

**ISCA International Senior Cup - 3/21/2023 to 3/25/2023****Session Report**

Session: 1 Tuesday TF

Day of Meet: 1 Starts at 01:00 PM Heat Interval: 20 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	1 Women 400 Medley Relay	33	4 u	01:00 PM	_____
Finals	2 Men 400 Medley Relay	26	3 u	01:19 PM	_____
Finals	5 Women 1500 Freestyle	16	2 u	01:31 PM	_____
Finals	6 Men 800 Freestyle	30	3 u	02:05 PM	_____
Finals	7 Women 400 Freestyle Relay	31	4 u	02:34 PM	_____
Finals	8 Men 400 Freestyle Relay	25	3 u	02:50 PM	_____
	Swimmers Counts for Warm-ups: 236	=====	=====		
	Entry / Heat Totals:	161	19		
	Finish Time			03:00 PM	_____

Session: 2 Wednesday Prelims

Day of Meet: 2 Starts at 08:00 AM Heat Interval: 20 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Prelims	11 Women 200 IM	119	12 u	08:00 AM	_____
Prelims	12 Men 200 IM	109	11 u	08:31 AM	_____
Prelims	15 Women 100 Backstroke	144	15 u	08:57 AM	_____
Prelims	16 Men 100 Backstroke	129	13 u	09:21 AM	_____
Prelims	19 Women 200 Freestyle	150	15 u	09:41 AM	_____
Prelims	20 Men 200 Freestyle	155	16 u	10:16 AM	_____
Prelims	23 Women 50 Butterfly	178	18 u	10:50 AM	_____
Prelims	24 Men 50 Butterfly	176	18 u	11:04 AM	_____
Finals-S	25 Women 200 Medley Relay	23	3 u	11:18 AM	_____
Finals-S	26 Men 200 Medley Relay	16	2 u	11:27 AM	_____
	Swimmers Counts for Warm-ups: 606	=====	=====		
	Entry / Heat Totals:	1,199	123		
	Finish Time			11:32 AM	_____

Session: 4 Thursday Prelims

Day of Meet: 3 Starts at 08:00 AM Heat Interval: 20 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Prelims	29 Women 50 Breaststroke	123	13 u	08:00 AM	_____
Prelims	30 Men 50 Breaststroke	131	14 u	08:13 AM	_____
Prelims	33 Women 200 Backstroke	104	11 u	08:24 AM	_____
Prelims	34 Men 200 Backstroke	77	8 u	08:55 AM	_____
Prelims	37 Women 50 Freestyle	251	26 u	09:16 AM	_____
Prelims	38 Men 50 Freestyle	233	24 u	09:36 AM	_____
Prelims	41 Women 500 Freestyle	55	6 u	09:53 AM	_____
Prelims	42 Men 500 Freestyle	70	7 u	10:27 AM	_____
Finals-S	43 Mixed 400 Medley Relay	33	4 u	11:03 AM	_____
	Swimmers Counts for Warm-ups: 616	=====	=====		
	Entry / Heat Totals:	1,077	113		
	Finish Time			11:21 AM	_____

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Session: 6 Friday Prelims

Day of Meet: 4 Starts at 08:00 AM Heat Interval: 20 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Prelims	46 Women 400 IM	55	6 u	08:00 AM	_____
Prelims	47 Men 400 IM	47	5 u	08:30 AM	_____
Prelims	50 Women 100 Butterfly	202	21 u	08:54 AM	_____
Prelims	51 Men 100 Butterfly	209	21 u	09:22 AM	_____
Prelims	54 Women 50 Backstroke	154	16 u	09:49 AM	_____
Prelims	55 Men 50 Backstroke	131	14 u	10:06 AM	_____
Prelims	58 Women 100 Breaststroke	137	14 u	10:21 AM	_____
Prelims	59 Men 100 Breaststroke	149	15 u	10:42 AM	_____
Finals-S	60 Mixed 400 Freestyle Relay	31	4 u	11:03 AM	_____
	Swimmers Counts for Warm-ups: 606	=====	=====		
	Entry / Heat Totals:	1,115	116		
	Finish Time			11:19 AM	_____

Session: 8 Saturday Prelims

Day of Meet: 5 Starts at 08:00 AM Heat Interval: 20 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Prelims	67 Women 200 Breaststroke	83	9 u	08:00 AM	_____
Prelims	68 Men 200 Breaststroke	68	7 u	08:26 AM	_____
Prelims	71 Women 200 Butterfly	64	7 u	08:44 AM	_____
Prelims	72 Men 200 Butterfly	73	8 u	09:02 AM	_____
Prelims	75 Women 100 Freestyle	253	26 u	09:21 AM	_____
Prelims	76 Men 100 Freestyle	237	24 u	09:54 AM	_____
Finals-S	77 Women 200 Freestyle Relay	22	3 u	10:26 AM	_____
Finals-S	78 Men 200 Freestyle Relay	16	2 u	10:33 AM	_____
	Swimmers Counts for Warm-ups: 591	=====	=====		
	Entry / Heat Totals:	816	86		
	Finish Time			10:36 AM	_____

Session: 9 Saturday Distance

Day of Meet: 5 Starts at 02:00 PM Heat Interval: 20 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals-S	63 Women 800 Freestyle	18	2 u	02:00 PM	_____
Finals-S	64 Men 1500 Freestyle	18	2 u	02:20 PM	_____
	Swimmers Counts for Warm-ups: 56	=====	=====		
	Entry / Heat Totals:	36	4		
	Finish Time			02:52 PM	_____