

2026 FAST Polar Plunge - 1/9/2026 to 1/11/2026
Session Report

Session: 1 Friday PM Distance
Day of Meet: 1 Starts at 06:00 PM Heat Interval: 30 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	1 Girls 11 & Over 1650 Freestyle	19	2 u	06:00 PM	_____
Finals	2 Boys 11 & Over 1650 Freestyle	14	2 u	06:49 PM	_____
	Swimmers Counts for Warm-ups: 33	=====	=====		
	Entry / Heat Totals:	33	4		
	Finish Time			07:29 PM	_____

2026 FAST Polar Plunge - 1/9/2026 to 1/11/2026**Session Report**

Session: 2 Saturday AM - 13 & Overs

Day of Meet: 2 Starts at 09:00 AM Heat Interval: 22 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	3 Girls 13-14 200 Freestyle Relay	5	1 u	09:00 AM	_____
Finals	4 Boys 13-14 200 Freestyle Relay	4	1 u	09:03 AM	_____
Finals	5 Girls 15 & Over 200 Freestyle Relay	5	1 u	09:06 AM	_____
Finals	6 Boys 15 & Over 200 Freestyle Relay	4	1 u	09:08 AM	_____
	Break: 5 Minutes: break after relays				
Finals	7 Girls 13 & Over 200 IM	47	5 u	09:15 AM	_____
Finals	8 Boys 13 & Over 200 IM	36	4 u	09:30 AM	_____
Finals	9 Girls 13 & Over 50 Butterfly	69	7 u	09:40 AM	_____
Finals	10 Boys 13 & Over 50 Butterfly	49	5 u	09:47 AM	_____
Finals	11 Girls 13 & Over 200 Backstroke	35	4 u	09:51 AM	_____
Finals	12 Boys 13 & Over 200 Backstroke	31	4 u	10:04 AM	_____
Finals	13 Girls 13 & Over 100 Freestyle	89	9 u	10:15 AM	_____
Finals	14 Boys 13 & Over 100 Freestyle	68	7 u	10:27 AM	_____
Finals	15 Girls 13 & Over 50 Backstroke	46	5 u	10:37 AM	_____
Finals	16 Boys 13 & Over 50 Backstroke	25	3 u	10:43 AM	_____
Finals	17 Girls 13 & Over 200 Butterfly	22	3 u	10:47 AM	_____
Finals	18 Boys 13 & Over 200 Butterfly	23	3 u	10:56 AM	_____
Finals	19 Girls 13 & Over 100 IM	23	3 u	11:04 AM	_____
Finals	20 Boys 13 & Over 100 IM	19	2 u	11:09 AM	_____
Finals	21 Girls 13 & Over 100 Breaststroke	54	6 u	11:12 AM	_____
Finals	22 Boys 13 & Over 100 Breaststroke	43	5 u	11:23 AM	_____
Finals	23 Girls 13 & Over 500 Freestyle	31	4 u	11:32 AM	_____
Finals	24 Boys 13 & Over 500 Freestyle	24	3 u	11:57 AM	_____
	Swimmers Counts for Warm-ups: 253	=====	=====		
	Entry / Heat Totals:	752	86		
	Finish Time			12:15 PM	_____

2026 FAST Polar Plunge - 1/9/2026 to 1/11/2026**Session Report**

Session: 3 Saturday PM - 12 & Unders

Day of Meet: 2 Starts at 01:30 PM Heat Interval: 30 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	25 Girls 10 & Under 200 Freestyle Relay	8	1 u	01:30 PM	_____
Finals	26 Boys 10 & Under 200 Freestyle Relay	6	1 u	01:34 PM	_____
Finals	27 Girls 11-12 200 Freestyle Relay	6	1 u	01:38 PM	_____
Finals	28 Boys 11-12 200 Freestyle Relay	3	1 u	01:41 PM	_____
	Break: 4 Minutes: move timers for 25s				
Finals	29 Girls 8 & Under 25 Butterfly	11	2 u	01:48 PM	_____
Finals	30 Boys 8 & Under 25 Butterfly	7	1 u	01:49 PM	_____
	Break: 2 Minutes: move timers for 25s				
Finals	31 Girls 12 & Under 100 Freestyle	95	10 u	01:53 PM	_____
Finals	32 Boys 12 & Under 100 Freestyle	64	7 u	02:11 PM	_____
	Break: 2 Minutes: move timers for 25s				
Finals	33 Girls 8 & Under 25 Backstroke	13	2 u	02:25 PM	_____
Finals	34 Boys 8 & Under 25 Backstroke	7	1 u	02:28 PM	_____
	Break: 2 Minutes: move timers for 25s				
Finals	35 Girls 12 & Under 50 Butterfly	63	7 u	02:31 PM	_____
Finals	36 Boys 12 & Under 50 Butterfly	41	5 u	02:40 PM	_____
	Break: 2 Minutes: move timers for 25s				
Finals	37 Girls 8 & Under 25 Breaststroke	5	1 u	02:48 PM	_____
Finals	38 Boys 8 & Under 25 Breaststroke	4	1 u	02:49 PM	_____
	Break: 2 Minutes: move timers for 25s				
Finals	39 Girls 12 & Under 100 Breaststroke	48	5 u	02:52 PM	_____
Finals	40 Boys 12 & Under 100 Breaststroke	42	5 u	03:03 PM	_____
	Break: 2 Minutes: move timers for 25s				
Finals	41 Girls 8 & Under 25 Freestyle	12	2 u	03:15 PM	_____
Finals	42 Boys 8 & Under 25 Freestyle	7	1 u	03:17 PM	_____
	Break: 2 Minutes: move timers for 25s				
Finals	43 Girls 12 & Under 50 Backstroke	77	8 u	03:20 PM	_____
Finals	44 Boys 12 & Under 50 Backstroke	52	6 u	03:32 PM	_____
Finals	45 Girls 12 & Under 100 IM	68	7 u	03:41 PM	_____
Finals	46 Boys 12 & Under 100 IM	43	5 u	03:55 PM	_____
Finals	47 Girls 12 & Under 200 Freestyle	34	4 u	04:06 PM	_____
Finals	48 Boys 12 & Under 200 Freestyle	23	3 u	04:18 PM	_____
	Swimmers Counts for Warm-ups: 242	=====	=====		
	Entry / Heat Totals:	739	87		
	Finish Time			04:28 PM	_____

