

2025 Southern Senior Championships, Sanction #: GU-SC-26-XXX  
Hosted by TWST -- December 4-7, 2025  
Session Report

Session: 1E Thursday Timed Finals - East Pool (Women 1000 & All Relays)  
Day of Meet: 1 Starts at 05:30 PM Heat Interval: 30 Seconds / Back +15 Seconds

| Round  | Event                             | Entries | Heats | Starts at |       |
|--------|-----------------------------------|---------|-------|-----------|-------|
| Finals | 1 Women 200 Medley Relay          | 27      | 4 u   | 05:30 PM  | _____ |
| Finals | 2 Men 200 Medley Relay            | 28      | 4 u   | 05:41 PM  | _____ |
|        | Break: 5 Minutes:                 |         |       |           |       |
| Finals | 3 Women 1000 Freestyle            | 61      | 8 u   | 05:56 PM  | _____ |
|        | Break: 5 Minutes:                 |         |       |           |       |
| Finals | 5 Women 200 Freestyle Relay       | 28      | 4 u   | 07:35 PM  | _____ |
| Finals | 6 Men 200 Freestyle Relay         | 29      | 4 u   | 07:44 PM  | _____ |
|        | Swimmers Counts for Warm-ups: 142 | =====   | ===== |           |       |
|        | Entry / Heat Totals:              | 173     | 24    |           |       |
|        | Finish Time                       |         |       | 07:52 PM  | _____ |

2025 Southern Senior Championships, Sanction #: GU-SC-26-XXX  
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Session Report

Session: 1W Thursday Timed Finals - West Pool (Men's 1000)  
Day of Meet: 1 Starts at 05:55 PM Heat Interval: 30 Seconds / Back +15 Seconds

| Round  | Event                            | Entries | Heats | Starts at |       |
|--------|----------------------------------|---------|-------|-----------|-------|
| Finals | 4 Men 1000 Freestyle             | 51      | 7 u   | 05:55 PM  | _____ |
|        | Swimmers Counts for Warm-ups: 51 | =====   | ===== |           |       |
|        | Entry / Heat Totals:             | 51      | 7     |           |       |
|        | Finish Time                      |         |       | 07:14 PM  | _____ |

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Session: 2E Friday Prelims - East Pool - Men  
Day of Meet: 2 Starts at 09:00 AM Heat Interval: 20 Seconds / Back +15 Seconds

| Round    | Event                             | Entries | Heats | Starts at |       |
|----------|-----------------------------------|---------|-------|-----------|-------|
| Prelims  | 8 Men 100 Breaststroke            | 154     | 20 u  | 09:00 AM  | _____ |
| Prelims  | 10 Men 200 Freestyle              | 195     | 25 u  | 09:29 AM  | _____ |
| Prelims  | 12 Men 100 Butterfly              | 188     | 24 u  | 10:24 AM  | _____ |
|          | Break: 5 Minutes:                 |         |       |           |       |
| Finals-S | 16 Men 400 Freestyle Relay        | 25      | 4 u   | 10:59 AM  | _____ |
|          | Break: 5 Minutes:                 |         |       |           |       |
| Prelims  | 14 Men 400 IM                     | 80      | 10 u  | 11:19 AM  | _____ |
|          | Swimmers Counts for Warm-ups: 304 | =====   | ===== |           |       |
|          | Entry / Heat Totals:              | 642     | 83    |           |       |
|          | Finish Time                       |         |       | 12:07 PM  | _____ |

