

2025 MW Midwestern 12 & U Long Course Champs - 7/26/2025 to 7/27/2025**Fremont NE Dillon Aquatic Center - 50 m, Sanction #: MWS25021****Session Report**

Session: 1 Session 1 - Saturday Morning

Day of Meet: 1 Starts at 10:00 AM Heat Interval: 30 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	1 Girls 11-12 400 Medley Relay	12	2	10:00 AM	_____
Finals	2 Boys 11-12 400 Medley Relay	10	2	10:14 AM	_____
Finals	3 Girls 10 & Under 200 Medley Relay	6	1	10:29 AM	_____
Finals	4 Boys 10 & Under 200 Medley Relay	4	1	10:33 AM	_____
Finals	5 Girls 11-12 200 Butterfly	5	1	10:37 AM	_____
Finals	6 Boys 11-12 200 Butterfly	2	1	10:41 AM	_____
	Break: 8 Minutes: Relay Awards				
Finals	7 Girls 10 & Under 200 IM	8	2	10:53 AM	_____
Finals	8 Boys 10 & Under 200 IM	6	1	11:02 AM	_____
Finals	9 Girls 11-12 200 IM	18	3	11:06 AM	_____
Finals	10 Boys 11-12 200 IM	20	4	11:18 AM	_____
	Break: 5 Minutes: Butterfly Awards				
Finals	11 Girls 10 & Under 100 Backstroke	21	4	11:38 AM	_____
Finals	12 Boys 10 & Under 100 Backstroke	8	2	11:49 AM	_____
Finals	13 Girls 11-12 100 Backstroke	25	5	11:54 AM	_____
Finals	14 Boys 11-12 100 Backstroke	19	4	12:06 PM	_____
	Break: 8 Minutes: IM Awards				
Finals	15 Girls 10 & Under 100 Breaststroke	17	3	12:23 PM	_____
Finals	16 Boys 10 & Under 100 Breaststroke	8	2	12:31 PM	_____
Finals	17 Girls 11-12 100 Breaststroke	26	5	12:36 PM	_____
Finals	18 Boys 11-12 100 Breaststroke	14	3	12:47 PM	_____
	Break: 8 Minutes: Backstroke Awards				
Finals	19 Girls 10 & Under 200 Freestyle	19	4	01:02 PM	_____
Finals	20 Boys 10 & Under 200 Freestyle	7	2	01:19 PM	_____
Finals	21 Girls 11-12 200 Freestyle	27	5	01:27 PM	_____
Finals	22 Boys 11-12 200 Freestyle	18	3	01:44 PM	_____
	Break: 12 Minutes: Breaststroke/Freestyle				
	Swimmers Counts for Warm-ups: 166	=====	=====		
	Entry / Heat Totals:	300	60		
	Finish Time			02:06 PM	_____

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Session: 2 Session 2 - Saturday Evening

Day of Meet: 1 Starts at 05:00 PM Heat Interval: 30 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	23 Girls 11-12 200 Medley Relay	13	3 u	05:00 PM	_____
Finals	24 Boys 11-12 200 Medley Relay	10	2 u	05:11 PM	_____
Finals	25 Girls 11-12 200 Backstroke	15	3 u	05:19 PM	_____
Finals	26 Boys 11-12 200 Backstroke	12	2 u	05:31 PM	_____
	Break: 5 Minutes: Relay Awards				
Finals	27 Girls 10 & Under 50 Butterfly	20	4 u	05:43 PM	_____
Finals	28 Boys 10 & Under 50 Butterfly	5	1 u	05:49 PM	_____
Finals	29 Girls 11-12 50 Butterfly	25	5 u	05:50 PM	_____
Finals	30 Boys 11-12 50 Butterfly	22	4 u	05:56 PM	_____
	Break: 5 Minutes: Backstroke Awards				
Finals	31 Girls 11-12 50 Breaststroke	24	4 u	06:06 PM	_____
Finals	32 Boys 11-12 50 Breaststroke	19	4 u	06:12 PM	_____
	Break: 8 Minutes: Butterfly Awards				
Finals	33 Girls 10 & Under 50 Freestyle	24	4 u	06:25 PM	_____
Finals	34 Boys 10 & Under 50 Freestyle	17	3 u	06:30 PM	_____
Finals	35 Girls 11-12 50 Freestyle	48	8 u	06:34 PM	_____
Finals	36 Boys 11-12 50 Freestyle	37	7 u	06:42 PM	_____
	Break: 5 Minutes: Breaststroke Awards				
Finals	37 Girls 11-12 400 Freestyle Relay	13	3 u	06:55 PM	_____
Finals	38 Boys 11-12 400 Freestyle Relay	10	2 u	07:14 PM	_____
	Break: 8 Minutes: Freestyle Awards				
Finals	39 Girls 10 & Under 400 Freestyle	6	1 u	07:34 PM	_____
Finals	40 Boys 10 & Under 400 Freestyle	2	1 u	07:42 PM	_____
Finals	41 Girls 11-12 400 Freestyle	12	2 u	07:50 PM	_____
Finals	42 Boys 11-12 400 Freestyle	6	1 u	08:02 PM	_____
	Break: 8 Minutes: Awards				
	Swimmers Counts for Warm-ups: 169	=====	=====		
	Entry / Heat Totals:	340	64		
	Finish Time			08:17 PM	_____

