

**2023 LC Regionals Friday Distance - 7/14/2023****Session Report**

Session: 1 11/O Session

Day of Meet: 1 Starts at 12:30 PM Heat Interval: 15 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at
Finals	1 Mixed 11-18 400 IM	102	13	12:30 PM
Finals	2 Mixed 11-18 1500 Freestyle	50	7	01:56 PM
	Swimmers Counts for Warm-ups: 151	=====	=====	
	Entry / Heat Totals:	152	20	
	Finish Time			04:34 PM
=====				
Team - #Entries - #Athletes				
=====				
ARAC	Amity Regional Aquatic Club	1	1	
OAK	Charter Oak Aquatic Club	12	12	
CPAC	Chelsea Piers Aquatic Club	1	1	
CDOG	Cheshire Y Sea Dog Swim Club	13	13	
CAT	Cougar Aquatic Team	1	1	
FVYT	Farmington Valley YMCA Tsunami	2	2	
GLAS	Glastonbury Swim Team	5	5	
GYWD	Greenwich Ywca Dolphins Swm Tm	1	1	
IVY	Indian Valley Family YMCA Brea	4	4	
LEHY	Laurel East Hartford YMCA	9	9	
MJCC	Mandell Jewish Community Cente	4	4	
FINS	Meriden Silver Fins	1	1	
SEAL	Meriden, New Britain, Berlin Y	6	6	
NCY	New Canaan YMCA Caimans	20	20	
NFAF	New Fairfield Aqua Flyers	3	3	
NCA	Northeast Connecticut Aquatics	3	3	
RST	Rapids Swim Team	8	7	
RYWC	Regional YMCA of Western Conne	4	4	
RAC	Ridgefield Aquatic Club	19	19	
SLAC	Shoreline Aquatic Club	2	2	
SYS	Soundview YMCA Stingrays	4	4	
RAYS	Southington YMCA Rays	6	6	
SAQ	Storrs Aquatics	3	3	
VSYM	Valley Shore YMCA Marlins	1	1	
WFYD	Wallingford Family YMCA Dolphi	3	3	
WRAT	Westport Weston Family Y Water	1	1	
WYW	Wilton Y Wahoos Swim Club	8	8	
WWRX	Windsor Water Rats Express	1	1	
ZEUS	Zeus Swim Team	6	6	

**2023 LC Regionals Friday Distance - 7/14/2023****Session Report**

Session: 2 12/U Session

Day of Meet: 1 Starts at 05:30 PM Heat Interval: 15 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	3 Mixed 12 & Under 200 Backstroke	54	7	05:30 PM	_____
Finals	4 Mixed 12 & Under 200 Butterfly	3	1	05:58 PM	_____
Finals	5 Mixed 12 & Under 200 Breaststroke	39	5	06:02 PM	_____
Finals	11 Mixed 12 & Under 400 Freestyle	60	8	06:23 PM	_____
	Swimmers Counts for Warm-ups: 132	=====	=====		
	Entry / Heat Totals:	156	21		
	Finish Time			07:18 PM	_____
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Team - #Entries - #Athletes					
=====					
ARAC	Amity Regional Aquatic Club	3	2		
BULL	Bulldog Swimming	1	1		
OAK	Charter Oak Aquatic Club	7	7		
CDOG	Cheshire Y Sea Dog Swim Club	13	13		
CAT	Cougar Aquatic Team	2	2		
FVYT	Farmington Valley YMCA Tsunami	2	2		
GLAS	Glastonbury Swim Team	8	8		
GYWD	Greenwich Ywca Dolphins Swm Tm	2	1		
IVY	Indian Valley Family YMCA Brea	2	2		
LEHY	Laurel East Hartford YMCA	6	4		
MJCC	Mandell Jewish Community Cente	6	4		
FINS	Meriden Silver Fins	1	1		
SEAL	Meriden, New Britain, Berlin Y	1	1		
NCY	New Canaan YMCA Caimans	7	7		
NFAF	New Fairfield Aqua Flyers	2	2		
NSC	Newington Swim Club	3	3		
NCA	Northeast Connecticut Aquatics	2	1		
NMEG	Nutmeg Aquatics	3	2		
OXO	Oxford Otters Swim Team	1	1		
PSC	Pisces Swim Club	1	1		
RST	Rapids Swim Team	6	4		
RYWC	Regional YMCA of Western Conne	9	9		
RAC	Ridgefield Aquatic Club	23	19		
SLAC	Shoreline Aquatic Club	3	2		
SYS	Soundview YMCA Stingrays	2	1		
RAYS	Southington YMCA Rays	4	3		
SSAC	Stamford Sailfish Aquatic Club	5	4		
SAQ	Storrs Aquatics	2	2		
VSYM	Valley Shore YMCA Marlins	2	2		
WFYD	Wallingford Family YMCA Dolphi	2	2		
WRAT	Westport Weston Family Y Water	2	2		
WYW	Wilton Y Wahoos Swim Club	10	6		
WWRX	Windsor Water Rats Express	5	5		
ZEUS	Zeus Swim Team	8	6		