

2026 MW GOAL Sprint Cup - 4/25/2026 to 4/26/2026
Fremont NE Dillon Aquatic Center - 50 m, Sanction #: MWS26010
Session Report

Session: 1 Saturday AM 13&O Prelims

Day of Meet: 1 Starts at 08:00 AM Heat Interval: 20 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	1 Girls 13 & Over 200 Freestyle	30	5	08:00 AM	_____
Finals	2 Boys 13 & Over 200 Freestyle	30	5	08:14 AM	_____
Prelims	3 Girls 13 & Over 100 Butterfly	61	11	08:27 AM	_____
Prelims	4 Boys 13 & Over 100 Butterfly	61	11	08:47 AM	_____
	Break: 5 Minutes: Timer Movement				
Prelims	5 Girls 13 & Over 50 Backstroke	51	9	09:11 AM	_____
Prelims	6 Boys 13 & Over 50 Backstroke	50	9	09:23 AM	_____
	Break: 5 Minutes: Timer Movement				
Prelims	7 Girls 13 & Over 100 Breaststroke	71	12	09:40 AM	_____
Prelims	8 Boys 13 & Over 100 Breaststroke	68	12	10:04 AM	_____
	Break: 5 Minutes: Timer Movement				
Prelims	9 Girls 13 & Over 50 Freestyle	90	15	10:32 AM	_____
Prelims	10 Boys 13 & Over 50 Freestyle	103	18	10:46 AM	_____
	Break: 5 Minutes: Timer Movement				
Finals	11 Girls 13 & Over 400 IM	19	4	11:07 AM	_____
Finals	12 Boys 13 & Over 400 IM	12	2	11:33 AM	_____
	Swimmers Counts for Warm-ups: 230	=====	=====		
	Entry / Heat Totals:	646	113		
	Finish Time			11:46 AM	_____

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Session Report

Session: 2 Saturday AM 13&O Finals

Day of Meet: 1 Starts at 11:50 AM Heat Interval: 40 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	3 Girls 13 & Over 100 Butterfly	18	3 u	11:50 AM	_____
Finals	4 Boys 13 & Over 100 Butterfly	18	3 u	11:56 AM	_____
	Break: 5 Minutes: Timer Movement				
Finals	5 Girls 13 & Over 50 Backstroke	18	3 u	12:06 PM	_____
Finals	6 Boys 13 & Over 50 Backstroke	18	3 u	12:11 PM	_____
	Break: 5 Minutes: Timer Movement				
Finals	7 Girls 13 & Over 100 Breaststroke	18	3 u	12:20 PM	_____
Finals	8 Boys 13 & Over 100 Breaststroke	18	3 u	12:26 PM	_____
	Break: 5 Minutes: Timer Movement				
Finals	9 Girls 13 & Over 50 Freestyle	18	3 u	12:37 PM	_____
Finals	10 Boys 13 & Over 50 Freestyle	18	3 u	12:40 PM	_____
	Swimmers Counts for Warm-ups: 96	=====	=====		
	Entry / Heat Totals:	144	24		
	Finish Time			12:44 PM	_____

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Session Report

Session: 3 Saturday PM Session 12&U Timed Finals + 100 Free Prelims
Day of Meet: 1 Starts at 01:30 PM Heat Interval: 20 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Prelims	13 Girls 12 & Under 100 Freestyle	88	15	01:30 PM	_____
Prelims	14 Boys 12 & Under 100 Freestyle	48	8	02:01 PM	_____
	Break: 5 Minutes: Timer Movement				
Finals	15 Girls 12 & Under 50 Breaststroke	62	11	02:21 PM	_____
Finals	16 Boys 12 & Under 50 Breaststroke	31	6	02:36 PM	_____
	Break: 5 Minutes: Timer Movement				
Finals	17 Girls 12 & Under 200 Butterfly	0	0	02:49 PM	_____
Finals	18 Boys 12 & Under 200 Butterfly	0	0	02:49 PM	_____
Finals	19 Girls 12 & Under 100 Backstroke	75	13	02:49 PM	_____
Finals	20 Boys 12 & Under 100 Backstroke	39	7	03:21 PM	_____
Finals	21 Girls 12 & Under 200 Breaststroke	13	3	03:37 PM	_____
Finals	22 Boys 12 & Under 200 Breaststroke	6	1	03:49 PM	_____
	Break: 5 Minutes: Timer Movement				
Finals	23 Girls 12 & Under 50 Butterfly	52	9	03:59 PM	_____
Finals	24 Boys 12 & Under 50 Butterfly	33	6	04:10 PM	_____
	Break: 5 Minutes: Timer Movement				
Finals	25 Girls 12 & Under 200 IM	23	4	04:22 PM	_____
Finals	26 Boys 12 & Under 200 IM	21	4	04:38 PM	_____
	Break: 5 Minutes:				
	Swimmers Counts for Warm-ups: 151	=====	=====		
	Entry / Heat Totals:	491	87		
	Finish Time			04:59 PM	_____

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Session Report

Session: 4 100 Freestyle Finals Session

Day of Meet: 1 Starts at 05:00 PM Heat Interval: 75 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	13 Girls 12 & Under 100 Freestyle	12	2 u	05:00 PM	_____
Finals	14 Boys 12 & Under 100 Freestyle	12	2 u	05:05 PM	_____
	Swimmers Counts for Warm-ups: 24	=====	=====		
	Entry / Heat Totals:	24	4		
	Finish Time			05:10 PM	_____

