

2018 WASHINGTON METROPOLITAN INTERSCHOLASTIC, Sanction #: PVO-18-207**SWIMMING AND DIVING CHAMPIONSHIPS****Session Report**

Session: 3 500 Free & 400 Free Relay Trials

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

Round	Event	Entries	Heats	Starts at	
Prelims	15 Boys 500 Freestyle	52	6	05:30 PM	_____
Prelims	16 Girls 500 Freestyle	53	6	06:04 PM	_____
	Break: 10 Minutes:				
Prelims	23 Boys 400 Freestyle Relay	33	4	06:51 PM	_____
Prelims	24 Girls 400 Freestyle Relay	37	4	07:07 PM	_____
	Swimmers Counts for Warm-ups: 105	=====	=====		
	Entry / Heat Totals:	175	20		
	Finish Time			07:26 PM	_____

Session: 4 Swimming Trials

Day of Meet: 4 Starts at 08:00 AM Heat Interval: 35 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Prelims	1 Boys 200 Medley Relay	34	4	08:00 AM	_____
Prelims	2 Girls 200 Medley Relay	39	4	08:11 AM	_____
Prelims	3 Boys 200 Freestyle	59	6	08:22 AM	_____
Prelims	4 Girls 200 Freestyle	55	6	08:37 AM	_____
Prelims	5 Boys 200 IM	62	7	08:53 AM	_____
Prelims	6 Girls 200 IM	72	8	09:12 AM	_____
Prelims	7 Boys 50 Freestyle	77	8	09:36 AM	_____
Prelims	8 Girls 50 Freestyle	66	7	09:44 AM	_____
	Break: 10 Minutes:				
Prelims	11 Boys 100 Butterfly	65	7	10:01 AM	_____
Prelims	12 Girls 100 Butterfly	77	8	10:12 AM	_____
Prelims	13 Boys 100 Freestyle	67	7	10:25 AM	_____
Prelims	14 Girls 100 Freestyle	58	6	10:35 AM	_____
	Break: 10 Minutes:				
Prelims	17 Boys 200 Freestyle Relay	37	4	10:54 AM	_____
Prelims	18 Girls 200 Freestyle Relay	40	4	11:03 AM	_____
Prelims	19 Boys 100 Backstroke	70	7	11:13 AM	_____
Prelims	20 Girls 100 Backstroke	63	7	11:25 AM	_____
Prelims	21 Boys 100 Breaststroke	64	7	11:39 AM	_____
Prelims	22 Girls 100 Breaststroke	69	7	11:50 AM	_____
	Swimmers Counts for Warm-ups: 571	=====	=====		
	Entry / Heat Totals:	1,074	114		
	Finish Time			12:03 PM	_____