

NTS Championships 2019 - 04/12/2019 to 08/12/2019**Session Report**

Session: 1 Wednesday 04 December 2019 Finals

Day of Meet: 1 Starts at 05:30 PM Heat Interval: 60 Seconds / Back +15 Seconds

Finals	101	Mixed 12 & Under 4x50 Freestyle Relay
Finals	102	Mixed 13-14 4x50 Freestyle Relay
Finals	103	Mixed 15-17 4x50 Freestyle Relay
Finals	104	Mixed 18 & Over 4x50 Freestyle Relay
Finals	105	Men 400 Freestyle
Finals	106	Women 400 Freestyle

Session: 2 Thursday 05 December 2019 Heats

Day of Meet: 2 Starts at 09:00 AM Heat Interval: 45 Seconds / Back +15 Seconds

Prelims	201	Women 200 Breaststroke
Prelims	202	Men 200 Breaststroke
Prelims	203	Women 100 Butterfly
Prelims	204	Men 100 Butterfly
Prelims	205	Women 200 Backstroke
Prelims	206	Men 200 Backstroke

Session: 3 Thursday 05 December 2019 Finals

Day of Meet: 2 Starts at 05:00 PM Heat Interval: 60 Seconds / Back +15 Seconds

Finals	201	Women 200 Breaststroke
Finals	202	Men 200 Breaststroke
Finals	203	Women 100 Butterfly
Finals	204	Men 100 Butterfly
Finals	207	Women 19 & Over 100 Freestyle Masters
Finals	208	Men 19 & Over 100 Freestyle Masters
Finals	205	Women 200 Backstroke
Finals	206	Men 200 Backstroke
Finals	209	Women 12 & Under 4x50 Freestyle Relay
Finals	210	Men 12 & Under 4x50 Freestyle Relay
Finals	211	Women 13-14 4x50 Freestyle Relay
Finals	212	Men 13-14 4x50 Freestyle Relay
Finals	213	Women 15-17 4x50 Freestyle Relay
Finals	214	Men 15-17 4x50 Freestyle Relay
Finals	215	Women 18 & Over 4x50 Freestyle Relay
Finals	216	Men 18 & Over 4x50 Freestyle Relay

NTS Championships 2019 - 04/12/2019 to 08/12/2019**Session Report**

Session: 4 Friday 06 December 2019 Heats

Day of Meet: 3 Starts at 09:00 AM Heat Interval: 45 Seconds / Back +15 Seconds

Prelims	301	Men 100 Freestyle
Prelims	302	Women 100 Freestyle
Prelims	303	Men 100 Breaststroke
Prelims	304	Women 100 Breaststroke
Finals-S	305	Men 12 & Over 400 IM
Finals-S	306	Women 12 & Over 400 IM
Prelims	307	Men 50 Butterfly
Prelims	308	Women 50 Butterfly

Session: 5 Friday 06 December 2019 Finals

Day of Meet: 3 Starts at 05:00 PM Heat Interval: 60 Seconds / Back +15 Seconds

Finals	301	Men 100 Freestyle
Finals	302	Women 100 Freestyle
Finals	303	Men 100 Breaststroke
Finals	304	Women 100 Breaststroke
Finals	315	Men 19 & Over 100 Breaststroke Masters
Finals	316	Women 19 & Over 100 Breaststroke Masters
Finals-1	305	Men 12 & Over 400 IM
Finals-1	306	Women 12 & Over 400 IM
Finals	307	Men 50 Butterfly
Finals	308	Women 50 Butterfly
Finals	309	Men 14 & Under 4x100 Medley Relay
Finals	310	Women 14 & Under 4x100 Medley Relay
Finals	311	Men 15-17 4x100 Medley Relay
Finals	312	Women 15-17 4x100 Medley Relay
Finals	313	Men 18 & Over 4x100 Medley Relay
Finals	314	Women 18 & Over 4x100 Medley Relay

Session: 6 Saturday 07 December 2019 Heats

Day of Meet: 4 Starts at 09:00 AM Heat Interval: 45 Seconds / Back +15 Seconds

Prelims	401	Women 50 Freestyle
Prelims	402	Men 50 Freestyle
Prelims	403	Women 200 IM
Prelims	404	Men 200 IM
Prelims	405	Women 50 Backstroke
Prelims	406	Men 50 Backstroke
Finals-S	407	Women 12 & Over 800 Freestyle
Finals-S	408	Men 12 & Over 1500 Freestyle

NTS Championships 2019 - 04/12/2019 to 08/12/2019**Session Report**

Session: 7 Saturday 07 December 2019 Finals

Day of Meet: 4 Starts at 05:00 PM Heat Interval: 60 Seconds / Back +15 Seconds

Finals	401	Women 50 Freestyle
Finals	402	Men 50 Freestyle
Finals	403	Women 200 IM
Finals	404	Men 200 IM
Finals	417	Women 19 & Over 100 Backstroke Masters
Finals	418	Men 19 & Over 100 Backstroke Masters
Finals	405	Women 50 Backstroke
Finals	406	Men 50 Backstroke
Finals-1	407	Women 12 & Over 800 Freestyle
Finals-1	408	Men 12 & Over 1500 Freestyle
Finals	409	Women 12 & Under 4x50 Medley Relay
Finals	410	Men 12 & Under 4x50 Medley Relay
Finals	411	Women 13-14 4x50 Medley Relay
Finals	412	Men 13-14 4x50 Medley Relay
Finals	413	Women 15-17 4x50 Medley Relay
Finals	414	Men 15-17 4x50 Medley Relay
Finals	415	Women 18 & Over 4x50 Medley Relay
Finals	416	Men 18 & Over 4x50 Medley Relay

Session: 8 Sunday 08 December 2019 Heats

Day of Meet: 5 Starts at 09:00 AM Heat Interval: 45 Seconds / Back +15 Seconds

Prelims	501	Women 100 Backstroke
Prelims	502	Men 100 Backstroke
Finals-S	503	Women 12 & Over 200 Butterfly
Finals-S	504	Men 12 & Over 200 Butterfly
Prelims	505	Women 50 Breaststroke
Prelims	506	Men 50 Breaststroke
Prelims	507	Women 200 Freestyle
Prelims	508	Men 200 Freestyle

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Session: 9 Sunday 08 December 2019 Finals

Day of Meet: 5 Starts at 04:00 PM Heat Interval: 60 Seconds / Back +15 Seconds

Finals	501	Women 100 Backstroke
Finals	502	Men 100 Backstroke
Finals-1	503	Women 12 & Over 200 Butterfly
Finals-1	504	Men 12 & Over 200 Butterfly
Finals	505	Women 50 Breaststroke
Finals	506	Men 50 Breaststroke
Finals	507	Women 200 Freestyle
Finals	508	Men 200 Freestyle
Finals	509	Women 19 & Over 50 Butterfly Masters
Finals	510	Men 19 & Over 50 Butterfly Masters
Finals	515	Women 14 & Under 4x100 Freestyle Relay
Finals	516	Men 14 & Under 4x100 Freestyle Relay
Finals	517	Women 15-17 4x100 Freestyle Relay
Finals	518	Men 15-17 4x100 Freestyle Relay
Finals	519	Women 18 & Over 4x100 Freestyle Relay
Finals	520	Men 18 & Over 4x100 Freestyle Relay