

WHAT Swimming
JULY SHORT COURSE Trials/Finals Invitational
July 11-13, 2025

Cornerstone Aquatics Center
55 Buena Vista Road ,West Hartford, CT 06107y

50's of stroke have been added to this meet for 13 overs

Held under sanction of USA Swimming and Connecticut Swimming, Inc. #L25-45. In granting this sanction it is understood and agreed that USA Swimming and Connecticut Swimming, Inc. shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

	Name	Email	Phone
Meet Director:	Rob Riccobon	whatcoaches@gmail.com	860-985-2818
Meet Referee:	Susan Parker	Sparker61@comcast.net	
Lead Admin Official:	Reem Nouh-Omar	whatoperations@gmail.com	
Entry Chair:	JoAnn McCaffrey	keepintimeentries@gmail.com	914-391-5841
Safety Chair:	Alex Albert	whatoperations@gmail.com	860-985-2818
Officials Contact:	Susan Parker	Sparker61@comcast.net	

MEET HOST: WHAT Swimming

WEBSITE: www.whatswim.org

POOL EMERGENCY NUMBER: 860-561-8270

COURSE: SCY

SESSION TIMES: Subject to Change

- Friday Timed Finals 5:00 start;
- Saturday and Sunday 13 and Over 8:30am Start;
- Saturday and Sunday 12 and Under 1:30pm start;
- Saturday and Sunday Finals 6:00pm start

ENTRY OPENING DATE: Entries will be accepted no earlier than **April 24th 7:00pm**

CONNECTICUT-ONLY DEADLINE: CT deadline is April 27, 2025 11:59 pm. CT clubs meeting this deadline will be entered before out of state clubs. If space allows, out of LSC Teams will be accepted starting 12:01a April 28th.

DEADLINES: Deadline is June 20, 2025. You will receive an email form the entry chair upon receiving your entry.

PAYMENT INSTRUCTIONS: Please make checks payable to **WHAT Swimming**.

Please bring payment to the meet.

Payment must be received on **day of the meet**.

LC SEASON ONLY (4/1-8/31): Teams that are charged pool rental for running a regularly scheduled non CSI Championship meets, can charge a per swimmer facility fee not to exceed \$10. This charge will NOT be subject to CSI surcharges.

ENTRY FEES: Electronic entries: \$15.00 for individual events, \$20.00 for distance event, Per Swimmer Facility Fee: \$10.00. Manual entries: \$20.00 for individual events, \$30.00 for distance events. No refunds will be given for entries that are accepted, or for entries that are rejected due to improper entry.

REGISTRATION REPORTING: The Meet or Entry Director MUST run a meet verification report and give said report to the Meet Referee. This is to ensure that no swimmer without their APT credentials or unregistered swimmers participate in a sanction USA/CT Swimming meet.

SANCTIONED OR APPROVED: Sanctioned

MEET DURATION: Full meet with time limits as defined by CT/USA Swimming.

MEET FORMAT: The meet will be swum as

- Timed Final for all Friday individual events,
- Saturday/Sunday The meet will be swum as a Prelim-Final format for all events,
- All events will be conducted slowest to fastest except for the Friday distance events.
- Distance events will run fastest to slowest alternating genders.
- Championship Finals
 - 1 heat 10 under (Top 8)
 - 2 heats 11/12 (Top 16)
 - 2 heats 13/14 (Top 16)
 - 2 Heats 15 over (Top 16)

FACILITY: Cornerstone Aquatics Center is an 11-lane, 25-yard pool. Water depth at start end is: 14-8 feet. Water depth at turn end is: 14-8 feet. The competition course has not been certified in accordance with 104.2.2C(4). The facility is equipped with a Colorado Timing System and has spectator seating for 250. The spectator area is accessible by deck level and is located adjacent to the competition pool. Spectator seating is available on bleachers.

Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.

WIFI ACCESS: Wifi is available, and the connectivity is fair.

