

3rd Wave Rappids - 5/2/2026

Session Report

Session: 1 Rappids

Day of Meet: 1 Starts at 11:30 AM Heat Interval: 25 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	1 Mixed 25 Freestyle	16	4 u	11:30 AM	_____
Finals	2 Mixed 25 Breaststroke	12	3 u	11:34 AM	_____
Finals	3 Mixed 25 Backstroke	18	4 u	11:37 AM	_____
Finals	4 Mixed 25 Butterfly	13	3 u	11:41 AM	_____
	Break: 3 Minutes:				
Finals	5 Mixed 100 IM	16	4 u	11:47 AM	_____
Finals	6 Mixed 50 Freestyle	26	6 u	11:56 AM	_____
Finals	7 Mixed 50 Breaststroke	20	4 u	12:03 PM	_____
Finals	8 Mixed 50 Backstroke	20	4 u	12:08 PM	_____
Finals	9 Mixed 50 Butterfly	21	5 u	12:14 PM	_____
	Break: 3 Minutes:				
Finals	10 Mixed 200 IM	13	3 u	12:23 PM	_____
Finals	11 Mixed 100 Freestyle	6	2 u	12:35 PM	_____
Finals	12 Mixed 100 Breaststroke	4	1 u	12:39 PM	_____
Finals	13 Mixed 100 Backstroke	6	2 u	12:42 PM	_____
Finals	14 Mixed 100 Butterfly	4	1 u	12:46 PM	_____
	Break: 3 Minutes:				
Finals	15 Mixed 400 IM	8	2 u	12:51 PM	_____
Finals	16 Mixed 200 Freestyle	6	2 u	01:04 PM	_____
Finals	17 Mixed 200 Breaststroke	5	1 u	01:10 PM	_____
Finals	18 Mixed 200 Backstroke	6	2 u	01:14 PM	_____
Finals	19 Mixed 200 Butterfly	4	1 u	01:22 PM	_____
	Swimmers Counts for Warm-ups: 49	=====	=====		
	Entry / Heat Totals:	224	54		
	Finish Time			01:25 PM	_____