

**LC Senior Championship 2019, Sanction #: L19-43****PRELIMINARY AND SUBJECT TO CHANGE****Session Report**

Session: 1 Thursday

Day of Meet: 1 Starts at 08:30 AM Heat Interval: 10 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Prelims	3 Women 200 Backstroke	74	10 u	08:30 AM	_____
Prelims	4 Men 200 Backstroke	90	12 u	09:00 AM	_____
	Break: 10 Minutes:				
Prelims	5 Women 50 Freestyle	81	11 u	09:43 AM	_____
Prelims	6 Men 50 Freestyle	98	13 u	09:50 AM	_____
	Break: 10 Minutes:				
Prelims	7 Women 100 Breaststroke	87	11 u	10:08 AM	_____
Prelims	8 Men 100 Breaststroke	103	13 u	10:25 AM	_____
	Break: 10 Minutes:				
	Swimmers Counts for Warm-ups: 417	=====	=====		
	Entry / Heat Totals:	533	70		
	Finish Time			10:53 AM	_____

Session: 1D Thursday Distance

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

Round	Event	Entries	Heats	Starts at	
Finals-S	1 Women 1500 Freestyle	29	5 u	12:30 PM	_____
Finals-S	2 Men 800 Freestyle	64	10 u	02:06 PM	_____
	Swimmers Counts for Warm-ups: 109	=====	=====		
	Entry / Heat Totals:	93	15		
	Finish Time			03:42 PM	_____

**LC Senior Championship 2019, Sanction #: L19-43****PRELIMINARY AND SUBJECT TO CHANGE****Session Report**

Session: 2 Thursday - Finals

Day of Meet: 1 Starts at 05:00 PM Heat Interval: 60 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals-1	1 Women 1500 Freestyle	8	1 u	05:00 PM	_____
Finals-1	2 Men 800 Freestyle	8	1 u	05:20 PM	_____
	Break: 10 Minutes:				
Finals	3 Women 200 Backstroke	24	3 u	05:41 PM	_____
Finals	4 Men 200 Backstroke	24	3 u	05:52 PM	_____
	Break: 10 Minutes:				
Finals	5 Women 50 Freestyle	24	3 u	06:12 PM	_____
Finals	6 Men 50 Freestyle	24	3 u	06:16 PM	_____
	Break: 10 Minutes:				
Finals	7 Women 100 Breaststroke	24	3 u	06:31 PM	_____
Finals	8 Men 100 Breaststroke	24	3 u	06:37 PM	_____
	Break: 10 Minutes:				
Finals	9 Women 400 Medley Relay	25	4 u	06:54 PM	_____
Finals	10 Men 400 Medley Relay	30	4 u	07:18 PM	_____
	Swimmers Counts for Warm-ups: 220	=====	=====		
	Entry / Heat Totals:	215	28		
	Finish Time			07:40 PM	_____

Session: 3 Friday

Day of Meet: 2 Starts at 08:30 AM Heat Interval: 10 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Prelims	11 Women 200 Freestyle	90	12 u	08:30 AM	_____
Prelims	12 Men 200 Freestyle	97	13 u	08:59 AM	_____
	Break: 10 Minutes:				
Prelims	13 Women 100 Backstroke	90	12 u	09:38 AM	_____
Prelims	14 Men 100 Backstroke	99	13 u	09:57 AM	_____
	Break: 10 Minutes:				
Prelims	15 Women 400 IM	71	9 u	10:27 AM	_____
	Break: 10 Minutes:				
Prelims	16 Men 400 IM	74	10 u	11:27 AM	_____
	Swimmers Counts for Warm-ups: 368	=====	=====		
	Entry / Heat Totals:	521	69		
	Finish Time			12:19 PM	_____

**LC Senior Championship 2019, Sanction #: L19-43****PRELIMINARY AND SUBJECT TO CHANGE****Session Report**

Session: 4 Friday - Finals

Day of Meet: 2 Starts at 05:00 PM Heat Interval: 60 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	11 Women 200 Freestyle	24	3 u	05:00 PM	_____
Finals	12 Men 200 Freestyle	24	3 u	05:10 PM	_____
	Break: 10 Minutes:				
Finals	13 Women 100 Backstroke	24	3 u	05:29 PM	_____
Finals	14 Men 100 Backstroke	24	3 u	05:36 PM	_____
	Break: 10 Minutes:				
Finals	15 Women 400 IM	24	3 u	05:53 PM	_____
Finals	16 Men 400 IM	24	3 u	06:11 PM	_____
	Break: 10 Minutes:				
Finals	17 Women 800 Freestyle Relay	18	3 u	06:38 PM	_____
Finals	18 Men 800 Freestyle Relay	23	3 u	07:10 PM	_____
	Swimmers Counts for Warm-ups: 119	=====	=====		
	Entry / Heat Totals:	185	24		
	Finish Time			07:38 PM	_____