MEDICAL SUPERVISION: Medical assistance will be provided by the West Hartford Fire Department and Middletown Police Department upon contacting their emergency or non-emergency numbers.

WARM-UPS: CT Swimming Warm-Up Procedures will be in effect.

Friday Distance	Warm-Up- 4:00pm- 4:55pm	Start- 5:00pm
Sat 13/ Over	Warm-Up- 6:30am-7:50am	Start- 8:00am
Sat 12/Under	Warm-Up- 12:30pm-1:25pm	Start- 1:30pm
Sat FINALS	Warm-Up- 5:00pm-5:55pm	Start- 6:00pm
Sun 13/ Over	Warm-Up- 6:30am-7:50am	Start- 8:00am
Sun 12/Under	Warm-Up- 12:30pm-1:25pm	Start- 1:30pm
Sun FINALS	Warm-Up- 5:00pm-5:55pm	Start- 6:00pm

** If time allows, Sunday finals will start 30-60 minutes earlier, pending attending coaches approval.

EVENT INFORMATION: Deck entries will be accepted based on timeline constraints.

ENTRY LIMITATIONS: 3 per day maximum. 13/Over Swimmers must not have eclipsed the 2025 LC Senior cut. No restrictions for 12/Unders.

SCRATCH PROCEDURES: Meet announcements and advance information shall specify check-in and scratch procedures for individual and relay events and penalties for violation of those procedures. USA Swimming Rulebook 102.3

Failure to Compete in Finals: Any swimmer qualifying for any heat of finals who fails to compete and who has not been scratched will be barred from all further competition in the meet. A declared false start or deliberate delay of meet is not permitted and will be regarded as a failure to compete. **Exceptions for Failure to Compete in Finals:** No penalty shall apply for failure to compete in finals if: 1. The Referee is notified in the event of injury of illness and accepts the proof thereof. 2. A swimmer qualifying for a final heat based on the results of preliminarily notifies the announcer within 30 minutes after the announcement of qualifiers that he may not intend to compete and confirms his final intentions within 30 minutes following his last individual preliminary event. 3. It is determined by the Referee that failure to compete is caused by circumstances beyond the control of the swimmer.

SAFE SPORT POLICIES: Spectators will be allowed in the facility, but only in the balcony area. Parents are not allowed on-deck unless working a volunteer position.

DISABLED ACCESS: Limited handicapped parking is available behind the Freman Athletic Center. Disabled access is through the front entrance only. The elevator in the front lobby leads to the locker rooms and deck access. Spectator area is to the left of the front lobby. If special assistance is required by athletes, coaches and or spectators, please contact the meet director.

ELIGIBILITY: All USA Swimming clubs and individuals; Athletes with Flex memberships must not have swum in more than one USA Swimming meet prior to this meet in order to be eligible.

All athletes must be current athlete members of [USA Swimming](#). Age on the first day of the meet shall determine the swimmer's age and age group for the meet. Any swimmer, who is entered and is unregistered, will be scratched from the meet until registration is completed. See CT Swimming athlete [registration procedures](#). Registrations will not be processed at the meet. All coaches must present a valid USA Swimming coach card to the Meet Director prior to the commencement of any sanctioned swim meet, and must have this card with them while on deck. Clubs are reminded that participation of unregistered swimmers and/or coaches will result in a **\$100 fine** per instance, as described in CT Swimming meet policies:

<https://www.ctswim.org/Customer-Content/www/CMS/files/Membership/Registration-Policy-for-Athletes.pdf> and

https://www.ctswim.org/Customer-Content/www/CMS/files/policies_admin/RegistrationPolicyforMeetHosts.pdf

Any swimmer entered in the meet must be certified by a USA Swimming member-coach as being proficient in performing a racing start or must start each race from within the water **without the use of the backstroke ledge**. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

ADULT ATHLETES: All athletes who will be 18 years of age or older on any day of the meet must complete the mandatory Athlete Protection Training prior to competition. Failure to do so will result in the swimmer being scratched from the meet.

