

NTS Championships 2022 - 09/12/2022 to 13/12/2022**Session Report**

Session: 1 Friday 09 December 2022 - Finals

Day of Meet: 1 Starts at 04:30 PM Heat Interval: 120 Seconds / Back +15 Seconds

Finals	101	Mixed 12 & Under 4x50 Medley Relay
Finals	102	Mixed 13-15 4x100 Medley Relay
Finals	103	Mixed 16 & Over 4x100 Medley Relay
Finals	104	Men 400 Freestyle
Finals	105	Women 400 Freestyle
Finals	106	Mixed 12 & Under 4x50 Freestyle Relay
Finals	107	Mixed 13-15 4x100 Freestyle Relay
Finals	108	Mixed 16 & Over 4x100 Freestyle Relay

Session: 2 Saturday 10 December 2022 - Prelims

Day of Meet: 2 Starts at 09:00 AM Heat Interval: 60 Seconds / Back +15 Seconds

Finals-S	201	Women 12 & Over 1500 Freestyle
Finals-S	202	Men 12 & Over 800 Freestyle
Prelims	203	Women 200 Breaststroke
Prelims	204	Men 200 Breaststroke
Prelims	205	Women 100 Butterfly
Prelims	206	Men 100 Butterfly
Prelims	207	Women 200 Backstroke
Prelims	208	Men 200 Backstroke

Session: 3 Saturday 10 December 2022 - Finals

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

Finals-1	201	Women 12 & Over 1500 Freestyle
Finals-1	202	Men 12 & Over 800 Freestyle
Finals	203	Women 200 Breaststroke
Finals	204	Men 200 Breaststroke
Finals	205	Women 100 Butterfly
Finals	206	Men 100 Butterfly
Finals	207	Women 200 Backstroke
Finals	208	Men 200 Backstroke

Session: 4 Sunday 11 December 2022 - Prelims

Day of Meet: 3 Starts at 09:00 AM Heat Interval: 60 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

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Session: 5 Sunday 11 December 2022 - Finals

Day of Meet: 3 Starts at 04:00 PM Heat Interval: 120 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-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	Mixed 15 & Under 4x200 Freestyle Relay
Finals	310	Mixed 16 & Over 4x200 Freestyle Relay

Session: 6 Monday 12 December 2022 - Prelims

Day of Meet: 4 Starts at 09:00 AM Heat Interval: 60 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

Session: 7 Monday 12 December 2022 - Finals

Day of Meet: 4 Starts at 04:00 PM Heat Interval: 120 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	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 13-15 4x100 Medley Relay
Finals	412	Men 13-15 4x100 Medley Relay
Finals	413	Women 16 & Over 4x100 Medley Relay
Finals	414	Men 16 & Over 4x100 Medley Relay

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Session: 8 Tuesday 13 December 2022 - Prelims

Day of Meet: 5 Starts at 09:00 AM Heat Interval: 60 Seconds / Back +15 Seconds

Prelims	501	Women 100 Backstroke
Prelims	502	Men 100 Backstroke
Prelims	505	Women 50 Breaststroke
Prelims	506	Men 50 Breaststroke
Prelims	507	Women 200 Freestyle
Prelims	508	Men 200 Freestyle

Session: 9 Tuesday 13 December 2022 - Finals

Day of Meet: 5 Starts at 04:00 PM Heat Interval: 120 Seconds / Back +15 Seconds

Finals	501	Women 100 Backstroke
Finals	502	Men 100 Backstroke
Finals	503	Women 12 & Over 200 Butterfly
Finals	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 12 & Under 4x50 Freestyle Relay
Finals	510	Men 12 & Under 4x50 Freestyle Relay
Finals	511	Women 13-15 4x100 Freestyle Relay
Finals	512	Men 13-15 4x100 Freestyle Relay
Finals	513	Women 16 & Over 4x100 Freestyle Relay
Finals	514	Men 16 & Over 4x100 Freestyle Relay