

SA Level 3 Regional Age Group Champs 2026-EC - 2026/04/09 to 2026/04/12**Session Report**

Session: 1 Day 1 Timed Finals Thursday 09/04/2026 Afternoon

Day of Meet: 1 Starts at 04:00 PM Heat Interval: 60 Seconds / Back +15 Seconds

Round	Event	Starts at	
Finals	101 Men 11 & Under 400 Freestyle	04:00 PM	_____
Finals	102 Women 11 & Under 400 Freestyle	04:15 PM	_____
Finals	103 Men 12 Year Olds 400 Freestyle	04:29 PM	_____
Finals	104 Women 12 Year Olds 400 Freestyle	04:50 PM	_____
Finals	105 Men 13 Year Olds 400 Freestyle	05:10 PM	_____
Finals	106 Women 13 Year Olds 400 Freestyle	05:31 PM	_____
	Break: 15 Minutes: Body Break		
Finals	107 Men 14 Year Olds 400 Freestyle	06:06 PM	_____
Finals	108 Women 14 Year Olds 400 Freestyle	06:20 PM	_____
Finals	109 Men 15 Year Olds 400 Freestyle	06:33 PM	_____
Finals	110 Women 15 Year Olds 400 Freestyle	06:45 PM	_____
Finals	111 Men 16 Year Olds 400 Freestyle	06:52 PM	_____
Finals	112 Women 16 Year Olds 400 Freestyle	06:59 PM	_____
	Break: 30 Minutes: Medals		
	Swimmers Counts for Warm-ups: 202		
	Finish Time	07:35 PM	_____

Session: 2 Day 2 Heats Friday Morning 10/04/2026

Day of Meet: 2 Starts at 08:00 AM Heat Interval: 60 Seconds / Back +15 Seconds

Round	Event	Starts at	
Prelims	201 Men 16 & Under 100 Freestyle	08:00 AM	_____
Prelims	202 Women 16 & Under 100 Freestyle	08:36 AM	_____
Prelims	203 Men 99 & Under 200 IM Multi-Class Multi Class	09:07 AM	_____
Prelims	204 Women 99 & Under 200 IM Multi-Class Multi Class	09:13 AM	_____
Prelims	205 Men 16 & Under 100 Breaststroke	09:13 AM	_____
Prelims	206 Women 16 & Under 100 Breaststroke	09:42 AM	_____
	Break: 15 Minutes: Body Break		
Prelims	207 Men 16 & Under 200 Backstroke	10:20 AM	_____
Prelims	208 Women 16 & Under 200 Backstroke	10:58 AM	_____
Prelims	209 Men 99 & Under 50 Backstroke Multi-Class Multi Cla	11:33 AM	_____
Prelims	210 Women 99 & Under 50 Backstroke Multi-Class Multi	11:35 AM	_____
Prelims	211 Men 16 & Under 100 Butterfly	11:35 AM	_____
Prelims	212 Women 16 & Under 100 Butterfly	11:54 AM	_____
	Swimmers Counts for Warm-ups: 325		
	Finish Time	12:15 PM	_____

SA Level 3 Regional Age Group Champs 2026-EC - 2026/04/09 to 2026/04/12**Session Report**

Session: 3 Day 2 Finals Friday Afternoon 10/04/2026

Day of Meet: 2 Starts at 04:00 PM Heat Interval: 60 Seconds / Back +15 Seconds

Round	Event	Starts at	
Finals	201 Men 16 & Under 100 Freestyle	04:00 PM	_____
Finals	202 Women 16 & Under 100 Freestyle	04:13 PM	_____
Finals	203 Men 99 & Under 200 IM Multi-Class Multi Class	04:26 PM	_____
Finals	204 Women 99 & Under 200 IM Multi-Class Multi Class	04:37 PM	_____
Finals	205 Men 16 & Under 100 Breaststroke	04:45 PM	_____
Finals	206 Women 16 & Under 100 Breaststroke	05:00 PM	_____
	Break: 20 Minutes: Medals		
Finals	207 Men 16 & Under 200 Backstroke	05:35 PM	_____
Finals	208 Women 16 & Under 200 Backstroke	05:59 PM	_____
Finals	209 Men 99 & Under 50 Backstroke Multi-Class Multi Cla	06:24 PM	_____
Finals	210 Women 99 & Under 50 Backstroke Multi-Class Multi	06:29 PM	_____
Finals	211 Men 16 & Under 100 Butterfly	06:33 PM	_____
Finals	212 Women 16 & Under 100 Butterfly	06:46 PM	_____
	Break: 20 Minutes: Medals		
Finals	213 Men 12 & Under 4x100 Freestyle Relay 4 X 100 Free	07:21 PM	_____
Finals	214 Men 13-14 4x100 Freestyle Relay 4 X 100 Free Relay	07:27 PM	_____
Finals	215 Men 15-16 4x100 Freestyle Relay 4 X 100 Free Relay	07:33 PM	_____
Finals	216 Women 12 & Under 4x100 Freestyle Relay 4 X 100 F	07:38 PM	_____
Finals	217 Women 13-14 4x100 Freestyle Relay 4 X 100 Free R	07:45 PM	_____
Finals	218 Women 15-16 4x100 Freestyle Relay 4 X 100 Free R	07:51 PM	_____
	Break: 20 Minutes: Medals		
	Swimmers Counts for Warm-ups: 284		
	Finish Time	08:17 PM	_____

