

**2023 OSI Senior Region XII Arena SC Champs - 3/2/2023 to 3/5/2023****2023 OSI Senior/Region XII Arena SC Championships****Session Report**

Session: 1 Thursday Timed Finals

Day of Meet: 1 Starts at 05:00 PM Heat Interval: 45 Seconds / Back +15 Seconds

<b>Round</b>	<b>Event</b>	<b>Entries</b>	<b>Heats</b>	<b>Starts at</b>	
Finals	1 Women 1000 Freestyle	28	4 u	05:00 PM	_____
Finals	2 Men 1000 Freestyle	24	3 u	05:50 PM	_____
Finals	3 Women 800 Freestyle Relay	12	2 u	06:26 PM	_____
Finals	4 Men 800 Freestyle Relay	12	2 u	06:45 PM	_____
	Swimmers Counts for Warm-ups: 105	=====	=====		
	Entry / Heat Totals:	76	11		
	Finish Time			07:02 PM	_____

**2023 OSI Senior Region XII Arena SC Champs - 3/2/2023 to 3/5/2023****2023 OSI Senior/Region XII Arena SC Championships****Session Report**

Session: 2 Friday Preliminaries

Day of Meet: 2 Starts at 09:30 AM Heat Interval: 30 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	5 Women 200 Medley Relay	28	4 u	09:30 AM	_____
Finals	6 Men 200 Medley Relay	27	4 u	09:42 AM	_____
Prelims	7 Women 200 Breaststroke	55	7 u	09:52 AM	_____
Prelims	8 Men 200 Breaststroke	61	8 u	10:14 AM	_____
Prelims	9 Women 100 Butterfly	56	7 u	10:37 AM	_____
Prelims	10 Men 100 Butterfly	83	11 u	10:48 AM	_____
Prelims	11 Women 500 Freestyle	66	9 u	11:04 AM	_____
Prelims	12 Men 500 Freestyle	60	8 u	12:00 PM	_____
Prelims	13 Women 50 Freestyle	86	11 u	12:46 PM	_____
Prelims	14 Men 50 Freestyle	101	13 u	12:56 PM	_____
Prelims	15 Women 200 IM	66	9 u	01:08 PM	_____
Prelims	16 Men 200 IM	76	10 u	01:34 PM	_____
	Swimmers Counts for Warm-ups: 379	=====	=====		
	Entry / Heat Totals:	765	101		
	Finish Time			02:01 PM	_____

**2023 OSI Senior Region XII Arena SC Champs - 3/2/2023 to 3/5/2023****2023 OSI Senior/Region XII Arena SC Championships****Session Report**

Session: 4 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 Women 200 Breaststroke	24	3 u	05:00 PM	_____
Finals	8 Men 200 Breaststroke	24	3 u	05:10 PM	_____
Finals	9 Women 100 Butterfly	24	3 u	05:19 PM	_____
Finals	10 Men 100 Butterfly	24	3 u	05:25 PM	_____
Finals	11 Women 500 Freestyle	24	3 u	05:29 PM	_____
Finals	12 Men 500 Freestyle	24	3 u	05:48 PM	_____
Semis	13 Women 50 Freestyle	24	3 u	06:05 PM	_____
Semis	14 Men 50 Freestyle	24	3 u	06:08 PM	_____
Finals	15 Women 200 IM	24	3 u	06:12 PM	_____
Finals	16 Men 200 IM	24	3 u	06:21 PM	_____
Finals	17 Mixed 200 Freestyle Relay	24	3 u	06:29 PM	_____
	Swimmers Counts for Warm-ups: 209	=====	=====		
	Entry / Heat Totals:	264	33		
	Finish Time			06:37 PM	_____

**2023 OSI Senior Region XII Arena SC Champs - 3/2/2023 to 3/5/2023****2023 OSI Senior/Region XII Arena SC Championships****Session Report**