2025 Southern Senior Championships, Sanction #: GU-SC-26-XXX  
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Session: 2W Friday Prelims - West Pool - Women  
Day of Meet: 2 Starts at 09:00 AM Heat Interval: 20 Seconds / Back +15 Seconds

| Round    | Event                             | Entries | Heats | Starts at |       |
|----------|-----------------------------------|---------|-------|-----------|-------|
| Prelims  | 7 Women 100 Breaststroke          | 143     | 18 u  | 09:00 AM  | _____ |
| Prelims  | 9 Women 200 Freestyle             | 157     | 20 u  | 09:28 AM  | _____ |
| Prelims  | 11 Women 100 Butterfly            | 164     | 21 u  | 10:16 AM  | _____ |
|          | Break: 5 Minutes:                 |         |       |           |       |
| Finals-S | 15 Women 400 Freestyle Relay      | 21      | 3 u   | 10:50 AM  | _____ |
|          | Break: 5 Minutes:                 |         |       |           |       |
| Prelims  | 13 Women 400 IM                   | 98      | 13 u  | 11:07 AM  | _____ |
|          | Swimmers Counts for Warm-ups: 282 | =====   | ===== |           |       |
|          | Entry / Heat Totals:              | 583     | 75    |           |       |
|          | Finish Time                       |         |       | 12:16 PM  | _____ |

**2025 Southern Senior Championships, Sanction #: GU-SC-26-XXX****Hosted by TWST -- December 4-7, 2025****Session Report**

Session: 3 Friday Finals

Day of Meet: 2 Starts at 05:30 PM Heat Interval: 60 Seconds / Back +15 Seconds

| Round    | Event                             | Entries | Heats | Starts at |       |
|----------|-----------------------------------|---------|-------|-----------|-------|
| Finals   | 7 Women 100 Breaststroke          | 40      | 5 u   | 05:30 PM  | _____ |
| Finals   | 8 Men 100 Breaststroke            | 40      | 5 u   | 05:41 PM  | _____ |
| Finals   | 9 Women 200 Freestyle             | 40      | 5 u   | 05:51 PM  | _____ |
| Finals   | 10 Men 200 Freestyle              | 40      | 5 u   | 06:05 PM  | _____ |
| Finals   | 11 Women 100 Butterfly            | 40      | 5 u   | 06:19 PM  | _____ |
| Finals   | 12 Men 100 Butterfly              | 40      | 5 u   | 06:29 PM  | _____ |
| Finals   | 13 Women 400 IM                   | 32      | 4 u   | 06:38 PM  | _____ |
| Finals   | 14 Men 400 IM                     | 32      | 4 u   | 07:01 PM  | _____ |
|          | Break: 5 Minutes:                 |         |       |           |       |
| Finals-2 | 15 Women 400 Freestyle Relay      | 16      | 2 u   | 07:27 PM  | _____ |
| Finals-2 | 16 Men 400 Freestyle Relay        | 16      | 2 u   | 07:36 PM  | _____ |
|          | Swimmers Counts for Warm-ups: 314 | =====   | ===== |           |       |
|          | Entry / Heat Totals:              | 336     | 42    |           |       |
|          | Finish Time                       |         |       | 07:45 PM  | _____ |

**2025 Southern Senior Championships, Sanction #: GU-SC-26-XXX****Hosted by TWST -- December 4-7, 2025****Session Report**

Session: 4E Saturday Prelims - East Pool - Men

Day of Meet: 3 Starts at 09:00 AM Heat Interval: 20 Seconds / Back +15 Seconds

| Round    | Event                             | Entries | Heats | Starts at |       |
|----------|-----------------------------------|---------|-------|-----------|-------|
| Prelims  | 18 Men 200 Butterfly              | 90      | 12 u  | 09:00 AM  | _____ |
| Prelims  | 20 Men 50 Freestyle               | 234     | 30 u  | 09:29 AM  | _____ |
| Prelims  | 22 Men 200 Breaststroke           | 124     | 16 u  | 09:51 AM  | _____ |
| Prelims  | 24 Men 100 Backstroke             | 159     | 20 u  | 10:35 AM  | _____ |
|          | Break: 5 Minutes:                 |         |       |           |       |
| Finals-S | 28 Men 800 Freestyle Relay        | 15      | 2 u   | 11:12 AM  | _____ |
|          | Break: 5 Minutes:                 |         |       |           |       |
| Prelims  | 26 Men 500 Freestyle              | 103     | 13 u  | 11:32 AM  | _____ |
|          | Swimmers Counts for Warm-ups: 329 | =====   | ===== |           |       |
|          | Entry / Heat Totals:              | 725     | 93    |           |       |
|          | Finish Time                       |         |       | 12:42 PM  | _____ |

