

LAC Spring Speedo Sectionals - 3/5/2026 to 3/8/2026
Session Report

Session: 1A Thursday North Pool

Day of Meet: 1 Starts at 05:00 PM Heat Interval: 20 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	1 Girls 200 Medley Relay	36	5 u	05:00 PM	_____
Finals	2 Boys 200 Medley Relay	45	6 u	05:23 PM	_____
	Break: 15 Minutes:				
Finals	3 Girls 1000 Freestyle	24	3 u	06:03 PM	_____
	Break: 5 Minutes:				
Finals	5 Girls 400 Freestyle Relay	36	5 u	06:50 PM	_____
	Swimmers Counts for Warm-ups: 28	=====	=====		
	Entry / Heat Totals:	141	19		
	Finish Time			07:09 PM	_____

Session: 1B Thursday South Pool

Day of Meet: 1 Starts at 05:40 PM Heat Interval: 20 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	4 Boys 1000 Freestyle	35	5 u	05:40 PM	_____
	Break: 5 Minutes:				
Finals	6 Boys 400 Freestyle Relay	42	6 u	06:51 PM	_____
	Swimmers Counts for Warm-ups: 38	=====	=====		
	Entry / Heat Totals:	77	11		
	Finish Time			07:13 PM	_____

Session: 2A Friday Girls Prelims - North

Day of Meet: 2 Starts at 09:00 AM Heat Interval: 20 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Prelims	7 Girls 50 Butterfly	111	14 u	09:00 AM	_____
Prelims	9 Girls 200 Breaststroke	93	12 u	09:19 AM	_____
Prelims	11 Girls 100 Freestyle	142	18 u	09:52 AM	_____
Prelims	13 Girls 200 Backstroke	87	11 u	10:14 AM	_____
Prelims	15 Girls 500 Freestyle	37	5 u	10:44 AM	_____
	Swimmers Counts for Warm-ups: 302	=====	=====		
	Entry / Heat Totals:	470	60		
	Finish Time			11:11 AM	_____

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Session: 2B Friday Boys Prelims - South

Day of Meet: 2 Starts at 09:00 AM Heat Interval: 20 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Prelims	8 Boys 50 Butterfly	113	15 u	09:00 AM	_____
Prelims	10 Boys 200 Breaststroke	115	15 u	09:18 AM	_____
Prelims	12 Boys 100 Freestyle	147	19 u	09:56 AM	_____
Prelims	14 Boys 200 Backstroke	73	10 u	10:18 AM	_____
Prelims	16 Boys 500 Freestyle	70	9 u	10:44 AM	_____
	Swimmers Counts for Warm-ups: 362	=====	=====		
	Entry / Heat Totals:	518	68		
	Finish Time			11:29 AM	_____

Session: 3 Friday Finals

Day of Meet: 2 Starts at 05:00 PM Heat Interval: 45 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	7 Girls 50 Butterfly	40	5 u	05:00 PM	_____
Finals	8 Boys 50 Butterfly	40	5 u	05:09 PM	_____
Finals	9 Girls 200 Breaststroke	40	5 u	05:17 PM	_____
Finals	10 Boys 200 Breaststroke	40	5 u	05:32 PM	_____
Finals	11 Girls 100 Freestyle	40	5 u	05:46 PM	_____
Finals	12 Boys 100 Freestyle	40	5 u	05:54 PM	_____
Finals	13 Girls 200 Backstroke	40	5 u	06:02 PM	_____
Finals	14 Boys 200 Backstroke	40	5 u	06:17 PM	_____
Finals	15 Girls 500 Freestyle	37	5 u	06:31 PM	_____
Finals	16 Boys 500 Freestyle	40	5 u	07:00 PM	_____
Finals	17 Girls 200 Freestyle Relay	41	6 u	07:27 PM	_____
Finals	18 Boys 200 Freestyle Relay	47	6 u	07:41 PM	_____
	Swimmers Counts for Warm-ups: 312	=====	=====		
	Entry / Heat Totals:	485	62		
	Finish Time			07:55 PM	_____

Session: 4A Saturday Girls Prelims - North

Day of Meet: 3 Starts at 09:00 AM Heat Interval: 20 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Prelims	19 Girls 50 Backstroke	92	12 u	09:00 AM	_____
Prelims	21 Girls 200 Freestyle	79	10 u	09:19 AM	_____
Prelims	23 Girls 100 Breaststroke	103	13 u	09:42 AM	_____
Prelims	25 Girls 100 Butterfly	145	19 u	10:00 AM	_____
Prelims	27 Girls 400 IM	69	9 u	10:25 AM	_____
	Swimmers Counts for Warm-ups: 319	=====	=====		
	Entry / Heat Totals:	488	63		
	Finish Time			11:09 AM	_____

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Session: 4B Saturday Boys Prelims - South

