

VCAC Regular Season Championship - 1/3/2026**Session Report**

Session: 4 Diving

Day of Meet: 1 Starts at 11:35 AM Heat Interval: 20 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	9 Boys 1 mtr Diving	8	0	11:35 AM	_____
Finals	10 Girls 1 mtr Diving	12	0	12:00 PM	_____
	Swimmers Counts for Warm-ups: 20	=====	=====		
	Entry / Heat Totals:	20	0		
	Finish Time			12:36 PM	_____

Session: 2 Swimming

Day of Meet: 1 Starts at 02:10 PM Heat Interval: 20 Seconds / Back +20 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	1 Boys 200 Medley Relay	17	2 u	02:10 PM	_____
Finals	2 Girls 200 Medley Relay	24	3 u	02:17 PM	_____
Finals	3 Boys 200 Freestyle	10	1 u	02:27 PM	_____
Finals	4 Girls 200 Freestyle	16	2 u	02:30 PM	_____
Finals	5 Boys 200 IM	13	2 u	02:36 PM	_____
Finals	6 Girls 200 IM	17	2 u	02:43 PM	_____
	Break: 2 Minutes: TV Timeout for Results				
Finals	7 Boys 50 Freestyle	53	6 u	02:52 PM	_____
Finals	8 Girls 50 Freestyle	71	8 u	02:57 PM	_____
Finals	11 Boys 100 Butterfly	15	2 u	03:05 PM	_____
Finals	12 Girls 100 Butterfly	20	2 u	03:09 PM	_____
Finals	13 Boys 100 Freestyle	33	4 u	03:12 PM	_____
Finals	14 Girls 100 Freestyle	52	6 u	03:19 PM	_____
	Break: 2 Minutes: TV Timeout for Results				
Finals	15 Boys 500 Freestyle	8	1 u	03:32 PM	_____
Finals	16 Girls 500 Freestyle	17	2 u	03:42 PM	_____
Finals	17 Boys 200 Freestyle Relay	18	2 u	03:57 PM	_____
Finals	18 Girls 200 Freestyle Relay	23	3 u	04:04 PM	_____
	Break: 2 Minutes: TV Timeout for Results				
Finals	19 Boys 100 Backstroke	22	3 u	04:14 PM	_____
Finals	20 Girls 100 Backstroke	35	4 u	04:20 PM	_____
Finals	21 Boys 100 Breaststroke	22	3 u	04:28 PM	_____
Finals	22 Girls 100 Breaststroke	30	3 u	04:33 PM	_____
	Break: 2 Minutes: TV Timeout for Results				
Finals	23 Boys 400 Freestyle Relay	7	1 u	04:40 PM	_____
Finals	24 Girls 400 Freestyle Relay	10	1 u	04:47 PM	_____
	Swimmers Counts for Warm-ups: 226	=====	=====		
	Entry / Heat Totals:	533	63		
	Finish Time			04:52 PM	_____