

3rd Annual Sawtooth Winter Invitational
January 16-18, 2026 ICAC
Session Report

Session: 2 Friday Finals

Day of Meet: 1 Starts at 05:00 PM Heat Interval: 90 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals-1	1 Mixed Senior 200 Freestyle Relay Break: 5 Minutes:	8	1 u	05:00 PM	_____
Finals	6 Women Senior 500 Freestyle	23	3 u	05:09 PM	_____
Finals	7 Men Senior 500 Freestyle	19	3 u	05:29 PM	_____
Finals	12 Women Senior 200 IM	19	3 u	05:49 PM	_____
Finals	13 Men Senior 200 IM	21	3 u	06:01 PM	_____
Finals	18 Women Senior 50 Freestyle	24	3 u	06:12 PM	_____
Finals	19 Men Senior 50 Freestyle Break: 5 Minutes:	24	3 u	06:17 PM	_____
Finals-1	24 Women Senior 400 Medley Relay	7	1 u	06:28 PM	_____
Finals-1	25 Men Senior 400 Medley Relay Swimmers Counts for Warm-ups: 83	8	1 u	06:34 PM	_____
	Entry / Heat Totals:	=====	=====		
	Finish Time	153	21	06:41 PM	_____

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Session: 4 Saturday Finals

Day of Meet: 2 Starts at 05:00 PM Heat Interval: 90 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals-1	26 Mixed Senior 200 Medley Relay Break: 5 Minutes:	8	1 u	05:00 PM	_____
Finals	31 Women Senior 400 IM	8	1 u	05:09 PM	_____
Finals	32 Men Senior 400 IM	9	2 u	05:15 PM	_____
Finals	37 Women Senior 100 Butterfly	13	2 u	05:28 PM	_____
Finals	38 Men Senior 100 Butterfly Break: 10 Minutes:	15	2 u	05:33 PM	_____
Finals	43 Women Senior 200 Freestyle	22	3 u	05:48 PM	_____
Finals	44 Men Senior 200 Freestyle	22	3 u	05:58 PM	_____
Finals	49 Women Senior 100 Breaststroke	13	2 u	06:09 PM	_____
Finals	50 Men Senior 100 Breaststroke	9	2 u	06:14 PM	_____
Finals	55 Women Senior 100 Backstroke	12	2 u	06:19 PM	_____
Finals	56 Men Senior 100 Backstroke Break: 5 Minutes:	15	2 u	06:25 PM	_____
Finals-1	57 Women Senior 800 Freestyle Relay	5	1 u	06:35 PM	_____
Finals-1	58 Men Senior 800 Freestyle Relay Swimmers Counts for Warm-ups: 82	5	1 u	06:45 PM	_____
	Entry / Heat Totals:	=====	=====		
	Finish Time	156	24	06:56 PM	_____

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Session: 7 Sunday Finals

Day of Meet: 3 Starts at 04:00 PM Heat Interval: 90 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	65 Women Senior 200 Backstroke	11	2 u	04:00 PM	_____
Finals	66 Men Senior 200 Backstroke	7	1 u	04:08 PM	_____
	Break: 5 Minutes:				
Finals	69 Women Senior 100 Freestyle	24	3 u	04:17 PM	_____
Finals	70 Men Senior 100 Freestyle	24	3 u	04:25 PM	_____
	Break: 5 Minutes:				
Finals	73 Women Senior 200 Breaststroke	9	2 u	04:37 PM	_____
Finals	74 Men Senior 200 Breaststroke	8	1 u	04:45 PM	_____
	Break: 5 Minutes:				
Finals	79 Women Senior 200 Butterfly	7	1 u	04:54 PM	_____
Finals	80 Men Senior 200 Butterfly	7	1 u	04:58 PM	_____
	Swimmers Counts for Warm-ups: 69	=====	=====		
	Entry / Heat Totals:	97	14		
	Finish Time			05:01 PM	_____