_____
Finals	21 Women 100 Backstroke Break: 2 Minutes:	24	3 u	07:36 PM	_____
Finals	22 Men 100 Backstroke Break: 2 Minutes:	24	3 u	07:45 PM	_____
Finals	23 Women 500 Freestyle Break: 2 Minutes:	24	3 u	07:54 PM	_____
Finals	24 Men 500 Freestyle Break: 10 Minutes:	24	3 u	08:15 PM	_____
Finals-2	25 Women 400 Freestyle Relay	16	2 u	08:43 PM	_____
Finals-2	26 Men 400 Freestyle Relay	16	2 u	08:53 PM	_____
	Swimmers Counts for Warm-ups: 336	=====	=====		
	Entry / Heat Totals:	304	38		
	Finish Time			09:02 PM	_____

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Session Report

Session: 6 Sunday Preliminaries

Day of Meet: 4 Starts at 08:30 AM Heat Interval: 20 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals-S	27 Women 200 Freestyle Relay	13	2 u	08:30 AM	_____
Finals-S	28 Men 200 Freestyle Relay	17	3 u	08:35 AM	_____
	Break: 5 Minutes:				
Prelims	31 Women 200 Backstroke	55	7 u	08:45 AM	_____
Prelims	32 Men 200 Backstroke	52	7 u	09:04 AM	_____
Prelims	33 Women 100 Freestyle	79	10 u	09:22 AM	_____
Prelims	34 Men 100 Freestyle	105	14 u	09:34 AM	_____
Prelims	35 Women 200 IM	66	9 u	09:50 AM	_____
Prelims	36 Men 200 IM	94	12 u	10:13 AM	_____
	Break: 5 Minutes:				
Finals-S	37 Women 400 Medley Relay	10	2 u	10:46 AM	_____
Finals-S	38 Men 400 Medley Relay	17	3 u	10:55 AM	_____
	Swimmers Counts for Warm-ups: 429	=====	=====		
	Entry / Heat Totals:	508	69		
	Finish Time			11:08 AM	_____

Session: 7 Sunday Distance 1650W- 10000M

Day of Meet: 4 Starts at 03:00 PM Heat Interval: 20 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals-S	29 Women 1000 Freestyle	11	2 u	03:00 PM	_____
Finals-S	30 Men 1650 Freestyle	20	3 u	03:22 PM	_____
	Swimmers Counts for Warm-ups: 47	=====	=====		
	Entry / Heat Totals:	31	5		
	Finish Time			04:13 PM	_____

2023 EZ Southern Region Speedo Champ Series - 3/23/2023 to 3/26/2023**Session Report**

Session: 8 Sunday Finals

Day of Meet: 4 Starts at 05:00 PM Heat Interval: 75 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals-2	27 Women 200 Freestyle Relay	16	2 u	05:00 PM	_____
Finals-2	28 Men 200 Freestyle Relay	16	2 u	05:06 PM	_____
	Break: 10 Minutes:				
Finals-1	29 Women 1000 Freestyle	8	1 u	05:22 PM	_____
Finals-1	30 Men 1650 Freestyle	8	1 u	05:34 PM	_____
Finals	31 Women 200 Backstroke	24	3 u	05:52 PM	_____
	Break: 2 Minutes:				
Finals	32 Men 200 Backstroke	24	3 u	06:04 PM	_____
	Break: 2 Minutes:				
Finals	33 Women 100 Freestyle	24	3 u	06:16 PM	_____
	Break: 2 Minutes:				
Finals	34 Men 100 Freestyle	24	3 u	06:25 PM	_____
	Break: 2 Minutes:				
Finals	35 Women 200 IM	24	3 u	06:33 PM	_____
	Break: 2 Minutes:				
Finals	36 Men 200 IM	24	3 u	06:45 PM	_____
	Break: 10 Minutes:				
Finals-2	37 Women 400 Medley Relay	16	2 u	07:04 PM	_____
	Break: 2 Minutes:				
Finals-2	38 Men 400 Medley Relay	16	2 u	07:17 PM	_____
	Swimmers Counts for Warm-ups: 312	=====	=====		
	Entry / Heat Totals:	224	28		
	Finish Time			07:28 PM	_____