

2024 LC Senior Championship, Sanction #: L24-49
July 11-14, 2024 - 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	62	8 u	08:30 AM	_____
Prelims	4 Men 200 Backstroke	61	8 u	08:58 AM	_____
	Break: 10 Minutes:				
Prelims	5 Women 50 Freestyle	97	13 u	09:33 AM	_____
Prelims	6 Men 50 Freestyle	106	14 u	09:45 AM	_____
	Break: 10 Minutes:				
Prelims	7 Women 100 Breaststroke	67	9 u	10:07 AM	_____
Prelims	8 Men 100 Breaststroke	70	9 u	10:23 AM	_____
	Swimmers Counts for Warm-ups: 353	=====	=====		
	Entry / Heat Totals:	463	61		
	Finish Time			10:38 AM	_____

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Session: 1D Thursday Distance

Day of Meet: 1 Starts at 02:15 PM Heat Interval: 25 Seconds / Back +25 Seconds

Round	Event	Entries	Heats	Starts at	
Finals-S	1 Women 1500 Freestyle	4	1 u	02:15 PM	_____
Finals-S	2 Men 800 Freestyle	17	4 u	02:35 PM	_____
	Swimmers Counts for Warm-ups: 37	=====	=====		
	Entry / Heat Totals:	21	5		
	Finish Time			03:13 PM	_____

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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	05:51 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	06:31 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	23	3 u	07:12 PM	_____
	Swimmers Counts for Warm-ups: 157	=====	=====		
	Entry / Heat Totals:	205	26		
	Finish Time			07:28 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	73	10 u	08:30 AM	_____
Prelims	14 Men 200 Freestyle	78	10 u	08:57 AM	_____
	Break: 10 Minutes:				
Prelims	15 Women 100 Backstroke	81	11 u	09:32 AM	_____
Prelims	16 Men 100 Backstroke	72	9 u	09:55 AM	_____
	Break: 10 Minutes:				
Prelims	17 Women 400 IM	48	6 u	10:22 AM	_____
Prelims	18 Men 400 IM	44	6 u	10:57 AM	_____
	Swimmers Counts for Warm-ups: 313	=====	=====		
	Entry / Heat Totals:	396	52		
	Finish Time			11:29 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	21	3 u	04:30 PM	_____
Finals	12 Men 200 Medley Relay	23	3 u	04:41 PM	_____
	Break: 10 Minutes:				
Finals	13 Women 200 Freestyle	24	3 u	05:00 PM	_____
Finals	14 Men 200 Freestyle	24	3 u	05:10 PM	_____
	Break: 10 Minutes:				
Finals	15 Women 100 Backstroke	24	3 u	05:29 PM	_____
Finals	16 Men 100 Backstroke	24	3 u	05:36 PM	_____
	Break: 10 Minutes:				
Finals	17 Women 400 IM	24	3 u	05:53 PM	_____
Finals	18 Men 400 IM	24	3 u	06:11 PM	_____
	Break: 10 Minutes:				
Finals	19 Women 800 Freestyle Relay	19	3 u	06:39 PM	_____
Finals	20 Men 800 Freestyle Relay	20	3 u	07:10 PM	_____
	Swimmers Counts for Warm-ups: 119	=====	=====		
	Entry / Heat Totals:	227	30		
	Finish Time			07:40 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	92	12 u	08:30 AM	_____
Prelims	22 Men 100 Butterfly	85	11 u	08:49 AM	_____
	Break: 10 Minutes:				
Prelims	23 Women 200 Breaststroke	62	8 u	09:15 AM	_____
Prelims	24 Men 200 Breaststroke	60	8 u	09:42 AM	_____
	Break: 10 Minutes:				
Prelims	25 Women 400 Freestyle	51	7 u	10:17 AM	_____
Prelims	26 Men 400 Freestyle	49	7 u	10:53 AM	_____
	Swimmers Counts for Warm-ups: 325	=====	=====		
	Entry / Heat Totals:	399	53		
	Finish Time			11:26 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	05:55 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	22	3 u	06:52 PM	_____
	Swimmers Counts for Warm-ups: 128	=====	=====		
	Entry / Heat Totals:	189	24		
	Finish Time			07:08 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	61	8 u	08:30 AM	_____
Prelims	32 Men 200 Butterfly	54	7 u	08:55 AM	_____
	Break: 10 Minutes:				
Prelims	33 Women 100 Freestyle	84	11 u	09:24 AM	_____
Prelims	34 Men 100 Freestyle	97	13 u	09:40 AM	_____
	Break: 10 Minutes:				
Prelims	35 Women 200 IM	83	11 u	10:08 AM	_____
Prelims	36 Men 200 IM	67	9 u	10:41 AM	_____
	Swimmers Counts for Warm-ups: 330	=====	=====		
	Entry / Heat Totals:	446	59		
	Finish Time			11:06 AM	_____

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Session: 7D Sunday Distance

Day of Meet: 4 Starts at 01:15 PM Heat Interval: 25 Seconds / Back +25 Seconds

Round	Event	Entries	Heats	Starts at	
Finals-S	29 Women 800 Freestyle	25	5 u	01:15 PM	_____
Finals-S	30 Men 1500 Freestyle	21	4 u	02:07 PM	_____
	Swimmers Counts for Warm-ups: 62	=====	=====		
	Entry / Heat Totals:	46	9		
	Finish Time			03:20 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	05:51 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: 5 Minutes:				
Finals	37 Women 200 Freestyle Relay	22	3 u	06:57 PM	_____
Finals	38 Men 200 Freestyle Relay	23	3 u	07:06 PM	_____
	Swimmers Counts for Warm-ups: 159	=====	=====		
	Entry / Heat Totals:	205	26		
	Finish Time			07:14 PM	_____