Session: 4 Day 3 Heats Saturday Morning 11/04/2026

Day of Meet: 3 Starts at 08:00 AM Heat Interval: 60 Seconds / Back +15 Seconds

Round	Event	Starts at	
Prelims	301 Men 16 & Under 200 Freestyle	08:00 AM	_____
Prelims	302 Women 16 & Under 200 Freestyle	08:52 AM	_____
Prelims	303 Men 99 & Under 100 Freestyle Multi-Class Multi Cla	09:40 AM	_____
Prelims	304 Women 99 & Under 100 Freestyle Multi-Class Multi (09:43 AM	_____
Prelims	305 Men 16 & Under 50 Breaststroke	09:43 AM	_____
Prelims	306 Women 16 & Under 50 Breaststroke	10:02 AM	_____
Prelims	307 Men 99 & Under 50 Breaststroke Multi-Class Multi C	10:18 AM	_____
Prelims	308 Women 99 & Under 50 Breaststroke Multi-Class Mul	10:18 AM	_____
	Break: 15 Minutes: Body Break		
Prelims	309 Men 16 & Under 100 Backstroke	10:33 AM	_____
Prelims	310 Women 16 & Under 100 Backstroke	11:01 AM	_____
Prelims	311 Men 99 & Under 100 Backstroke Multi-Class Multi Cl	11:28 AM	_____
Prelims	312 Women 99 & Under 100 Backstroke Multi-Class Mult	11:31 AM	_____
Prelims	313 Men 16 & Under 200 IM	11:31 AM	_____
Prelims	314 Women 16 & Under 200 IM	12:24 PM	_____
	Swimmers Counts for Warm-ups: 328		
	Finish Time	01:18 PM	_____

SA Level 3 Regional Age Group Champs 2026-EC - 2026/04/09 to 2026/04/12**Session Report**

Session: 5 Day 3 Finals Saturday Afternoon 11/04/2026

Day of Meet: 3 Starts at 04:00 PM Heat Interval: 60 Seconds / Back +15 Seconds

Round	Event	Starts at	
Finals	301 Men 16 & Under 200 Freestyle	04:00 PM	_____
Finals	302 Women 16 & Under 200 Freestyle	04:21 PM	_____
Finals	303 Men 99 & Under 100 Freestyle Multi-Class Multi Cla	04:42 PM	_____
Finals	304 Women 99 & Under 100 Freestyle Multi-Class Multi (04:48 PM	_____
Finals	305 Men 16 & Under 50 Breaststroke	04:53 PM	_____
Finals	306 Women 16 & Under 50 Breaststroke	05:03 PM	_____
Finals	307 Men 99 & Under 50 Breaststroke Multi-Class Multi C	05:13 PM	_____
Finals	308 Women 99 & Under 50 Breaststroke Multi-Class Mul	05:17 PM	_____
	Break: 20 Minutes: Medals		
Finals	309 Men 16 & Under 100 Backstroke	05:40 PM	_____
Finals	310 Women 16 & Under 100 Backstroke	05:55 PM	_____
Finals	311 Men 99 & Under 100 Backstroke Multi-Class Multi Cl	06:11 PM	_____
Finals	312 Women 99 & Under 100 Backstroke Multi-Class Mult	06:17 PM	_____
Finals	313 Men 16 & Under 200 IM	06:23 PM	_____
Finals	314 Women 16 & Under 200 IM	06:45 PM	_____
	Break: 20 Minutes: Medals		
Finals	315 Men 12 & Under 4x50 Freestyle Relay 4 x 50 Free Re	07:29 PM	_____
Finals	316 Men 13-14 4x50 Freestyle Relay 4 x 50 Free Relay	07:32 PM	_____
Finals	317 Men 15-16 4x50 Freestyle Relay 4 x 50 Free Relay	07:35 PM	_____
Finals	318 Women 12 & Under 4x50 Freestyle Relay 4 x 50 Free	07:38 PM	_____
Finals	319 Women 13-14 4x50 Freestyle Relay 4 x 50 Free Relay	07:42 PM	_____
Finals	320 Women 15-16 4x50 Freestyle Relay 4 x 50 Free Relay	07:45 PM	_____
Finals	321 Mixed 12 & Under 4x50 Medley Relay 4 x 50 Mixed M	07:48 PM	_____
Finals	322 Mixed 13-14 4x50 Medley Relay 4 x 50 Mixed Medlay	07:52 PM	_____
Finals	323 Mixed 15-16 4x50 Medley Relay 4 x 50 Mixed Medlay	08:00 PM	_____
	Break: 20 Minutes: Medals		
	Swimmers Counts for Warm-ups: 287		
	Finish Time	08:23 PM	_____