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Session Report

Session: 5 Sunday AM 13&O Prelims

Day of Meet: 2 Starts at 08:00 AM Heat Interval: 20 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	27 Girls 13 & Over 200 IM	30	5	08:00 AM	_____
Finals	28 Boys 13 & Over 200 IM	30	5	08:16 AM	_____
	Break: 5 Minutes: Timer Movement				
Prelims	29 Girls 13 & Over 50 Butterfly	57	10	08:36 AM	_____
Prelims	30 Boys 13 & Over 50 Butterfly	66	11	08:46 AM	_____
	Break: 5 Minutes: Timer Movement				
Prelims	31 Girls 13 & Over 100 Backstroke	67	12	09:02 AM	_____
Prelims	32 Boys 13 & Over 100 Backstroke	59	10	09:27 AM	_____
	Break: 5 Minutes: Timer Movement				
Prelims	33 Girls 13 & Over 50 Breaststroke	33	6	09:52 AM	_____
Prelims	34 Boys 13 & Over 50 Breaststroke	34	6	09:59 AM	_____
	Break: 5 Minutes: Timer Movement				
Prelims	35 Girls 13 & Over 100 Freestyle	82	14	10:11 AM	_____
Prelims	36 Boys 13 & Over 100 Freestyle	82	14	10:33 AM	_____
Finals	37 Girls 13 & Over 400 Freestyle	25	5	10:55 AM	_____
Finals	38 Boys 13 & Over 400 Freestyle	21	4	11:25 AM	_____
	Swimmers Counts for Warm-ups: 208	=====	=====		
	Entry / Heat Totals:	586	102		
	Finish Time			11:46 AM	_____

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Session Report

Session: 6 Sunday AM 13&O Finals

Day of Meet: 2 Starts at 11:45 AM Heat Interval: 40 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	29 Girls 13 & Over 50 Butterfly	18	3 u	11:45 AM	_____
Finals	30 Boys 13 & Over 50 Butterfly	18	3 u	11:49 AM	_____
	Break: 5 Minutes: Timer Movement				
Finals	31 Girls 13 & Over 100 Backstroke	18	3 u	11:58 AM	_____
Finals	32 Boys 13 & Over 100 Backstroke	18	3 u	12:04 PM	_____
	Break: 5 Minutes: Timer Movement				
Finals	33 Girls 13 & Over 50 Breaststroke	18	3 u	12:15 PM	_____
Finals	34 Boys 13 & Over 50 Breaststroke	18	3 u	12:19 PM	_____
	Break: 5 Minutes: Timer Movement				
Finals	35 Girls 13 & Over 100 Freestyle	18	3 u	12:28 PM	_____
Finals	36 Boys 13 & Over 100 Freestyle	18	3 u	12:33 PM	_____
	Swimmers Counts for Warm-ups: 94	=====	=====		
	Entry / Heat Totals:	144	24		
	Finish Time			12:38 PM	_____

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Session: 7 Sunday PM Session 12&U Timed Finals + 50 Free Prelims
Day of Meet: 2 Starts at 01:30 PM Heat Interval: 20 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	39 Girls 12 & Under 200 Freestyle	37	7	01:30 PM	_____
Finals	40 Boys 12 & Under 200 Freestyle	27	5	01:57 PM	_____
	Break: 5 Minutes: Timer Movement				
Prelims	41 Girls 12 & Under 50 Freestyle	58	10	02:21 PM	_____
Prelims	42 Boys 12 & Under 50 Freestyle	47	8	02:32 PM	_____
	Break: 5 Minutes: Timer Movement				
Finals	43 Girls 12 & Under 100 Butterfly	10	2	02:46 PM	_____
Finals	44 Boys 12 & Under 100 Butterfly	13	3	02:50 PM	_____
Finals	45 Girls 12 & Under 200 Backstroke	17	3	02:56 PM	_____
Finals	46 Boys 12 & Under 200 Backstroke	9	2	03:09 PM	_____
Finals	47 Girls 12 & Under 100 Breaststroke	36	6	03:18 PM	_____
Finals	48 Boys 12 & Under 100 Breaststroke	25	5	03:32 PM	_____
	Break: 5 Minutes: Timer Movement				
Finals	49 Girls 12 & Under 50 Backstroke	56	10	03:50 PM	_____
Finals	50 Boys 12 & Under 50 Backstroke	47	8	04:04 PM	_____
	Break: 5 Minutes: Timer Movement				
Finals	51 Girls 12 & Under 400 IM	2	1	04:21 PM	_____
Finals	52 Boys 12 & Under 400 IM	2	1	04:28 PM	_____
	Break: 5 Minutes: End of Session - Begin Finals				
	Swimmers Counts for Warm-ups: 131	=====	=====		
	Entry / Heat Totals:	386	71		
	Finish Time			04:40 PM	_____

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Session Report

Session: 8 50 Freestyle Finals Session

Day of Meet: 2 Starts at 04:45 PM Heat Interval: 75 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	41 Girls 12 & Under 50 Freestyle	12	2 u	04:45 PM	_____
Finals	42 Boys 12 & Under 50 Freestyle	12	2 u	04:49 PM	_____
	Swimmers Counts for Warm-ups: 24	=====	=====		
	Entry / Heat Totals:	24	4		
	Finish Time			04:53 PM	_____