

WTF III 2026
www.CascadeSwimming.com
Session Report

Session: 1 Friday Prelims

Day of Meet: 1 Starts at 08:30 AM Heat Interval: 30 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Prelims	103 Girls Open 100 Butterfly	82	9 u	08:30 AM	_____
Prelims	104 Boys Open 100 Freestyle	132	14 u	08:47 AM	_____
Prelims	105 Girls Open 200 Backstroke	59	6 u	09:11 AM	_____
Prelims	106 Boys Open 200 Butterfly	13	2 u	09:31 AM	_____
Prelims	107 Girls Open 200 Breaststroke	47	5 u	09:37 AM	_____
Prelims	108 Boys Open 100 Backstroke	106	11 u	09:55 AM	_____
	Break: 10 Minutes:				
Prelims	109 Girls Open 50 Freestyle	226	23 u	10:27 AM	_____
	Break: 2 Minutes:				
Finals-S	110 Boys Open 400 IM	2	1 u	10:55 AM	_____
Prelims	111 Girls Open 200 IM	63	7 u	11:01 AM	_____
Prelims	112 Boys Open 100 Breaststroke	82	9 u	11:23 AM	_____
	Break: 10 Minutes:				
Prelims	113 Girls Open 50 Breaststroke	144	15 u	11:50 AM	_____
Prelims	114 Boys Open 50 Butterfly	94	10 u	12:11 PM	_____
Prelims	115 Girls Open 50 Backstroke	175	18 u	12:22 PM	_____
	Break: 2 Minutes:				
Prelims	116 Boys Open 200 Freestyle	45	5 u	12:51 PM	_____
Finals-S	101 Girls Open 400 Freestyle	34	4 u	01:05 PM	_____
Finals-S	102 Boys Open 800 Freestyle	5	1 u	01:27 PM	_____
	Swimmers Counts for Warm-ups: 506	=====	=====		
	Entry / Heat Totals:	1,309	140		
	Finish Time			01:37 PM	_____

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Session: 2 Friday Finals

Day of Meet: 1 Starts at 05:00 PM Heat Interval: 45 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals-1	101 Girls Open 400 Freestyle	10	1 u	05:00 PM	_____
Finals-1	102 Boys Open 800 Freestyle	10	1 u	05:06 PM	_____
Finals	103 Girls Open 100 Butterfly	40	4 u	05:17 PM	_____
Finals	104 Boys Open 100 Freestyle	40	4 u	05:24 PM	_____
Finals	105 Girls Open 200 Backstroke	40	4 u	05:31 PM	_____
Finals	106 Boys Open 200 Butterfly	10	1 u	05:45 PM	_____
Finals	107 Girls Open 200 Breaststroke	30	3 u	05:48 PM	_____
Finals	108 Boys Open 100 Backstroke	40	4 u	05:59 PM	_____
	Break: 10 Minutes:				
Finals	109 Girls Open 50 Freestyle	40	4 u	06:17 PM	_____
	Break: 2 Minutes:				
Finals	111 Girls Open 200 IM	40	4 u	06:24 PM	_____
Finals	112 Boys Open 100 Breaststroke	40	4 u	06:37 PM	_____
	Break: 2 Minutes:				
Finals	113 Girls Open 50 Breaststroke	40	4 u	06:47 PM	_____
Finals	114 Boys Open 50 Butterfly	40	4 u	06:52 PM	_____
Finals	115 Girls Open 50 Backstroke	40	4 u	06:57 PM	_____
	Break: 10 Minutes:				
Finals	116 Boys Open 200 Freestyle	30	3 u	07:13 PM	_____
Finals-1	110 Boys Open 400 IM	10	1 u	07:21 PM	_____
	Swimmers Counts for Warm-ups: 271	=====	=====		
	Entry / Heat Totals:	500	50		
	Finish Time			07:28 PM	_____

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Session: 3 Saturday Prelims

Day of Meet: 2 Starts at 08:30 AM Heat Interval: 30 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Prelims	203 Girls Open 100 Freestyle	194	20 u	08:30 AM	_____
Prelims	204 Boys Open 100 Butterfly	81	9 u	09:05 AM	_____
Prelims	205 Girls Open 200 Butterfly	10	1 u	09:21 AM	_____
Prelims	206 Boys Open 200 Backstroke	35	4 u	09:24 AM	_____
Prelims	207 Girls Open 100 Backstroke	169	17 u	09:37 AM	_____
Prelims	208 Boys Open 200 Breaststroke	24	3 u	10:14 AM	_____
	Break: 10 Minutes:				
Finals-S	209 Girls Open 400 IM	3	1 u	10:34 AM	_____
Prelims	210 Boys Open 50 Freestyle	139	14 u	10:40 AM	_____
	Break: 2 Minutes:				
Prelims	211 Girls Open 100 Breaststroke	123	13 u	10:57 AM	_____
Prelims	212 Boys Open 200 IM	51	6 u	11:25 AM	_____
	Break: 2 Minutes:				
Prelims	213 Girls Open 50 Butterfly	148	15 u	11:45 AM	_____
Prelims	214 Boys Open 50 Breaststroke	111	12 u	12:02 PM	_____
	Break: 10 Minutes:				
Prelims	215 Girls Open 200 Freestyle	82	9 u	12:28 PM	_____
	Break: 2 Minutes:				
Prelims	216 Boys Open 50 Backstroke	120	12 u	12:56 PM	_____
Finals-S	201 Girls Open 800 Freestyle	6	1 u	01:14 PM	_____
Finals-S	202 Boys Open 400 Freestyle	22	3 u	01:25 PM	_____
	Swimmers Counts for Warm-ups: 523	====	====		
	Entry / Heat Totals:	1,318	140		
	Finish Time			01:40 PM	_____

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Session: 4 Saturday Finals

Day of Meet: 2 Starts at 05:00 PM Heat Interval: 45 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals-1	201 Girls Open 800 Freestyle	10	1 u	05:00 PM	_____
Finals-1	202 Boys Open 400 Freestyle	10	1 u	05:12 PM	_____
Finals	203 Girls Open 100 Freestyle	40	4 u	05:17 PM	_____
Finals	204 Boys Open 100 Butterfly	40	4 u	05:24 PM	_____
Finals	205 Girls Open 200 Butterfly	10	1 u	05:31 PM	_____
Finals	206 Boys Open 200 Backstroke	20	2 u	05:34 PM	_____
Finals	207 Girls Open 100 Backstroke	40	4 u	05:41 PM	_____
Finals	208 Boys Open 200 Breaststroke	10	1 u	05:50 PM	_____
	Break: 10 Minutes:				
Finals	210 Boys Open 50 Freestyle	40	4 u	06:03 PM	_____
	Break: 2 Minutes:				
Finals	211 Girls Open 100 Breaststroke	40	4 u	06:09 PM	_____
Finals	212 Boys Open 200 IM	30	3 u	06:18 PM	_____
	Break: 10 Minutes:				
Finals	213 Girls Open 50 Butterfly	40	4 u	06:37 PM	_____
Finals	214 Boys Open 50 Breaststroke	40	4 u	06:42 PM	_____
	Break: 2 Minutes:				
Finals	215 Girls Open 200 Freestyle	40	4 u	06:49 PM	_____
	Break: 2 Minutes:				
Finals	216 Boys Open 50 Backstroke	40	4 u	07:03 PM	_____
	Break: 2 Minutes:				
Finals-1	209 Girls Open 400 IM	10	1 u	07:11 PM	_____
	Swimmers Counts for Warm-ups: 263	=====	=====		
	Entry / Heat Totals:	460	46		
	Finish Time			07:18 PM	_____