

CT CDOG Distance Regional Championships, Sanction #: L25-46
July 18, 2025 - Middletown, CT
Session Report

Session: 1 11/0 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	80	10 u	12:30 PM	_____
Finals	2 Mixed 11-18 1500 Freestyle	33	5 u	01:34 PM	_____
	Swimmers Counts for Warm-ups: 109	=====	=====		
	Entry / Heat Totals:	113	15		
	Finish Time			03:26 PM	_____
	=====				
	Team - #Entries - #Athletes				
	=====				
ARAC	Amity Regional Aquatic Club	6	6		
BSY	Bridgeport Stratford YMCA Torp	3	2		
BULL	Bulldog Swimming	6	6		
CDOG	Cheshire Y Sea Dog Swim Club	13	13		
CAT	Cougar Aquatic Team	3	3		
FVYT	Farmington Valley YMCA Tsunami	2	2		
GLAS	Glastonbury Swim Team	2	2		
GYWD	Greenwich Ywca Dolphins Swm Tm	5	4		
HALE	Hale YMCA Riptides	1	1		
IVY	Indian Valley Family YMCA Brea	1	1		
LEHY	Laurel East Hartford YMCA	6	6		
SEAL	Meriden, New Britain, Berlin Y	4	4		
NCY	New Canaan YMCA Caimans	4	4		
NFAF	New Fairfield Aqua Flyers	3	3		
NWYL	Northwest CT YMCA Lasers	1	1		
RYWC	Regional YMCA of Western Conne	14	14		
RAC	Ridgefield Aquatic Club	9	8		
SYS	Soundview YMCA Stingrays	1	1		
RAYS	Southington YMCA Rays	10	10		
SSAC	Stamford Sailfish Aquatic Club	3	3		
SAQ	Storrs Aquatics	2	2		
WEST	Weston Swimming Inc.	1	1		
WYW	Wilton Y Wahoos Swim Club	7	7		
WWRX	Windsor Water Rats Express	5	4		
WAC	Woodbridge Aquatic Club	1	1		

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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	55	7 u	05:30 PM	_____
Finals	4 Mixed 12 & Under 200 Butterfly	6	1 u	05:58 PM	_____
Finals	5 Mixed 12 & Under 200 Breaststroke	41	6 u	06:02 PM	_____
Finals	11 Mixed 12 & Under 400 Freestyle	61	8 u	06:27 PM	_____
	Swimmers Counts for Warm-ups: 138	=====	=====		
	Entry / Heat Totals:	163	22		
	Finish Time			07:19 PM	_____
	=====				
	Team - #Entries - #Athletes				
	=====				
ARAC	Amity Regional Aquatic Club	1	1		
BSY	Bridgeport Stratford YMCA Torp	7	4		
BULL	Bulldog Swimming	3	3		
CDOG	Cheshire Y Sea Dog Swim Club	28	18		
CAT	Cougar Aquatic Team	2	2		
FVYT	Farmington Valley YMCA Tsunami	5	4		
GLAS	Glastonbury Swim Team	5	4		
GYWD	Greenwich Ywca Dolphins Swm Tm	1	1		
HHAC	Hamden Hall Aquatic Club	7	5		
IVY	Indian Valley Family YMCA Brea	1	1		
LEHY	Laurel East Hartford YMCA	10	10		
FINS	Meriden Silver Fins	2	2		
SEAL	Meriden, New Britain, Berlin Y	3	3		
MAC	Middlesex Aquatics Club	4	4		
NCY	New Canaan YMCA Caimans	6	6		
NFAF	New Fairfield Aqua Flyers	1	1		
RYWC	Regional YMCA of Western Conne	18	18		
RAC	Ridgefield Aquatic Club	8	8		
SYS	Soundview YMCA Stingrays	4	4		
RAYS	Southington YMCA Rays	5	4		
SSAC	Stamford Sailfish Aquatic Club	6	4		
WMAD	The Western Mass Aquadogs	1	1		
VSYM	Valley Shore YMCA Marlins	1	1		
WHAT	West Hartford Aquatic Team	13	10		
WRAT	Westport Weston Family Y Water	2	2		
WYW	Wilton Y Wahoos Swim Club	7	7		
WWRX	Windsor Water Rats Express	8	8		
WAC	Woodbridge Aquatic Club	4	2		