Session: 5 Saturday Preliminaries

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

Round	Event	Entries	Heats	Starts at	
Finals	19 Women 400 Freestyle Relay	24	3 u	09:30 AM	_____
Finals	20 Men 400 Freestyle Relay	28	4 u	09:44 AM	_____
Prelims	21 Women 400 IM	53	7 u	10:00 AM	_____
Prelims	22 Men 400 IM	26	4 u	10:38 AM	_____
Prelims	23 Women 100 Breaststroke	63	8 u	10:59 AM	_____
Prelims	24 Men 100 Breaststroke	86	11 u	11:13 AM	_____
Prelims	25 Women 100 Backstroke	76	10 u	11:31 AM	_____
Prelims	26 Men 100 Backstroke	89	12 u	11:49 AM	_____
Prelims	27 Women 200 Freestyle	92	12 u	12:10 PM	_____
Prelims	28 Men 200 Freestyle	97	13 u	12:41 PM	_____
	Swimmers Counts for Warm-ups: 370	=====	=====		
	Entry / Heat Totals:	634	84		
	Finish Time			01:12 PM	_____

**2023 OSI Senior Region XII Arena SC Champs - 3/2/2023 to 3/5/2023****2023 OSI Senior/Region XII Arena SC Championships****Session Report**

Session: 7 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	21 Women 400 IM	24	3 u	05:00 PM	_____
Finals	22 Men 400 IM	24	3 u	05:17 PM	_____
Finals	13 Women 50 Freestyle	16	2 u	05:33 PM	_____
Finals	14 Men 50 Freestyle	16	2 u	05:35 PM	_____
Finals	23 Women 100 Breaststroke	24	3 u	05:38 PM	_____
Finals	24 Men 100 Breaststroke	24	3 u	05:43 PM	_____
Finals	25 Women 100 Backstroke	24	3 u	05:49 PM	_____
Finals	26 Men 100 Backstroke	24	3 u	05:55 PM	_____
Finals	27 Women 200 Freestyle	24	3 u	06:00 PM	_____
Finals	28 Men 200 Freestyle	24	3 u	06:08 PM	_____
Finals	29 Mixed 200 Medley Relay	25	4 u	06:16 PM	_____
	Swimmers Counts for Warm-ups: 206	=====	=====		
	Entry / Heat Totals:	249	32		
	Finish Time			06:28 PM	_____

**2023 OSI Senior Region XII Arena SC Champs - 3/2/2023 to 3/5/2023****2023 OSI Senior/Region XII Arena SC Championships****Session Report**

Session: 8 Sunday Preliminaries

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

Round	Event	Entries	Heats	Starts at	
Finals	31 Women 400 Medley Relay	21	3 u	09:30 AM	_____
Finals	32 Men 400 Medley Relay	28	4 u	09:46 AM	_____
Prelims	33 Women 200 Backstroke	59	8 u	10:04 AM	_____
Prelims	34 Men 200 Backstroke	65	9 u	10:29 AM	_____
Prelims	37 Women 100 Freestyle	88	11 u	10:55 AM	_____
Prelims	38 Men 100 Freestyle	118	15 u	11:11 AM	_____
Prelims	39 Women 200 Butterfly	42	6 u	11:32 AM	_____
Prelims	40 Men 200 Butterfly	55	7 u	11:50 AM	_____
Finals	41 Women 200 Freestyle Relay	21	3 u	12:09 PM	_____
Finals	42 Men 200 Freestyle Relay	28	4 u	12:16 PM	_____
Finals-S	35 Women 1650 Freestyle	14	2 u	12:25 PM	_____
Finals-S	36 Men 1650 Freestyle	16	2 u	01:05 PM	_____
	Swimmers Counts for Warm-ups: 346	=====	=====		
	Entry / Heat Totals:	555	74		
	Finish Time			01:43 PM	_____

**2023 OSI Senior Region XII Arena SC Champs - 3/2/2023 to 3/5/2023****2023 OSI Senior/Region XII Arena SC Championships****Session Report**

Session: 10 Sunday Finals

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

Round	Event	Entries	Heats	Starts at	
Finals	33 Women 200 Backstroke	24	3 u	04:30 PM	_____
Finals	34 Men 200 Backstroke	24	3 u	04:40 PM	_____
Finals-1	35 Women 1650 Freestyle	8	1 u	04:49 PM	_____
Finals-1	36 Men 1650 Freestyle	8	1 u	05:09 PM	_____
Finals	37 Women 100 Freestyle	24	3 u	05:29 PM	_____
Finals	38 Men 100 Freestyle	24	3 u	05:34 PM	_____
Finals	39 Women 200 Butterfly	24	3 u	05:38 PM	_____
Finals	40 Men 200 Butterfly	24	3 u	05:47 PM	_____
	Swimmers Counts for Warm-ups: 154	=====	=====		
	Entry / Heat Totals:	160	20		
	Finish Time			05:56 PM	_____