

2022 3A Western NCHSAA Regional Championships - 2/4/2022 to 2/5/2022**Host: Pine Lake Prep****Swimming & Diving****Session Report**

Session: 2 Swimming

Day of Meet: 2 Starts at 08:45 AM Heat Interval: 30 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	1 Women 200 Medley Relay	24	3	08:45 AM	_____
Finals	2 Men 200 Medley Relay	24	3	08:55 AM	_____
Finals	3 Women 200 Freestyle	24	3	09:03 AM	_____
Finals	4 Men 200 Freestyle	24	3	09:12 AM	_____
Finals	5 Women 200 IM	24	3	09:20 AM	_____
Finals	6 Men 200 IM	24	3	09:30 AM	_____
Finals	7 Women 50 Freestyle	24	3	09:39 AM	_____
Finals	8 Men 50 Freestyle	24	3	09:42 AM	_____
	Break: 20 Minutes:				
Finals	11 Women 100 Butterfly	24	3	10:05 AM	_____
Finals	12 Men 100 Butterfly	24	3	10:10 AM	_____
Finals	13 Women 100 Freestyle	23	3	10:15 AM	_____
Finals	14 Men 100 Freestyle	24	3	10:20 AM	_____
Finals	15 Women 500 Freestyle	22	3	10:24 AM	_____
Finals	16 Men 500 Freestyle	24	3	10:46 AM	_____
Finals	17 Women 200 Freestyle Relay	24	3	11:06 AM	_____
Finals	18 Men 200 Freestyle Relay	24	3	11:13 AM	_____
	Break: 20 Minutes:				
Finals	19 Women 100 Backstroke	24	3	11:40 AM	_____
Finals	20 Men 100 Backstroke	24	3	11:46 AM	_____
Finals	21 Women 100 Breaststroke	24	3	11:52 AM	_____
Finals	22 Men 100 Breaststroke	24	3	11:58 AM	_____
Finals	23 Women 400 Freestyle Relay	23	3	12:03 PM	_____
Finals	24 Men 400 Freestyle Relay	23	3	12:20 PM	_____
	Swimmers Counts for Warm-ups: 364	=====	=====		
	Entry / Heat Totals:	523	66		
	Finish Time			12:34 PM	_____