

**Munster SC Championships - 02/11/2019 to 03/11/2019**  
**Session Report**

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

Prelims      1 Men 200 IM  
Prelims      2 Women 200 Backstroke  
Prelims      3 Men 200 Breaststroke  
Prelims      4 Women 100 Breaststroke  
Prelims      5 Men 100 Backstroke  
Prelims      6 Women 50 Butterfly  
Prelims      7 Men 50 Freestyle  
Finals      8 Women 400 Freestyle

Session: 2      Session 2 Finals Session1  
Day of Meet: 1      Starts at 12:45 PM      Heat Interval: 120 Seconds / Back +15 Seconds

Finals      9 Mixed 200 Freestyle Relay  
Finals      1 Men 200 IM  
Finals      2 Women 200 Backstroke  
Finals      3 Men 200 Breaststroke  
Finals      4 Women 100 Breaststroke  
Finals      5 Men 100 Backstroke  
Finals      6 Women 50 Butterfly  
Finals      7 Men 50 Freestyle

Session: 3      Session 3 Heats Saturday pm  
Day of Meet: 1      Starts at 02:30 PM      Heat Interval: 30 Seconds / Back +15 Seconds

Prelims      10 Women 100 IM  
Prelims      11 Men 200 Freestyle  
Prelims      12 Women 200 Butterfly  
Prelims      13 Men 100 Butterfly  
Prelims      14 Women 100 Freestyle  
Prelims      15 Men 50 Breaststroke  
Prelims      16 Women 50 Backstroke  
Finals      17 Men 400 IM

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Session: 4      Session 4 Finals Session3  
Day of Meet: 1      Starts at 04:15 PM      Heat Interval: 120 Seconds / Back +15 Seconds

Finals	18	Women 200 Freestyle Relay
Finals	19	Men 200 Freestyle Relay
Finals	10	Women 100 IM
Finals	11	Men 200 Freestyle
Finals	12	Women 200 Butterfly
Finals	13	Men 100 Butterfly
Finals	14	Women 100 Freestyle
Finals	15	Men 50 Breaststroke
Finals	16	Women 50 Backstroke
Finals	20	Mixed 800 Freestyle

Session: 5      Session 5 Heats Sunday am  
Day of Meet: 2      Starts at 10:00 AM      Heat Interval: 30 Seconds / Back +15 Seconds

Prelims	21	Women 200 IM
Prelims	22	Men 200 Backstroke
Prelims	23	Women 200 Breaststroke
Prelims	24	Men 100 Breaststroke
Prelims	25	Women 100 Backstroke
Prelims	26	Men 50 Butterfly
Prelims	27	Women 50 Freestyle
Finals	28	Men 400 Freestyle

Session: 6      Session 6 Finals Session5  
Day of Meet: 2      Starts at 12:45 PM      Heat Interval: 120 Seconds / Back +15 Seconds

Finals	29	Mixed 200 Medley Relay
Finals	21	Women 200 IM
Finals	22	Men 200 Backstroke
Finals	23	Women 200 Breaststroke
Finals	24	Men 100 Breaststroke
Finals	25	Women 100 Backstroke
Finals	26	Men 50 Butterfly
Finals	27	Women 50 Freestyle

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Session: 7      Session 7 Heats Sunday pm  
Day of Meet: 2      Starts at 02:15 PM      Heat Interval: 30 Seconds / Back +15 Seconds

Prelims	30	Men 100 IM
Prelims	31	Women 200 Freestyle
Prelims	32	Men 200 Butterfly
Prelims	33	Women 100 Butterfly
Prelims	34	Men 100 Freestyle
Prelims	35	Women 50 Breaststroke
Prelims	36	Men 50 Backstroke
Finals	37	Women 400 IM

Session: 8      Session 8 Finals Session7  
Day of Meet: 2      Starts at 04:00 PM      Heat Interval: 120 Seconds / Back +15 Seconds

Finals	38	Men 200 Medley Relay
Finals	39	Women 200 Medley Relay
Finals	30	Men 100 IM
Finals	31	Women 200 Freestyle
Finals	32	Men 200 Butterfly
Finals	33	Women 100 Butterfly
Finals	34	Men 100 Freestyle
Finals	35	Women 50 Breaststroke
Finals	36	Men 50 Backstroke
Finals	40	Mixed 1500 Freestyle