**2025 Southern Senior Championships, Sanction #: GU-SC-26-XXX****Hosted by TWST -- December 4-7, 2025****Session Report**

Session: 4W Saturday Prelims - West Pool - Women

Day of Meet: 3 Starts at 09:00 AM Heat Interval: 20 Seconds / Back +15 Seconds

| Round    | Event                             | Entries | Heats | Starts at |       |
|----------|-----------------------------------|---------|-------|-----------|-------|
| Prelims  | 17 Women 200 Butterfly            | 85      | 11 u  | 09:00 AM  | _____ |
| Prelims  | 19 Women 50 Freestyle             | 205     | 26 u  | 09:29 AM  | _____ |
| Prelims  | 21 Women 200 Breaststroke         | 128     | 16 u  | 09:49 AM  | _____ |
| Prelims  | 23 Women 100 Backstroke           | 157     | 20 u  | 10:36 AM  | _____ |
|          | Break: 5 Minutes:                 |         |       |           |       |
| Finals-S | 27 Women 800 Freestyle Relay      | 12      | 2 u   | 11:14 AM  | _____ |
|          | Break: 5 Minutes:                 |         |       |           |       |
| Prelims  | 25 Women 500 Freestyle            | 92      | 12 u  | 11:36 AM  | _____ |
|          | Swimmers Counts for Warm-ups: 302 | =====   | ===== |           |       |
|          | Entry / Heat Totals:              | 679     | 87    |           |       |
|          | Finish Time                       |         |       | 12:46 PM  | _____ |

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Session: 5 Saturday Finals

Day of Meet: 3 Starts at 05:30 PM Heat Interval: 60 Seconds / Back +15 Seconds

| Round    | Event                             | Entries | Heats | Starts at |       |
|----------|-----------------------------------|---------|-------|-----------|-------|
| Finals   | 17 Women 200 Butterfly            | 40      | 5 u   | 05:30 PM  | _____ |
| Finals   | 18 Men 200 Butterfly              | 40      | 5 u   | 05:46 PM  | _____ |
| Finals   | 19 Women 50 Freestyle             | 40      | 5 u   | 06:01 PM  | _____ |
| Finals   | 20 Men 50 Freestyle               | 40      | 5 u   | 06:08 PM  | _____ |
| Finals   | 21 Women 200 Breaststroke         | 40      | 5 u   | 06:15 PM  | _____ |
| Finals   | 22 Men 200 Breaststroke           | 40      | 5 u   | 06:32 PM  | _____ |
| Finals   | 23 Women 100 Backstroke           | 40      | 5 u   | 06:48 PM  | _____ |
| Finals   | 24 Men 100 Backstroke             | 40      | 5 u   | 06:59 PM  | _____ |
| Finals   | 25 Women 500 Freestyle            | 32      | 4 u   | 07:10 PM  | _____ |
| Finals   | 26 Men 500 Freestyle              | 32      | 4 u   | 07:34 PM  | _____ |
|          | Break: 5 Minutes:                 |         |       |           |       |
| Finals-2 | 27 Women 800 Freestyle Relay      | 16      | 2 u   | 08:02 PM  | _____ |
| Finals-2 | 28 Men 800 Freestyle Relay        | 16      | 2 u   | 08:20 PM  | _____ |
|          | Swimmers Counts for Warm-ups: 316 | =====   | ===== |           |       |
|          | Entry / Heat Totals:              | 416     | 52    |           |       |
|          | Finish Time                       |         |       | 08:37 PM  | _____ |

