

**2023 Coaches Invitational Meet - 26/01/2023 to 29/01/2023****Session Report**

Session: 1 Session 1 Distance Free

Day of Meet: 1 Starts at 06:00 PM Heat Interval: 30 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at
Finals	1 Mixed 12 & Over 800 Freestyle	50	5u	06:00 PM _____
Finals	2 Mixed 12 & Over 1500 Freestyle	24	3u	06:59 PM _____
	Swimmers Counts for Warm-ups: 72	=====	=====	
	Entry / Heat Totals:	74	8	
	Finish Time			07:58 PM _____

Session: 2 Session 2 Sprint Events

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

Round	Event	Entries	Heats	Starts at
Finals	3 Women 50 Butterfly	107	11u	05:30 PM _____
Finals	4 Men 50 Butterfly	119	12u	05:43 PM _____
Finals	5 Women 50 Backstroke	111	12u	05:56 PM _____
Finals	6 Men 50 Backstroke	110	11u	06:13 PM _____
Finals	7 Women 50 Breaststroke	106	11u	06:28 PM _____
Finals	8 Men 50 Breaststroke	116	12u	06:42 PM _____
Finals	9 Women 50 Freestyle	142	15u	06:56 PM _____
Finals	10 Men 50 Freestyle	131	14u	07:13 PM _____
	Swimmers Counts for Warm-ups: 296	=====	=====	
	Entry / Heat Totals:	942	98	
	Finish Time			07:27 PM _____

Session: 3 Session 3 13 &amp; O Prelims

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

Round	Event	Entries	Heats	Starts at
Finals-S	11 Women 12 & Over 400 IM	3	1u	09:15 AM _____
Finals-S	12 Men 12 & Over 400 IM	3	1u	09:22 AM _____
Prelims	13 Women 13 & Over 200 Freestyle	41	5u	09:29 AM _____
Prelims	14 Men 13 & Over 200 Freestyle	32	4u	09:45 AM _____
Prelims	15 Women 13 & Over 100 Butterfly	27	3u	09:58 AM _____
Prelims	16 Men 13 & Over 100 Butterfly	31	4u	10:03 AM _____
Prelims	17 Women 13 & Over 200 Breaststroke	20	2u	10:10 AM _____
Prelims	18 Men 13 & Over 200 Breaststroke	16	2u	10:17 AM _____
Prelims	19 Women 13 & Over 100 Backstroke	35	4u	10:24 AM _____
Prelims	20 Men 13 & Over 100 Backstroke	37	4u	10:33 AM _____
Prelims	21 Women 13 & Over 200 IM	34	4u	10:40 AM _____
Prelims	22 Men 13 & Over 200 IM	44	5u	10:54 AM _____
	Swimmers Counts for Warm-ups: 174	=====	=====	
	Entry / Heat Totals:	323	39	
	Finish Time			11:10 AM _____

**2023 Coaches Invitational Meet - 26/01/2023 to 29/01/2023****Session Report**

Session: 5 Session 5 13 &amp; O Finals

Day of Meet: 3 Starts at 04:45 PM Heat Interval: 30 Seconds / Back +15 Seconds

<b>Round</b>	<b>Event</b>	<b>Entries</b>	<b>Heats</b>	<b>Starts at</b>	
Finals-1	11 Women 12 & Over 400 IM	10	1u	04:45 PM	_____
Finals-1	12 Men 12 & Over 400 IM	10	1u	04:52 PM	_____
Finals	13 Women 13 & Over 200 Freestyle	30	3u	04:59 PM	_____
Finals	14 Men 13 & Over 200 Freestyle	30	3u	05:07 PM	_____
Finals	15 Women 13 & Over 100 Butterfly	27	3u	05:16 PM	_____
Finals	16 Men 13 & Over 100 Butterfly	30	3u	05:22 PM	_____
Finals	17 Women 13 & Over 200 Breaststroke	20	3u	05:27 PM	_____
Finals	18 Men 13 & Over 200 Breaststroke	16	3u	05:37 PM	_____
Finals	19 Women 13 & Over 100 Backstroke	30	3u	05:47 PM	_____
Finals	20 Men 13 & Over 100 Backstroke	30	3u	05:53 PM	_____
Finals	21 Women 13 & Over 200 IM	30	3u	05:59 PM	_____
Finals	22 Men 13 & Over 200 IM	30	3u	06:09 PM	_____
	Swimmers Counts for Warm-ups: 165	=====	=====		
	Entry / Heat Totals:	293	32		
	Finish Time			06:18 PM	_____

Session: 6 Session 6 13 &amp; O Prelims

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

<b>Round</b>	<b>Event</b>	<b>Entries</b>	<b>Heats</b>	<b>Starts at</b>	
Finals-S	28 Women 12 & Over 400 Freestyle	19	2u	09:15 AM	_____
Finals-S	29 Men 12 & Over 400 Freestyle	16	2u	09:27 AM	_____
Prelims	30 Women 13 & Over 100 Breaststroke	34	4u	09:38 AM	_____
Prelims	31 Men 13 & Over 100 Breaststroke	35	4u	09:47 AM	_____
Prelims	32 Women 13 & Over 200 Butterfly	4	1u	09:54 AM	_____
Prelims	33 Men 13 & Over 200 Butterfly	8	1u	09:58 AM	_____
Prelims	34 Women 13 & Over 100 Freestyle	53	6u	10:02 AM	_____
Prelims	35 Men 13 & Over 100 Freestyle	55	6u	10:12 AM	_____
Prelims	36 Women 13 & Over 200 Backstroke	26	3u	10:21 AM	_____
Prelims	37 Men 13 & Over 200 Backstroke	26	3u	10:32 AM	_____
	Swimmers Counts for Warm-ups: 167	=====	=====		
	Entry / Heat Totals:	276	32		
	Finish Time			10:42 AM	_____

**2023 Coaches Invitational Meet - 26/01/2023 to 29/01/2023****Session Report**

Session: 8 Session 8 13 &amp; O Finals

Day of Meet: 4 Starts at 04:45 PM Heat Interval: 30 Seconds / Back +15 Seconds

<b>Round</b>	<b>Event</b>	<b>Entries</b>	<b>Heats</b>	<b>Starts at</b>
Finals-1	28 Women 12 & Over 400 Freestyle	10	1u	04:45 PM _____
Finals-1	29 Men 12 & Over 400 Freestyle	10	1u	04:51 PM _____
Finals	30 Women 13 & Over 100 Breaststroke	30	3u	04:57 PM _____
Finals	31 Men 13 & Over 100 Breaststroke	30	3u	05:02 PM _____
Finals	32 Women 13 & Over 200 Butterfly	4	3u	05:08 PM _____
Finals	33 Men 13 & Over 200 Butterfly	8	3u	05:16 PM _____
Finals	34 Women 13 & Over 100 Freestyle	30	3u	05:24 PM _____
Finals	35 Men 13 & Over 100 Freestyle	30	3u	05:29 PM _____
Finals	36 Women 13 & Over 200 Backstroke	26	3u	05:33 PM _____
Finals	37 Men 13 & Over 200 Backstroke	26	3u	05:44 PM _____
	Swimmers Counts for Warm-ups: 152	=====	=====	
	Entry / Heat Totals:	204	26	
	Finish Time			05:54 PM _____