ADAPTED SWIMMING: Any current athlete members of USA Swimming with a disability as defined by USA Swimming Rules and Regulations may enter this meet. If modifications to USA Swimming rules are

necessary then the coach or athlete must notify the meet referee of any disability prior to competition. Adapted athletes may direct questions to the [Connecticut Swimming office](#).

ENTRY TIMES: Submit entry times in: SCY.

ELECTRONIC ENTRIES: Electronic entries (such as from Hy-Tek Team Manager or other team management software) that are in CL2 or SD3/SDIF format may be emailed as an attachment to the entry chair at keepintimeentries@gmail.com. Please check that your team name, address, and contact information are listed correctly in this file. Received date will be the date and time stamp of the emailed entry.

ENTRIES FROM ATHLETES WITH NO CLUB AFFILIATION: Athletes entering this meet independent of a USA Swimming club or coach shall: 1.) be under the supervision of a USA Swimming coach for the duration of the meet. It is the swimmer's responsibility to make arrangements with a USA Swimming member coach prior to the meet. Athletes unaccompanied by a USA Swimming coach will not be permitted on deck. Please contact the Meet Director for assistance. 2) be certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement. The name of the USA Swimming member coach supervising the athlete and racing certification should be submitted to the Meet Director with the entry.

All adult athletes, or parents of minor athletes, who enter without club affiliation will be required to attest to reading and understanding the [Minor Athlete Abuse Prevention Policy](#).

OUTREACH ENTRY FEE REIMBURSEMENT: Participating clubs will submit payment in full to the meet host for all Outreach athlete entry fees (splash fees). These fees will be reimbursed by CSI to the participating CSI club after completion of the meet. Scratches and 'No Swims' will not be reimbursed. For more information and to submit a reimbursement visit the [Outreach Athlete](#) page on ctswim.org.

CUT PROTOCOL:

If the session is oversubscribed the following protocol will be instituted IN THE ORDER PRESENTED to reduce the timeline to the required length or participation number:

1. All relays, if planned, will be eliminated.
2. The distance events (400 meters or yards or greater) may be heat limited to the 4 heats of entries per gender in the order they were received.
3. The maximum number of events allowed per day may be reduced by one (1).
4. Visiting teams may be cut based on the date/time of the receipt of the final paid entry. If teams are cut, the host reserves the right to offer the available partial entry to the cut teams in the order that entries were received in order to fill the meet.

The host reserves the right to seek approval from Program Operations for additional changes, which may reasonably maximize participation opportunities.

Notification of any cuts or requests for changes must be made to Program Operations as soon as possible by the host. Attending teams will be notified no later than the Monday before the meet.

NOTE: If the host is required to institute the published cut protocol above. All accepted entries at the time that the cut protocol is instituted may be considered final by the host for the purposes of financial responsibility. (i.e. Teams submitting "placeholder" entries will be required to pay for the entries if the cut protocol is required).

RESERVE THE RIGHT TO MAKE CHANGES: In accordance with CSI Policies, the meet referee reserves the right to make any adjustments to the provisions of the meet announcement deemed necessary to ensure the fair and efficient running of the meet. The Meet Referee will seek Program Operations approval for all changes requiring approval. Clubs will be notified of changes no later than Monday before the meet.

RELAYS: No

SAFETY:

1. Diving will be prohibited during warm-ups except in specifically announced one-way sprint lanes. There will be no diving in the warm-up and warm-down areas at any time
2. No shaving is permitted at the competition site.
3. No glass containers are permitted within the facility.
4. Swimmers must be under the supervision of a coach. If a swimmer arrives at the meet without a coach, the swimmer should notify the referee before he/she warms up. The referee will assign the swimmer to a registered coach for warm-ups.
5. Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.