Session: 5 Saturday

Day of Meet: 3 Starts at 08:30 AM Heat Interval: 10 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Prelims	21 Women 100 Butterfly	84	11 u	08:30 AM	_____
Prelims	22 Men 100 Butterfly	76	10 u	08:45 AM	_____
	Break: 10 Minutes:				
Prelims	23 Women 200 Breaststroke	82	11 u	09:07 AM	_____
Prelims	24 Men 200 Breaststroke	87	11 u	09:40 AM	_____
	Break: 10 Minutes:				
Prelims	25 Women 400 Freestyle	75	10 u	10:22 AM	_____
Prelims	26 Men 400 Freestyle	73	10 u	11:10 AM	_____
	Break: 10 Minutes:				
	Swimmers Counts for Warm-ups: 384	=====	=====		
	Entry / Heat Totals:	477	63		
	Finish Time			12:06 PM	_____

**LC Senior Championship 2019, Sanction #: L19-43****PRELIMINARY AND SUBJECT TO CHANGE****Session Report**

Session: 6 Saturday - Finals

Day of Meet: 3 Starts at 05:00 PM Heat Interval: 60 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	19 Women 200 Medley Relay	24	3 u	05:00 PM	_____
Finals	20 Men 200 Medley Relay	29	4 u	05:11 PM	_____
Finals	21 Women 100 Butterfly	24	3 u	05:24 PM	_____
Finals	22 Men 100 Butterfly	24	3 u	05:30 PM	_____
	Break: 10 Minutes:				
Finals	23 Women 200 Breaststroke	24	3 u	05:46 PM	_____
Finals	24 Men 200 Breaststroke	24	3 u	05:57 PM	_____
	Break: 10 Minutes:				
Finals	25 Women 400 Freestyle	24	3 u	06:18 PM	_____
Finals	26 Men 400 Freestyle	24	3 u	06:34 PM	_____
	Break: 10 Minutes:				
Finals	27 Women 400 Freestyle Relay	26	4 u	07:00 PM	_____
Finals	28 Men 400 Freestyle Relay	26	4 u	07:21 PM	_____
	Swimmers Counts for Warm-ups: 134	=====	=====		
	Entry / Heat Totals:	249	33		
	Finish Time			07:40 PM	_____

Session: 7 Sunday

Day of Meet: 4 Starts at 08:30 AM Heat Interval: 10 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Prelims	31 Women 200 Butterfly	85	11 u	08:30 AM	_____
Prelims	32 Men 200 Butterfly	85	11 u	09:01 AM	_____
	Break: 10 Minutes:				
Prelims	33 Women 100 Freestyle	77	10 u	09:39 AM	_____
Prelims	34 Men 100 Freestyle	90	12 u	09:50 AM	_____
	Break: 10 Minutes:				
Prelims	35 Women 200 IM	83	11 u	10:14 AM	_____
Prelims	36 Men 200 IM	91	12 u	10:44 AM	_____
	Swimmers Counts for Warm-ups: 375	=====	=====		
	Entry / Heat Totals:	511	67		
	Finish Time			11:14 AM	_____

Session: 7D Sunday Distance

Day of Meet: 4 Starts at 12:45 PM Heat Interval: 15 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals-S	29 Women 800 Freestyle	48	7 u	12:45 PM	_____
Finals-S	30 Men 1500 Freestyle	35	6 u	01:56 PM	_____
	Swimmers Counts for Warm-ups: 99	=====	=====		
	Entry / Heat Totals:	83	13		
	Finish Time			03:45 PM	_____

**LC Senior Championship 2019, Sanction #: L19-43****PRELIMINARY AND SUBJECT TO CHANGE****Session Report**

Session: 8 Sunday - Finals

Day of Meet: 4 Starts at 05:00 PM Heat Interval: 60 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals-1	29 Women 800 Freestyle	8	1 u	05:00 PM	_____
Finals-1	30 Men 1500 Freestyle	8	1 u	05:11 PM	_____
	Break: 10 Minutes:				
Finals	31 Women 200 Butterfly	24	3 u	05:40 PM	_____
Finals	32 Men 200 Butterfly	24	3 u	05:51 PM	_____
	Break: 10 Minutes:				
Finals	33 Women 100 Freestyle	24	3 u	06:10 PM	_____
Finals	34 Men 100 Freestyle	24	3 u	06:16 PM	_____
	Break: 10 Minutes:				
Finals	35 Women 200 IM	24	3 u	06:32 PM	_____
Finals	36 Men 200 IM	24	3 u	06:42 PM	_____
	Break: 10 Minutes:				
Finals	37 Women 200 Freestyle Relay	25	4 u	07:02 PM	_____
Finals	38 Men 200 Freestyle Relay	28	4 u	07:14 PM	_____
	Swimmers Counts for Warm-ups: 196	=====	=====		
	Entry / Heat Totals:	213	28		
	Finish Time			07:25 PM	_____