

2023 LC Senior Championship, Sanction #: L23-46**July 6-9, 2023 - Middletown, CT****Session Report**

Session: 1 Thursday

Day of Meet: 1 Starts at 08:30 AM Heat Interval: 25 Seconds / Back +25 Seconds

Round	Event	Entries	Heats	Starts at	
Prelims	3 Women 200 Backstroke	68	9 u	08:30 AM	_____
Prelims	4 Men 200 Backstroke	81	11 u	09:01 AM	_____
	Break: 10 Minutes:				
Prelims	5 Women 50 Freestyle	104	13 u	09:46 AM	_____
Prelims	6 Men 50 Freestyle	105	14 u	09:58 AM	_____
	Break: 10 Minutes:				
Prelims	7 Women 100 Breaststroke	67	9 u	10:20 AM	_____
Prelims	8 Men 100 Breaststroke	77	10 u	10:36 AM	_____
	Swimmers Counts for Warm-ups: 366	=====	=====		
	Entry / Heat Totals:	502	66		
	Finish Time			10:52 AM	_____

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Session: 1D Thursday Distance

Day of Meet: 1 Starts at 02:00 PM Heat Interval: 25 Seconds / Back +25 Seconds

Round	Event	Entries	Heats	Starts at	
Finals-S	1 Women 1500 Freestyle	12	2 u	02:00 PM	_____
Finals-S	2 Men 800 Freestyle	30	5 u	02:39 PM	_____
	Swimmers Counts for Warm-ups: 58	=====	=====		
	Entry / Heat Totals:	42	7		
	Finish Time			03:27 PM	_____

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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	05:40 PM	_____
Finals	4 Men 200 Backstroke	24	3 u	05:51 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	06:30 PM	_____
Finals	8 Men 100 Breaststroke	24	3 u	06:37 PM	_____
	Break: 10 Minutes:				
Finals	9 Women 400 Medley Relay	22	3 u	06:54 PM	_____
Finals	10 Men 400 Medley Relay	26	4 u	07:12 PM	_____
	Swimmers Counts for Warm-ups: 175	=====	=====		
	Entry / Heat Totals:	208	27		
	Finish Time			07:34 PM	_____

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Session: 3 Friday

Day of Meet: 2 Starts at 08:30 AM Heat Interval: 25 Seconds / Back +25 Seconds

Round	Event	Entries	Heats	Starts at	
Prelims	13 Women 200 Freestyle	74	10 u	08:30 AM	_____
Prelims	14 Men 200 Freestyle	91	12 u	08:57 AM	_____
	Break: 10 Minutes:				
Prelims	15 Women 100 Backstroke	84	11 u	09:37 AM	_____
Prelims	16 Men 100 Backstroke	86	11 u	10:00 AM	_____
	Break: 10 Minutes:				
Prelims	17 Women 400 IM	51	7 u	10:31 AM	_____
Prelims	18 Men 400 IM	50	7 u	11:11 AM	_____
	Swimmers Counts for Warm-ups: 329	=====	=====		
	Entry / Heat Totals:	436	58		
	Finish Time			11:49 AM	_____

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Session: 4 Friday - Finals

Day of Meet: 2 Starts at 04:30 PM Heat Interval: 60 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	11 Women 200 Medley Relay	24	3 u	04:30 PM	_____
Finals	12 Men 200 Medley Relay	27	4 u	04:41 PM	_____
	Break: 10 Minutes:				
Finals	13 Women 200 Freestyle	24	3 u	05:04 PM	_____
Finals	14 Men 200 Freestyle	24	3 u	05:13 PM	_____
	Break: 10 Minutes:				
Finals	15 Women 100 Backstroke	24	3 u	05:32 PM	_____
Finals	16 Men 100 Backstroke	24	3 u	05:39 PM	_____
	Break: 10 Minutes:				
Finals	17 Women 400 IM	24	3 u	05:56 PM	_____
Finals	18 Men 400 IM	24	3 u	06:14 PM	_____
	Break: 10 Minutes:				
Finals	19 Women 800 Freestyle Relay	19	3 u	06:42 PM	_____
Finals	20 Men 800 Freestyle Relay	20	3 u	07:14 PM	_____
	Swimmers Counts for Warm-ups: 123	=====	=====		
	Entry / Heat Totals:	234	31		
	Finish Time			07:42 PM	_____