SWIMWEAR: Per CT Swimming policy, swimmers 12 years old and younger are not permitted to wear "Tech Suits" at any CT sanctioned or approved meets. "Tech Suits" are defined as a suit that has Bonded Seams, Kinetic Tape, or Meshed Seams. Age is determined on the first date of the meet.

PHOTOGRAPHY AND VIDEO RECORDING:

Meet Management has the full authority to restrict any and all photography, audio and visual recording using cameras, video cameras, tablets, cell phones or other electronic devices at a meet.

Photography or video recording from the deck is prohibited by all individuals, other than participating Coaches, unless prior authorization from the Meet Referee or meet referee has been granted.

Under no circumstances is photography or video recording permitted by anyone in the area adjacent to or behind the starting blocks, including spectator stands at deck level, while they are in use for race starting purposes during competition and warm-ups. Flash photography is prohibited during the start of any heat, including whenever any swimmer is stepping up or standing on a block for the purpose of the start of a heat.

Photography or video recording and the use of audio, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms. Additional "No Camera Zones" may be designated by Meet Management or the meet referee.

If individuals are properly credentialed, not obstructing movement on the deck and abiding by these rules, the following individuals may be allowed by Meet Management and the meet referee with prior authorization if they possess the following:

- Professional photographers with current, official media credentials that are promoting the sport of swimming
- Official team and professional meet photographers that are USA Swimming members, background checked, have signed off on MAAPP and completed Athlete Protection Training
- A participating athlete directly assisting a Coach, for instructional purposes, during an event using the Coach's electronic device

Any individual failing to abide by these rules may be ejected from the facility and be subject to a Code of Conduct violation at the discretion of Meet Management.

If individuals are properly credentialed, not obstructing movement on the deck and abiding by these rules, the following individuals may be allowed by Meet Management and the meet referee with prior authorization if they possess the following:

- Professional photographers with current, official media credentials that are promoting the sport of swimming
- Official team and professional meet photographers that are USA Swimming members, background checked, have signed off on MAAPP and completed Athlete Protection Training
- A participating athlete directly assisting a Coach, for instructional purposes, during an event using the Coach's electronic device

DRONES: Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present. Exceptions may be granted with prior written approval by USA Swimming Vice President of Program Operations.

RULES: Current USA Swimming rules will govern all competition.

TIME TRIALS: Yes.

- Time trials may be offered at the discretion of the Meet Referee in accordance with CSI Policy if time allows. Time trials are limited to the events published in this meet announcement (age/distance/stroke). Time Trials will count toward the athlete's event limitations for the day and meet. If they are offered, only athletes properly entered in one or more events in the meet are eligible for time trials and must be properly entered in the Time Trial. The deadline for Time Trial entries is/are 10:30am for morning sessions and 2:00pm for afternoon sessions. The fee for Time Trial entries are \$20.00 for individual events and \$30.00 for relays.

TIMERS, OFFICIALS OR WORK ASSIGNMENTS: Participating clubs will be notified of work assignments by the Monday before the meet. Teams will be required to supply timers in proportion to the size of their entry. Qualified officials interested in working the meet, please Susan Parker. Distance events on Friday will need to provide their own counters.

All volunteers will be required to attest to reading and understanding the [Minor Athlete Abuse Prevention Policy](#).

DECK ACCESS: Only athletes, coaches, officials, and official meet staff actively participating in the meet are permitted on the pool deck.

SCORING: The meet will not be scored.

AWARDS: Yes

CONCESSIONS: No

HOSPITALITY FOR COACHES AND OFFICIALS: Yes

PARKING: A parking map will be sent to attending teams prior to the meet.

