

NRST 2025 Spring Sprint - 2025-05-24 to 2025-05-25
Session Report

Session: 1 Saturday am

Day of Meet: 1 Starts at 09:00 AM Heat Interval: 45 Seconds / Back +30 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	100 Girls 12 & Under 200 Medley Relay	11	2 u	09:00 AM	_____
Finals	101 Boys 12 & Under 200 Medley Relay	7	1 u	09:09 AM	_____
Finals	102 Girls 13-14 200 Medley Relay	6	1 u	09:14 AM	_____
Finals	103 Boys 13-14 200 Medley Relay	4	1 u	09:18 AM	_____
Finals	104 Girls 15-18 200 Medley Relay	2	1 u	09:23 AM	_____
Finals	105 Boys 15-18 200 Medley Relay	5	1 u	09:27 AM	_____
Finals	1 Mixed 100 Freestyle	213	27 u	09:32 AM	_____
	Break: 5 Minutes:				
Finals	2 Mixed 50 Butterfly	156	20 u	10:32 AM	_____
	Break: 5 Minutes:				
Finals	3 Mixed 100 Backstroke	149	19 u	11:05 AM	_____
Finals	4 Mixed 200 Breaststroke	59	8 u	11:59 AM	_____
Finals	5 Mixed 200 IM	117	15 u	12:33 PM	_____
	Swimmers Counts for Warm-ups: 267	=====	=====		
	Entry / Heat Totals:	729	96		
	Finish Time			01:29 PM	_____

NRST 2025 Spring Sprint - 2025-05-24 to 2025-05-25
Session Report

Session: 2 Saturday pm

Day of Meet: 1 Starts at 04:30 PM Heat Interval: 45 Seconds / Back +30 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	6 Mixed 100 Butterfly	87	11 u	04:30 PM	_____
	Break: 5 Minutes:				
Finals	7 Mixed 50 Breaststroke	133	17 u	04:59 PM	_____
Finals	8 Mixed 50 Freestyle	215	27 u	05:26 PM	_____
	Break: 5 Minutes:				
Finals	9 Mixed 200 Backstroke	89	12 u	06:07 PM	_____
Finals	10 Mixed 400 IM	31	4 u	06:58 PM	_____
	Swimmers Counts for Warm-ups: 262	=====	=====		
	Entry / Heat Totals:	555	71		
	Finish Time			07:27 PM	_____

NRST 2025 Spring Sprint - 2025-05-24 to 2025-05-25
Session Report

Session: 3 Sunday pm

Day of Meet: 2 Starts at 09:00 AM Heat Interval: 45 Seconds / Back +30 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	300 Girls 12 & Under 200 Freestyle Relay	11	2 u	09:00 AM	_____
Finals	301 Boys 12 & Under 200 Freestyle Relay	6	1 u	09:09 AM	_____
Finals	302 Girls 13-14 200 Freestyle Relay	6	1 u	09:13 AM	_____
Finals	303 Boys 13-14 200 Freestyle Relay	4	1 u	09:16 AM	_____
Finals	304 Girls 15-18 200 Freestyle Relay	4	1 u	09:19 AM	_____
Finals	305 Boys 15-18 200 Freestyle Relay	5	1 u	09:23 AM	_____
Finals	11 Mixed 200 Freestyle	166	21 u	09:27 AM	_____
	Break: 5 Minutes:				
Finals	12 Mixed 50 Backstroke	180	23 u	10:47 AM	_____
	Break: 5 Minutes:				
Finals	13 Mixed 200 Butterfly	29	4 u	11:37 AM	_____
Finals	14 Mixed 100 Breaststroke	136	17 u	11:52 AM	_____
Finals	15 Mixed 400 Freestyle	81	11 u	12:35 PM	_____
	Swimmers Counts for Warm-ups: 236	=====	=====		
	Entry / Heat Totals:	628	83		
	Finish Time			01:42 PM	_____