2026 FAST Polar Plunge - 1/9/2026 to 1/11/2026**Session Report**

Session: 4 Sunday AM - 13 & Overs

Day of Meet: 3 Starts at 09:00 AM Heat Interval: 22 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	49 Girls 13-14 200 Medley Relay	7	1 u	09:00 AM	_____
Finals	50 Boys 13-14 200 Medley Relay	2	1 u	09:04 AM	_____
Finals	51 Girls 15 & Over 200 Medley Relay	5	1 u	09:06 AM	_____
Finals	52 Boys 15 & Over 200 Medley Relay	4	1 u	09:09 AM	_____
	Break: 5 Minutes: break after relays				
Finals	53 Girls 13 & Over 50 Breaststroke	40	4 u	09:17 AM	_____
Finals	54 Boys 13 & Over 50 Breaststroke	29	3 u	09:21 AM	_____
Finals	55 Girls 13 & Over 100 Butterfly	71	8 u	09:24 AM	_____
Finals	56 Boys 13 & Over 100 Butterfly	52	6 u	09:36 AM	_____
Finals	57 Girls 13 & Over 200 Freestyle	60	6 u	09:45 AM	_____
Finals	58 Boys 13 & Over 200 Freestyle	41	5 u	10:01 AM	_____
Finals	59 Girls 13 & Over 100 Backstroke	61	7 u	10:13 AM	_____
Finals	60 Boys 13 & Over 100 Backstroke	44	5 u	10:27 AM	_____
Finals	61 Girls 13 & Over 50 Freestyle	81	9 u	10:35 AM	_____
Finals	62 Boys 13 & Over 50 Freestyle	62	7 u	10:43 AM	_____
Finals	63 Girls 13 & Over 200 Breaststroke	32	4 u	10:48 AM	_____
Finals	64 Boys 13 & Over 200 Breaststroke	23	3 u	11:02 AM	_____
Finals	65 Girls 13 & Over 400 IM	10	1 u	11:12 AM	_____
Finals	66 Boys 13 & Over 400 IM	16	2 u	11:18 AM	_____
	Swimmers Counts for Warm-ups: 217	=====	=====		
	Entry / Heat Totals:	640	74		
	Finish Time			11:28 AM	_____

2026 FAST Polar Plunge - 1/9/2026 to 1/11/2026**Session Report**

Session: 5 Sunday PM - 12 & Unders

Day of Meet: 3 Starts at 12:45 PM Heat Interval: 30 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	67 Girls 10 & Under 200 Medley Relay	8	1 u	12:45 PM	_____
Finals	68 Boys 10 & Under 200 Medley Relay	7	1 u	12:50 PM	_____
Finals	69 Girls 11-12 200 Medley Relay	5	1 u	12:55 PM	_____
Finals	70 Boys 11-12 200 Medley Relay	3	1 u	12:58 PM	_____
	Break: 5 Minutes: break after relays				
Finals	71 Girls 12 & Under 200 IM	36	4 u	01:07 PM	_____
Finals	72 Boys 12 & Under 200 IM	27	3 u	01:20 PM	_____
Finals	73 Girls 12 & Under 100 Butterfly	13	2 u	01:31 PM	_____
Finals	74 Boys 12 & Under 100 Butterfly	13	2 u	01:36 PM	_____
Finals	75 Girls 12 & Under 50 Freestyle	127	13 u	01:40 PM	_____
Finals	76 Boys 12 & Under 50 Freestyle	71	8 u	01:55 PM	_____
Finals	77 Girls 12 & Under 100 Backstroke	88	9 u	02:04 PM	_____
Finals	78 Boys 12 & Under 100 Backstroke	62	7 u	02:25 PM	_____
Finals	79 Girls 12 & Under 50 Breaststroke	96	10 u	02:41 PM	_____
Finals	80 Boys 12 & Under 50 Breaststroke	65	7 u	02:54 PM	_____
Finals	81 Girls 12 & Under 500 Freestyle	29	3 u	03:03 PM	_____
Finals	82 Boys 12 & Under 500 Freestyle	15	2 u	03:25 PM	_____
	Swimmers Counts for Warm-ups: 226	=====	=====		
	Entry / Heat Totals:	665	74		
	Finish Time			03:41 PM	_____