DIRECTIONS: 55 Buena Vista Road, West Hartford, CT 06107. <https://goo.gl/maps/5n2Rf4x3H9MYZyBi7>

2025 WHAT SC TRIALS FINALS - 7/11/2025 to 7/13/2025**Session Report**

Session: 1 Friday

Day of Meet: 1 Starts at 05:00 PM Heat Interval: 20 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	1 Girls 500 Freestyle	0	0	05:00 PM	_____
Finals	2 Boys 500 Freestyle	0	0	05:00 PM	_____
Finals	3 Girls 400 IM	0	0	05:00 PM	_____
Finals	4 Boys 400 IM	0	0	05:00 PM	_____
Finals	5 Girls 12 & Under 200 Backstroke	0	0	05:00 PM	_____
Finals	6 Boys 12 & Under 200 Backstroke	0	0	05:00 PM	_____
Finals	7 Girls 12 & Under 200 Breaststroke	0	0	05:00 PM	_____
Finals	8 Boys 12 & Under 200 Breaststroke	0	0	05:00 PM	_____
Finals	9 Girls 12 & Under 200 Butterfly	0	0	05:00 PM	_____
Finals	10 Boys 12 & Under 200 Butterfly	0	0	05:00 PM	_____
Finals	11 Girls 12 & Under 200 Freestyle	0	0	05:00 PM	_____
Finals	12 Boys 12 & Under 200 Freestyle	0	0	05:00 PM	_____
	Finish Time			05:00 PM	_____

2025 WHAT SC TRIALS FINALS - 7/11/2025 to 7/13/2025
Session Report

Session: 2 Saturday 13 over
Day of Meet: 2 Starts at 08:30 AM Heat Interval: 20 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Prelims	13 Girls 13 & Over 50 Freestyle	0	0	08:30 AM	_____
Prelims	14 Boys 13 & Over 50 Freestyle	0	0	08:30 AM	_____
Prelims	15 Girls 13 & Over 200 Breaststroke	0	0	08:30 AM	_____
Prelims	16 Boys 13 & Over 200 Breaststroke	0	0	08:30 AM	_____
Prelims	17 Girls 13 & Over 50 Backstroke	0	0	08:30 AM	_____
Prelims	18 Boys 13 & Over 50 Backstroke	0	0	08:30 AM	_____
Prelims	19 Girls 13 & Over 100 Butterfly	0	0	08:30 AM	_____
Prelims	20 Boys 13 & Over 100 Butterfly	0	0	08:30 AM	_____
Prelims	21 Girls 13 & Over 200 Freestyle	0	0	08:30 AM	_____
Prelims	22 Boys 13 & Over 200 Freestyle	0	0	08:30 AM	_____
Prelims	23 Girls 13 & Over 100 Backstroke	0	0	08:30 AM	_____
Prelims	24 Boys 13 & Over 100 Backstroke	0	0	08:30 AM	_____
	Finish Time			08:30 AM	_____

2025 WHAT SC TRIALS FINALS - 7/11/2025 to 7/13/2025
Session Report

Session: 3 Saturday 12 under
Day of Meet: 2 Starts at 01:30 PM Heat Interval: 20 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Prelims	25 Girls 12 & Under 50 Freestyle	0	0	01:30 PM	_____
Prelims	26 Boys 12 & Under 50 Freestyle	0	0	01:30 PM	_____
Prelims	27 Girls 12 & Under 100 Breaststroke	0	0	01:30 PM	_____
Prelims	28 Boys 12 & Under 100 Breaststroke	0	0	01:30 PM	_____
Prelims	29 Girls 12 & Under 100 Butterfly	0	0	01:30 PM	_____
Prelims	30 Boys 12 & Under 100 Butterfly	0	0	01:30 PM	_____
Prelims	31 Girls 12 & Under 50 Backstroke	0	0	01:30 PM	_____
Prelims	32 Boys 12 & Under 50 Backstroke	0	0	01:30 PM	_____
	Finish Time			01:30 PM	_____