Session: 6 Day 4 Heats Sunday Morning 12/04/2026

Day of Meet: 4 Starts at 08:00 AM Heat Interval: 60 Seconds / Back +15 Seconds

Round	Event	Starts at	
Prelims	401 Men 16 & Under 50 Freestyle	08:00 AM	_____
Prelims	402 Women 16 & Under 50 Freestyle	08:25 AM	_____
Prelims	405 Men 16 & Under 200 Breaststroke	08:46 AM	_____
Prelims	406 Women 16 & Under 200 Breaststroke	09:25 AM	_____
	Break: 15 Minutes: Body Break		
Prelims	409 Men 16 & Under 50 Backstroke	10:16 AM	_____
Prelims	410 Women 16 & Under 50 Backstroke	10:35 AM	_____
Prelims	411 Men 16 & Under 50 Butterfly	10:54 AM	_____
Prelims	412 Women 16 & Under 50 Butterfly	11:15 AM	_____
	Swimmers Counts for Warm-ups: 316		
	Finish Time	11:33 AM	_____

SA Level 3 Regional Age Group Champs 2026-EC - 2026/04/09 to 2026/04/12**Session Report**

Session: 7 Day 4 Heats Sunday Afternoon 12/04/2026

Day of Meet: 4 Starts at 03:00 PM Heat Interval: 60 Seconds / Back +15 Seconds

Round	Event	Starts at	
Finals	401 Men 16 & Under 50 Freestyle	03:00 PM	_____
Finals	402 Women 16 & Under 50 Freestyle	03:09 PM	_____
Finals	403 Men 99 & Under 50 Freestyle Multi-Class Multi Clas	03:18 PM	_____
Finals	404 Women 99 & Under 50 Freestyle Multi-Class Multi Cl	03:22 PM	_____
Finals	405 Men 16 & Under 200 Breaststroke	03:26 PM	_____
Finals	406 Women 16 & Under 200 Breaststroke	03:51 PM	_____
Finals	407 Men 99 & Under 100 Breaststroke Multi-Class Multi	04:17 PM	_____
Finals	408 Women 99 & Under 100 Breaststroke Multi-Class Mu	04:22 PM	_____
	Break: 20 Minutes: Medals		
Finals	409 Men 16 & Under 50 Backstroke	04:47 PM	_____
Finals	410 Women 16 & Under 50 Backstroke	04:58 PM	_____
Finals	411 Men 16 & Under 50 Butterfly	05:10 PM	_____
Finals	412 Women 16 & Under 50 Butterfly	05:19 PM	_____
Finals	413 Men 99 & Under 50 Butterfly Multi-Class Multi Clas	05:28 PM	_____
Finals	414 Women 99 & Under 50 Butterfly Multi-Class Multi Cl	05:32 PM	_____
	Break: 20 Minutes: Medals		
Finals	415 Men 12 & Under 4x50 Medley Relay 4 x 50 Medley R	05:56 PM	_____
Finals	416 Men 13-14 4x50 Medley Relay 4 x 50 Medley Relay	05:59 PM	_____
Finals	417 Men 15-16 4x50 Medley Relay 4 x 50 Medley Relay	06:03 PM	_____
Finals	418 Women 12 & Under 4x50 Medley Relay 4 x 50 Medle	06:07 PM	_____
Finals	419 Women 13-14 4x50 Medley Relay 4 x 50 Medley Rel	06:11 PM	_____
Finals	420 Women 15-16 4x50 Medley Relay 4 x 50 Medley Rel	06:15 PM	_____
Finals	421 Mixed 12 & Under 4x100 Freestyle Relay 4 x 100 Mix	06:18 PM	_____
Finals	422 Mixed 13-14 4x100 Freestyle Relay 4 x 100 Mixed Fr	06:31 PM	_____
Finals	423 Mixed 15-16 4x100 Freestyle Relay 4 x 100 Mixed Fr	06:37 PM	_____
	Break: 20 Minutes: Medals		
	Swimmers Counts for Warm-ups: 290		
	Finish Time	07:02 PM	_____