Session: 3 Session 3 - Sunday Morning 1500

Day of Meet: 2 Starts at 10:30 AM Heat Interval: 30 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	43 Girls 11-12 1500 Freestyle	4	1 u	10:30 AM	_____
Finals	44 Boys 11-12 1500 Freestyle	3	1 u	10:55 AM	_____
	Swimmers Counts for Warm-ups: 7	=====	=====		
	Entry / Heat Totals:	7	2		
	Finish Time			11:18 AM	_____

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Session: 4 Session 4 - Sunday Afternoon

Day of Meet: 2 Starts at 12:30 PM Heat Interval: 30 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	45 Girls 10 & Under 50 Breaststroke	21	4 u 12:30 PM		_____
Finals	46 Boys 10 & Under 50 Breaststroke	15	3 u 12:36 PM		_____
	Break: 5 Minutes: 1500 Awards				
Finals	47 Girls 11-12 200 Breaststroke	19	4 u 12:46 PM		_____
Finals	48 Boys 11-12 200 Breaststroke	7	2 u 01:03 PM		_____
Finals	49 Girls 10 & Under 100 Butterfly	9	2 u 01:11 PM		_____
Finals	50 Boys 10 & Under 100 Butterfly	3	1 u 01:17 PM		_____
Finals	51 Girls 11-12 100 Butterfly	20	4 u 01:19 PM		_____
Finals	52 Boys 11-12 100 Butterfly	8	2 u 01:27 PM		_____
	Break: 8 Minutes: Breaststroke Awards				
Finals	53 Girls 10 & Under 50 Backstroke	34	6 u 01:39 PM		_____
Finals	54 Boys 10 & Under 50 Backstroke	22	4 u 01:49 PM		_____
Finals	55 Girls 11-12 50 Backstroke	23	4 u 01:56 PM		_____
Finals	56 Boys 11-12 50 Backstroke	25	5 u 02:01 PM		_____
	Break: 8 Minutes: Butterfly Awards				
Finals	57 Girls 11-12 400 IM	5	1 u 02:17 PM		_____
Finals	58 Boys 11-12 400 IM	5	1 u 02:24 PM		_____
	Break: 8 Minutes: Backstroke Awards				
Finals	59 Girls 10 & Under 100 Freestyle	34	6 u 02:39 PM		_____
Finals	60 Boys 10 & Under 100 Freestyle	18	3 u 02:52 PM		_____
Finals	61 Girls 11-12 100 Freestyle	45	8 u 02:59 PM		_____
Finals	62 Boys 11-12 100 Freestyle	29	5 u 03:14 PM		_____
	Break: 5 Minutes: IM Awards				
Finals	63 Girls 10 & Under 200 Freestyle Relay	7	2 u 03:28 PM		_____
Finals	64 Boys 10 & Under 200 Freestyle Relay	4	1 u 03:35 PM		_____
	Break: 8 Minutes: Freestyle Awards				
Finals	65 Girls 11-12 200 Freestyle Relay	13	3 u 03:47 PM		_____
Finals	66 Boys 11-12 200 Freestyle Relay	7	2 u 03:55 PM		_____
	Break: 10 Minutes:				
	Swimmers Counts for Warm-ups: 182	=====	=====		
	Entry / Heat Totals:	373	73		
	Finish Time			04:11 PM	_____