2025 WHAT SC TRIALS FINALS - 7/11/2025 to 7/13/2025**Session Report**

Session: 4 Saturday Finals

Day of Meet: 2 Starts at 06:00 PM Heat Interval: 25 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	13 Girls 13 & Over 50 Freestyle	0	4 u	06:00 PM	_____
Finals	14 Boys 13 & Over 50 Freestyle	0	4 u	06:05 PM	_____
Finals	25 Girls 12 & Under 50 Freestyle	0	4 u	06:09 PM	_____
Finals	26 Boys 12 & Under 50 Freestyle	0	4 u	06:14 PM	_____
Finals	15 Girls 13 & Over 200 Breaststroke	0	4 u	06:19 PM	_____
Finals	16 Boys 13 & Over 200 Breaststroke	0	4 u	06:34 PM	_____
Finals	27 Girls 12 & Under 100 Breaststroke	0	4 u	06:49 PM	_____
Finals	28 Boys 12 & Under 100 Breaststroke	0	4 u	06:57 PM	_____
	Break: 10 Minutes:				
Finals	19 Girls 13 & Over 100 Butterfly	0	4 u	07:15 PM	_____
Finals	20 Boys 13 & Over 100 Butterfly	0	4 u	07:22 PM	_____
Finals	29 Girls 12 & Under 100 Butterfly	0	4 u	07:30 PM	_____
Finals	30 Boys 12 & Under 100 Butterfly	0	4 u	07:38 PM	_____
Finals	17 Girls 13 & Over 50 Backstroke	0	4 u	07:46 PM	_____
Finals	18 Boys 13 & Over 50 Backstroke	0	4 u	07:51 PM	_____
	Break: 10 Minutes:				
Finals	31 Girls 12 & Under 50 Backstroke	0	4 u	08:07 PM	_____
Finals	32 Boys 12 & Under 50 Backstroke	0	4 u	08:12 PM	_____
Finals	23 Girls 13 & Over 100 Backstroke	0	4 u	08:18 PM	_____
Finals	24 Boys 13 & Over 100 Backstroke	0	4 u	08:26 PM	_____
Finals	21 Girls 13 & Over 200 Freestyle	0	4 u	08:35 PM	_____
Finals	22 Boys 13 & Over 200 Freestyle	0	4 u	08:47 PM	_____
	Entry / Heat Totals:	0	80		
	Finish Time			09:00 PM	_____

2025 WHAT SC TRIALS FINALS - 7/11/2025 to 7/13/2025**Session Report**

Session: 5 Sunday 13 over

Day of Meet: 3 Starts at 08:30 AM Heat Interval: 20 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Prelims	33 Girls 13 & Over 200 Butterfly	0	0	08:30 AM	_____
Prelims	34 Boys 13 & Over 200 Butterfly	0	0	08:30 AM	_____
Prelims	35 Girls 13 & Over 100 Freestyle	0	0	08:30 AM	_____
Prelims	36 Boys 13 & Over 100 Freestyle	0	0	08:30 AM	_____
Prelims	37 Girls 13 & Over 50 Breaststroke	0	0	08:30 AM	_____
Prelims	38 Boys 13 & Over 50 Breaststroke	0	0	08:30 AM	_____
Prelims	39 Girls 13 & Over 200 IM	0	0	08:30 AM	_____
Prelims	40 Boys 13 & Over 200 IM	0	0	08:30 AM	_____
Prelims	41 Girls 13 & Over 100 Breaststroke	0	0	08:30 AM	_____
Prelims	42 Boys 13 & Over 100 Breaststroke	0	0	08:30 AM	_____
Prelims	43 Girls 13 & Over 200 Backstroke	0	0	08:30 AM	_____
Prelims	44 Boys 13 & Over 200 Backstroke	0	0	08:30 AM	_____
Prelims	45 Girls 13 & Over 50 Butterfly	0	0	08:30 AM	_____
Prelims	46 Boys 13 & Over 50 Butterfly	0	0	08:30 AM	_____
	Finish Time			08:30 AM	_____