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Session: 6E Sunday Prelims - East Pool - Men  
Day of Meet: 4 Starts at 09:00 AM Heat Interval: 20 Seconds / Back +15 Seconds

| Round    | Event                             | Entries | Heats | Starts at |       |
|----------|-----------------------------------|---------|-------|-----------|-------|
| Prelims  | 30 Men 100 Freestyle              | 290     | 37 u  | 09:00 AM  | _____ |
| Prelims  | 34 Men 200 Backstroke             | 113     | 15 u  | 09:46 AM  | _____ |
| Prelims  | 38 Men 200 IM                     | 246     | 31 u  | 10:27 AM  | _____ |
|          | Break: 5 Minutes:                 |         |       |           |       |
| Finals-S | 40 Men 400 Medley Relay           | 26      | 4 u   | 11:48 AM  | _____ |
|          | Break: 5 Minutes:                 |         |       |           |       |
| Finals-S | 36 Men 1650 Freestyle             | 28      | 4 u   | 12:11 PM  | _____ |
|          | Swimmers Counts for Warm-ups: 339 | =====   | ===== |           |       |
|          | Entry / Heat Totals:              | 703     | 91    |           |       |
|          | Finish Time                       |         |       | 01:20 PM  | _____ |

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Session Report

Session: 6W Sunday Prelims - West Pool - Women

Day of Meet: 4 Starts at 09:00 AM Heat Interval: 20 Seconds / Back +15 Seconds

| Round    | Event                             | Entries | Heats | Starts at |       |
|----------|-----------------------------------|---------|-------|-----------|-------|
| Prelims  | 29 Women 100 Freestyle            | 255     | 32 u  | 09:00 AM  | _____ |
| Prelims  | 33 Women 200 Backstroke           | 116     | 15 u  | 09:42 AM  | _____ |
| Prelims  | 37 Women 200 IM                   | 210     | 27 u  | 10:25 AM  | _____ |
|          | Break: 5 Minutes:                 |         |       |           |       |
| Finals-S | 39 Women 400 Medley Relay         | 22      | 3 u   | 11:43 AM  | _____ |
|          | Break: 5 Minutes:                 |         |       |           |       |
| Finals-S | 31 Women 1650 Freestyle           | 24      | 3 u   | 12:02 PM  | _____ |
|          | Swimmers Counts for Warm-ups: 303 | =====   | ===== |           |       |
|          | Entry / Heat Totals:              | 627     | 80    |           |       |
|          | Finish Time                       |         |       | 12:59 PM  | _____ |

**2025 Southern Senior Championships, Sanction #: GU-SC-26-XXX****Hosted by TWST -- December 4-7, 2025****Session Report**

Session: 7 Sunday Finals

Day of Meet: 4 Starts at 04:30 PM Heat Interval: 60 Seconds / Back +15 Seconds

| Round    | Event                             | Entries | Heats | Starts at |       |
|----------|-----------------------------------|---------|-------|-----------|-------|
| Finals   | 29 Women 100 Freestyle            | 40      | 5 u   | 04:30 PM  | _____ |
| Finals   | 30 Men 100 Freestyle              | 40      | 5 u   | 04:40 PM  | _____ |
| Finals-1 | 31 Women 1650 Freestyle           | 8       | 1 u   | 04:49 PM  | _____ |
| Finals   | 33 Women 200 Backstroke           | 40      | 5 u   | 05:08 PM  | _____ |
| Finals   | 34 Men 200 Backstroke             | 40      | 5 u   | 05:25 PM  | _____ |
| Finals-1 | 36 Men 1650 Freestyle             | 8       | 1 u   | 05:41 PM  | _____ |
| Finals   | 37 Women 200 IM                   | 40      | 5 u   | 05:59 PM  | _____ |
| Finals   | 38 Men 200 IM                     | 40      | 5 u   | 06:15 PM  | _____ |
|          | Break: 5 Minutes:                 |         |       |           |       |
| Finals-2 | 39 Women 400 Medley Relay         | 16      | 2 u   | 06:35 PM  | _____ |
| Finals-2 | 40 Men 400 Medley Relay           | 16      | 2 u   | 06:46 PM  | _____ |
|          | Swimmers Counts for Warm-ups: 347 | =====   | ===== |           |       |
|          | Entry / Heat Totals:              | 288     | 36    |           |       |
|          | Finish Time                       |         |       | 06:56 PM  | _____ |
|          | Finish Time                       |         |       | 08:00 PM  | _____ |