

2026 Cape Coast Conference Championships - 10/2/2026**Session Report**

Session: 2 Swimming

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

Round	Event	Entries	Heats	Starts at	
Finals	1 Girls 200 Medley Relay	12	2 u	09:00 AM	_____
Finals	2 Boys 200 Medley Relay	12	2 u	09:07 AM	_____
Finals	3 Girls 200 Freestyle	37	5 u	09:12 AM	_____
Finals	4 Boys 200 Freestyle	40	5 u	09:28 AM	_____
Finals	5 Girls 200 IM	29	4 u	09:43 AM	_____
Finals	6 Boys 200 IM	33	5 u	09:57 AM	_____
Finals	7 Girls 50 Freestyle	48	6 u	10:16 AM	_____
Finals	8 Boys 50 Freestyle	49	7 u	10:22 AM	_____
	Break: 15 Minutes:				
Finals	11 Girls 100 Butterfly	28	4 u	10:42 AM	_____
Finals	12 Boys 100 Butterfly	35	5 u	10:49 AM	_____
Finals	13 Girls 100 Freestyle	49	7 u	10:56 AM	_____
Finals	14 Boys 100 Freestyle	49	7 u	11:07 AM	_____
Finals	15 Girls 500 Freestyle	23	3 u	11:18 AM	_____
Finals	16 Boys 500 Freestyle	29	4 u	11:40 AM	_____
Finals	17 Girls 200 Freestyle Relay	13	2 u	12:07 PM	_____
Finals	18 Boys 200 Freestyle Relay	13	2 u	12:13 PM	_____
Finals	19 Girls 100 Backstroke	45	6 u	12:17 PM	_____
Finals	20 Boys 100 Backstroke	36	5 u	12:30 PM	_____
Finals	21 Girls 100 Breaststroke	41	6 u	12:40 PM	_____
Finals	22 Boys 100 Breaststroke	42	6 u	12:51 PM	_____
Finals	23 Girls 400 Freestyle Relay	11	2 u	01:01 PM	_____
Finals	24 Boys 400 Freestyle Relay	10	2 u	01:13 PM	_____
	Swimmers Counts for Warm-ups: 356	=====	=====		
	Entry / Heat Totals:	684	97		
	Finish Time			01:22 PM	_____