

**OAK Backward Distance Meet 2009 - 6/12/2009**  
**Held under sanction of USA Swimming, Sanction #: L08-38**  
**and Connecticut Swimming**  
**Session Report**

Session: 1 Fri Session

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

<b>Round</b>	<b>Event</b>	<b>Entries</b>	<b>Heats</b>	<b>Starts at</b>
Finals	1 Mixed Open 400 IM	0	0	05:30 PM _____
Finals	2 Mixed Open 400 Freestyle	0	0	05:30 PM _____
Finals	3 Mixed Open 1500 Freestyle	0	0	05:30 PM _____
	Finish Time			05:30 PM _____