2025 WHAT SC TRIALS FINALS - 7/11/2025 to 7/13/2025
Session Report

Session: 6 Sunday 12 under
Day of Meet: 3 Starts at 01:30 PM Heat Interval: 20 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Prelims	47 Girls 12 & Under 50 Butterfly	0	0	01:30 PM	_____
Prelims	48 Boys 12 & Under 50 Butterfly	0	0	01:30 PM	_____
Prelims	49 Girls 12 & Under 100 Freestyle	0	0	01:30 PM	_____
Prelims	50 Boys 12 & Under 100 Freestyle	0	0	01:30 PM	_____
Prelims	51 Girls 12 & Under 200 IM	0	0	01:30 PM	_____
Prelims	52 Boys 12 & Under 200 IM	0	0	01:30 PM	_____
Prelims	53 Girls 12 & Under 50 Breaststroke	0	0	01:30 PM	_____
Prelims	54 Boys 12 & Under 50 Breaststroke	0	0	01:30 PM	_____
Prelims	55 Girls 12 & Under 100 Backstroke	0	0	01:30 PM	_____
Prelims	56 Boys 12 & Under 100 Backstroke	0	0	01:30 PM	_____
	Finish Time			01:30 PM	_____

2025 WHAT SC TRIALS FINALS - 7/11/2025 to 7/13/2025**Session Report**

Session: 7 Sunday Finals

Day of Meet: 3 Starts at 06:00 PM Heat Interval: 25 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	45 Girls 13 & Over 50 Butterfly	0	4 u	06:00 PM	_____
Finals	46 Boys 13 & Over 50 Butterfly	0	4 u	06:05 PM	_____
Finals	47 Girls 12 & Under 50 Butterfly	0	3 u	06:09 PM	_____
Finals	48 Boys 12 & Under 50 Butterfly	0	3 u	06:13 PM	_____
Finals	33 Girls 13 & Over 200 Butterfly	0	4 u	06:17 PM	_____
Finals	34 Boys 13 & Over 200 Butterfly	0	4 u	06:30 PM	_____
	Break: 10 Minutes:				
Finals	49 Girls 12 & Under 100 Freestyle	0	3 u	06:54 PM	_____
Finals	50 Boys 12 & Under 100 Freestyle	0	3 u	07:00 PM	_____
Finals	35 Girls 13 & Over 100 Freestyle	0	4 u	07:05 PM	_____
Finals	36 Boys 13 & Over 100 Freestyle	0	4 u	07:12 PM	_____
Finals	37 Girls 13 & Over 50 Breaststroke	0	4 u	07:20 PM	_____
Finals	38 Boys 13 & Over 50 Breaststroke	0	4 u	07:24 PM	_____
	Break: 10 Minutes:				
Finals	51 Girls 12 & Under 200 IM	0	3 u	07:39 PM	_____
Finals	52 Boys 12 & Under 200 IM	0	3 u	07:50 PM	_____
Finals	39 Girls 13 & Over 200 IM	0	4 u	08:01 PM	_____
Finals	40 Boys 13 & Over 200 IM	0	4 u	08:15 PM	_____
	Break: 10 Minutes:				
Finals	53 Girls 12 & Under 50 Breaststroke	0	3 u	08:39 PM	_____
Finals	54 Boys 12 & Under 50 Breaststroke	0	3 u	08:42 PM	_____
Finals	41 Girls 13 & Over 100 Breaststroke	0	4 u	08:46 PM	_____
Finals	42 Boys 13 & Over 100 Breaststroke	0	4 u	08:54 PM	_____
Finals	55 Girls 12 & Under 100 Backstroke	0	3 u	09:01 PM	_____
Finals	56 Boys 12 & Under 100 Backstroke	0	3 u	09:08 PM	_____
Finals	43 Girls 13 & Over 200 Backstroke	0	4 u	09:15 PM	_____
Finals	44 Boys 13 & Over 200 Backstroke	0	4 u	09:29 PM	_____
	Entry / Heat Totals:	0	86		
	Finish Time			09:44 PM	_____