Day of Meet: 3 Starts at 09:00 AM Heat Interval: 20 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Prelims	20 Boys 50 Backstroke	86	11 u	09:00 AM	_____
Prelims	22 Boys 200 Freestyle	104	13 u	09:17 AM	_____
Prelims	24 Boys 100 Breaststroke	153	20 u	09:45 AM	_____
Prelims	26 Boys 100 Butterfly	152	19 u	10:11 AM	_____
Prelims	28 Boys 400 IM	83	11 u	10:34 AM	_____
	Swimmers Counts for Warm-ups: 377	=====	=====		
	Entry / Heat Totals:	578	74		
	Finish Time			11:24 AM	_____

Session: 5 Saturday Finals

Day of Meet: 3 Starts at 05:00 PM Heat Interval: 45 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	19 Girls 50 Backstroke	40	5 u	05:00 PM	_____
Finals	20 Boys 50 Backstroke	40	5 u	05:10 PM	_____
Finals	21 Girls 200 Freestyle	40	5 u	05:19 PM	_____
Finals	22 Boys 200 Freestyle	40	5 u	05:32 PM	_____
Finals	23 Girls 100 Breaststroke	40	5 u	05:44 PM	_____
Finals	24 Boys 100 Breaststroke	40	5 u	05:54 PM	_____
Finals	25 Girls 100 Butterfly	40	5 u	06:02 PM	_____
Finals	26 Boys 100 Butterfly	40	5 u	06:10 PM	_____
Finals	27 Girls 400 IM	40	5 u	06:18 PM	_____
Finals	28 Boys 400 IM	40	5 u	06:44 PM	_____
Finals	29 Girls 800 Freestyle Relay	28	4 u	07:08 PM	_____
Finals	30 Boys 800 Freestyle Relay	33	5 u	07:42 PM	_____
	Swimmers Counts for Warm-ups: 307	=====	=====		
	Entry / Heat Totals:	461	59		
	Finish Time			08:22 PM	_____

Session: 6A Sunday Girls Prelims - North

Day of Meet: 4 Starts at 09:00 AM Heat Interval: 20 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Prelims	33 Girls 50 Breaststroke	93	12 u	09:00 AM	_____
Prelims	35 Girls 200 Butterfly	75	10 u	09:18 AM	_____
Prelims	37 Girls 100 Backstroke	120	15 u	09:43 AM	_____
Prelims	39 Girls 200 IM	105	14 u	10:06 AM	_____
Prelims	41 Girls 50 Freestyle	202	26 u	10:41 AM	_____
Finals-S	31 Girls 1650 Freestyle	9	2 u	11:00 AM	_____
	Swimmers Counts for Warm-ups: 339	=====	=====		
	Entry / Heat Totals:	604	79		
	Finish Time			11:36 AM	_____

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Session: 6B Sunday Boys Prelims - South

Day of Meet: 4 Starts at 09:00 AM Heat Interval: 20 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Prelims	34 Boys 50 Breaststroke	122	16 u	09:00 AM	_____
Prelims	36 Boys 200 Butterfly	93	12 u	09:22 AM	_____
Prelims	38 Boys 100 Backstroke	103	13 u	09:49 AM	_____
Prelims	40 Boys 200 IM	126	16 u	10:09 AM	_____
Prelims	42 Boys 50 Freestyle	171	22 u	10:45 AM	_____
Finals-S	32 Boys 1650 Freestyle	20	3 u	11:00 AM	_____
	Swimmers Counts for Warm-ups: 387	=====	=====		
	Entry / Heat Totals:	635	82		
	Finish Time			11:50 AM	_____

Session: 7 Sunday Finals

Day of Meet: 4 Starts at 05:00 PM Heat Interval: 45 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals-1	31 Girls 1650 Freestyle	8	1 u	05:00 PM	_____
Finals-1	32 Boys 1650 Freestyle	8	1 u	05:19 PM	_____
Finals	33 Girls 50 Breaststroke	40	5 u	05:36 PM	_____
Finals	34 Boys 50 Breaststroke	40	5 u	05:45 PM	_____
Finals	35 Girls 200 Butterfly	40	5 u	05:53 PM	_____
Finals	36 Boys 200 Butterfly	40	5 u	06:07 PM	_____
Finals	37 Girls 100 Backstroke	40	5 u	06:20 PM	_____
Finals	38 Boys 100 Backstroke	40	5 u	06:30 PM	_____
Finals	39 Girls 200 IM	40	5 u	06:39 PM	_____
Finals	40 Boys 200 IM	40	5 u	06:54 PM	_____
Finals	41 Girls 50 Freestyle	40	5 u	07:07 PM	_____
Finals	42 Boys 50 Freestyle	40	5 u	07:12 PM	_____
Finals	43 Girls 400 Medley Relay	42	6 u	07:18 PM	_____
Finals	44 Boys 400 Medley Relay	46	6 u	07:48 PM	_____
	Swimmers Counts for Warm-ups: 332	=====	=====		
	Entry / Heat Totals:	504	64		
	Finish Time			08:15 PM	_____