

**NRST Spring Sprint - 2022-04-23 to 2022-04-24****Session Report**

Session: 1 Saturday AM - 50m

Day of Meet: 1 Starts at 09:00 AM 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 Mixed 100 Freestyle Break: 5 Minutes: Timekeepers Move	152	19	09:00 AM	_____
Finals	2 Mixed 50 Butterfly Break: 5 Minutes: Timekeepers Move	69	9	09:57 AM	_____
Finals	3 Mixed 100 Backstroke	106	14	10:17 AM	_____
Finals	4 Mixed 200 Breaststroke Break: 10 Minutes: Break	39	5	10:53 AM	_____
Finals	5 Mixed 200 IM Swimmers Counts for Warm-ups: 169	99	13	11:25 AM	_____
	Entry / Heat Totals:	==== 465	==== 60		
	Finish Time			12:17 PM	_____

**NRST Spring Sprint - 2022-04-23 to 2022-04-24****Session Report**

Session: 2 Saturday PM - 50m

Day of Meet: 1 Starts at 04:45 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	6 Mixed 100 Butterfly Break: 5 Minutes: Timekeepers Move	68	9	04:45 PM	_____
Finals	7 Mixed 50 Breaststroke Break: 5 Minutes: Break	76	10	05:11 PM	_____
Finals	8 Mixed 50 Freestyle Break: 10 Minutes: Timekeepers Move	107	14	05:32 PM	_____
Finals	9 Mixed 200 Backstroke Break: 5 Minutes: Break	52	7	06:02 PM	_____
Finals	10 Mixed 400 IM Swimmers Counts for Warm-ups: 164	28	4	06:37 PM	_____
	Entry / Heat Totals:	==== 331	==== 44		
	Finish Time			07:06 PM	_____

**NRST Spring Sprint - 2022-04-23 to 2022-04-24**  
**Session Report**

Session: 3 Sunday AM - 50m

Day of Meet: 2 Starts at 09:00 AM Heat Interval: 45 Seconds / Back +15 Seconds

<b>Round</b>	<b>Event</b>	<b>Entries</b>	<b>Heats</b>	<b>Starts at</b>	
Finals	11 Mixed 200 Freestyle Break: 5 Minutes: Timekeepers Move	132	17	09:00 AM	_____
Finals	12 Mixed 50 Backstroke Break: 5 Minutes: Timekeepers Move	102	13	10:25 AM	_____
Finals	13 Mixed 200 Butterfly	32	4	10:53 AM	_____
Finals	14 Mixed 100 Breaststroke Break: 10 Minutes: Break	104	13	11:09 AM	_____
Finals	15 Mixed 400 Freestyle Swimmers Counts for Warm-ups: 159	44 =====	6 =====	11:52 AM	_____
	Entry / Heat Totals:	414	53		
	Finish Time			12:35 PM	_____

**NRST Spring Sprint - 2022-04-23 to 2022-04-24****Session Report**

Session: 4 Sunday PM - 25m

Day of Meet: 2 Starts at 03:00 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	16 Mixed 200 Freestyle	45	6	03:00 PM	_____
Finals	17 Mixed 50 Butterfly	22	3	03:28 PM	_____
Finals	18 Mixed 50 Backstroke	36	5	03:34 PM	_____
Finals	19 Mixed 100 IM	33	5	03:46 PM	_____
	Break: 5 Minutes: Mid-Session Break				
Finals	20 Mixed 50 Breaststroke	46	6	04:05 PM	_____
Finals	21 Mixed 50 Freestyle	51	7	04:16 PM	_____
Finals	22 Mixed 200 IM	19	3	04:29 PM	_____
	Swimmers Counts for Warm-ups: 71	====	====		
	Entry / Heat Totals:	252	35		
	Finish Time			04:45 PM	_____