

2026 MTHSSA Regional Championship
Hosted by Excel Aquatics
Session Report

Session: 1 Women's Pool (Diving)

Day of Meet: 1 Starts at 10:00 AM Heat Interval: 20 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	1 Women 200 Medley Relay	41	6 u	10:00 AM	_____
Finals	3 Women 200 Freestyle	79	10 u	10:17 AM	_____
Finals	5 Women 200 IM	50	7 u	10:43 AM	_____
Finals	7 Women 50 Freestyle	114	15 u	11:04 AM	_____
	Break: 10 Minutes:				
Finals	11 Women 100 Butterfly	62	8 u	11:26 AM	_____
Finals	13 Women 100 Freestyle	88	11 u	11:38 AM	_____
Finals	15 Women 500 Freestyle	27	4 u	11:53 AM	_____
Finals	17 Women 200 Freestyle Relay	45	6 u	12:18 PM	_____
	Break: 10 Minutes:				
Finals	19 Women 100 Backstroke	69	9 u	12:42 PM	_____
Finals	21 Women 100 Breaststroke	62	8 u	12:58 PM	_____
Finals	23 Women 400 Freestyle Relay	25	4 u	01:11 PM	_____
	Swimmers Counts for Warm-ups: 322	=====	=====		
	Entry / Heat Totals:	662	88		
	Finish Time			01:30 PM	_____

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Session: 2 Men's Pool (Shallow)

Day of Meet: 1 Starts at 10:00 AM Heat Interval: 20 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	2 Men 200 Medley Relay	39	5 u	10:00 AM	_____
Finals	4 Men 200 Freestyle	46	6 u	10:13 AM	_____
Finals	6 Men 200 IM	60	8 u	10:28 AM	_____
Finals	8 Men 50 Freestyle	97	13 u	10:50 AM	_____
	Break: 10 Minutes:				
Finals	12 Men 100 Butterfly	57	8 u	11:09 AM	_____
Finals	14 Men 100 Freestyle	98	13 u	11:25 AM	_____
Finals	16 Men 500 Freestyle	22	3 u	11:42 AM	_____
Finals	18 Men 200 Freestyle Relay	45	6 u	12:00 PM	_____
	Break: 10 Minutes:				
Finals	20 Men 100 Backstroke	66	9 u	12:22 PM	_____
Finals	22 Men 100 Breaststroke	80	10 u	12:38 PM	_____
Finals	24 Men 400 Freestyle Relay	28	4 u	12:53 PM	_____
	Swimmers Counts for Warm-ups: 297	=====	=====		
	Entry / Heat Totals:	638	85		
	Finish Time			01:10 PM	_____

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Session: 3 Diving

Day of Meet: 1 Starts at 05:30 PM Heat Interval: 20 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	9 Women 1 mtr Diving	11	0	05:30 PM	_____
Finals	10 Men 1 mtr Diving	4	0	06:31 PM	_____
	Swimmers Counts for Warm-ups: 15	=====	=====		
	Entry / Heat Totals:	15	0		
	Finish Time			06:54 PM	_____