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Session: 5 Saturday

Day of Meet: 3 Starts at 08:30 AM Heat Interval: 25 Seconds / Back +25 Seconds

Round	Event	Entries	Heats	Starts at	
Prelims	21 Women 100 Butterfly	96	12 u	08:30 AM	_____
Prelims	22 Men 100 Butterfly	88	11 u	08:49 AM	_____
	Break: 10 Minutes:				
Prelims	23 Women 200 Breaststroke	60	8 u	09:15 AM	_____
Prelims	24 Men 200 Breaststroke	61	8 u	09:42 AM	_____
	Break: 10 Minutes:				
Prelims	25 Women 400 Freestyle	52	7 u	10:17 AM	_____
Prelims	26 Men 400 Freestyle	61	8 u	10:53 AM	_____
	Swimmers Counts for Warm-ups: 349	=====	=====		
	Entry / Heat Totals:	418	54		
	Finish Time			11:31 AM	_____

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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	21 Women 100 Butterfly	24	3 u	05:00 PM	_____
Finals	22 Men 100 Butterfly	24	3 u	05:07 PM	_____
	Break: 10 Minutes:				
Finals	23 Women 200 Breaststroke	24	3 u	05:23 PM	_____
Finals	24 Men 200 Breaststroke	24	3 u	05:34 PM	_____
	Break: 10 Minutes:				
Finals	25 Women 400 Freestyle	24	3 u	05:54 PM	_____
Finals	26 Men 400 Freestyle	24	3 u	06:11 PM	_____
	Break: 10 Minutes:				
Finals	27 Women 400 Freestyle Relay	23	3 u	06:37 PM	_____
Finals	28 Men 400 Freestyle Relay	25	4 u	06:52 PM	_____
	Swimmers Counts for Warm-ups: 131	=====	=====		
	Entry / Heat Totals:	192	25		
	Finish Time			07:12 PM	_____

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Session: 7 Sunday

Day of Meet: 4 Starts at 08:30 AM Heat Interval: 25 Seconds / Back +25 Seconds

Round	Event	Entries	Heats	Starts at	
Prelims	31 Women 200 Butterfly	65	9 u	08:30 AM	_____
Prelims	32 Men 200 Butterfly	63	8 u	08:57 AM	_____
	Break: 10 Minutes:				
Prelims	33 Women 100 Freestyle	84	11 u	09:30 AM	_____
Prelims	34 Men 100 Freestyle	106	14 u	09:46 AM	_____
	Break: 10 Minutes:				
Prelims	35 Women 200 IM	96	12 u	10:15 AM	_____
Prelims	36 Men 200 IM	85	11 u	10:51 AM	_____
	Swimmers Counts for Warm-ups: 367	====	====		
	Entry / Heat Totals:	499	65		
	Finish Time			11:22 AM	_____

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Session: 7D Sunday Distance

Day of Meet: 4 Starts at 02:00 PM Heat Interval: 25 Seconds / Back +25 Seconds

Round	Event	Entries	Heats	Starts at	
Finals-S	29 Women 800 Freestyle	19	4 u	02:00 PM	_____
Finals-S	30 Men 1500 Freestyle	15	3 u	02:41 PM	_____
	Swimmers Counts for Warm-ups: 50	=====	=====		
	Entry / Heat Totals:	34	7		
	Finish Time			03:36 PM	_____

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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	05:50 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	06:31 PM	_____
Finals	36 Men 200 IM	24	3 u	06:42 PM	_____
	Break: 5 Minutes:				
Finals	37 Women 200 Freestyle Relay	23	3 u	06:56 PM	_____
Finals	38 Men 200 Freestyle Relay	27	4 u	07:05 PM	_____
	Swimmers Counts for Warm-ups: 152	=====	=====		
	Entry / Heat Totals:	210	27		
	Finish Time			07:16 PM	_____