

**Destination Athlete LCM Northeast Invite**  
**Hosted By Storrs Aquatics and Kingfish Swimming**  
**July 29-31, 2022**

University of Connecticut – Wolff-Zackin Natatorium  
2095 Hillside Road, Storrs, CT 06269

**This meet information is subject to change given the fluid nature of COVID-19. Be aware that CDC, State of CT, and local jurisdiction guidelines or public health actions may change quickly and without warning. Visit [ctswim.org](http://ctswim.org) or the host website for any updates.**

Held under sanction of USA Swimming and Connecticut Swimming, Inc. #L22-48. 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.

**COVID-19 Statement**

In applying for this sanction, the Host, Storrs Aquatic Club & Kingfish Swimming, agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Connecticut Swimming, the State of Connecticut. <https://portal.ct.gov/coronavirus>

**COVID-19 Assumption of Risk Disclaimer**

We, Storrs Aquatic Club & Kingfish Swimming have taken enhanced health and safety measures – for athletes, coaches, officials, volunteers, and meet management. You must follow all instructions while participating in/spectating at Northeast Invite or on site at the University of Connecticut. An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and guests with underlying medical conditions are especially vulnerable. By participating in/spectating at the Northeast Invite and being on site at UConn, you voluntarily assume all risks related to exposure to COVID-19.

**COVID-19 Release**

An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable.

USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.

BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING AND CONNECTICUT SWIMMING AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR

UNFORESEEN, IN CONNECTION WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION.

## EVENTS

	Name	Email	Phone
<b>Meet Director:</b>	Jon Caswell	<a href="mailto:joncacswwim@gmail.com">joncacswwim@gmail.com</a>	401-256-7483
<b>Meet Referee:</b>	Carlos Pereira	<a href="mailto:carlospepsi57@gmail.com">carlospepsi57@gmail.com</a>	
<b>Lead Admin Official:</b>	Lynne Benavides	<a href="mailto:Jackboss2000@gmail.com">Jackboss2000@gmail.com</a>	
<b>Entry Chair:</b>	Jon Caswell	<a href="mailto:joncacswwim@gmail.com">joncacswwim@gmail.com</a>	
<b>Safety Chair:</b>	Chris Maiello	<a href="mailto:christopher.maiello@uconn.edu">christopher.maiello@uconn.edu</a>	
<b>Officials Contact:</b>	Jon Caswell		

**MEET HOST:** Storrs Aquatic Club – SAQ/KING

**WEBSITE:** [www.cacswwim.net](http://www.cacswwim.net)

**POOL EMERGENCY NUMBER:** 860 – 486 – 9193

**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 Prelims/Finals for 11 & over events. 10 & under events are timed final. 13 & over finals will have A/B/C finals, with the C final being 13-14 only. 11-12's will have an A final only. The 400 FR and 400 IM prelims will have the top 2 heats of boys and girls swim first, then remaining heats will be swum fastest to slowest alternating girls/boys. The mixed 800 and 1500 FR on Sunday will have 3 heats only each and the top heat of each will swim in finals.

**SCRATCH PROCEDURES:** Scratch sheets will be due no more than 25 minutes after warm up begins.

**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.

**FACILITY:** The Wolff-Zackin Natatorium is a 6 -lane, 50 meter pool. Water depth at start end is 6 feet. Water depth at turn end is 14 feet. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming. Brundage Pool, a 6 lane 25 yard pool, adjacent to Wolff - Zackin will be available for continuous warm up – warm down. Colorado electronic timing will be used. Ample spectator seating exists.

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

**SAFE SPORT POLICIES:** If spectators are not allowed the meet will be live streamed.

**DISABLED ACCESS:** Handicapped parking and pool deck access are available. If special assistance is required by athletes, coaches or spectators please contact the Safety Chair listed above.

**COURSE:** LCM.

<b>SESSION TIMES:</b> (Subject to Change)	13/over prelims	6:45 am warm up – 8:00 am start
	12/under prelims	12:30 pm warm up – 1:30 pm start
	FINALS	5:00 pm warm-up – 6:00 pm start

**WARM-UPS:** CT Swimming Warm-Up Procedures will be in effect. 13/over sessions will be general warm up if numbers permit. If the meet is fully subscribed, then 2 x 25 minute general warm up sessions with assigned lanes will be offered. The 12/under sessions will have structured warm up sessions with lanes assigned.

**ELIGIBILITY:** All USA Swimming clubs and individuals. 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](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 OPENING DATE:** Entries will be accepted no earlier than **April 28<sup>th</sup> at 7pm.**

**ENTRY LIMITATIONS:** All Swimmers will be allowed to swim 3 events per day – 9 events total. This does not include relays

**ENTRY TIMES:** Submit entry times in: LCM

**DEADLINES:** Deadline is **6:00pm July 22, 2022**. Mail hardcopy and payment to the entry chairperson: Jon Caswell, 5443 Post Road, Charlestown RI 02813. All entries must be legible and must use full names and registration numbers from USA Swimming registration. Entries will be accepted electronically ([joncacs swim@gmail.com](mailto:joncacs swim@gmail.com)) on a first come – first serve basis until the meet is fully subscribed.

**CONNECTICUT-ONLY DEADLINE:** CT deadline is **May 4, 2022**. CT clubs meeting this deadline will be entered before out of state clubs.

**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 [joncacswwim@gmail.com](mailto:joncacswwim@gmail.com) Please check that your team name, address, and contact information are listed correctly in this file. **Payment is expected before the meet begins.** Clubs will be notified that their entry has been received within 48 hours via email confirmation. If you do not receive confirmation within 48 hours please contact the meet director to verify receipt. Clubs will be notified of their acceptance into the meet no later than Wednesday April 20, 2022.

**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](#).

**ENTRY FEES:** Electronic entries: \$ \$15.00 for 11 & over individual events, \$10.00 for 10 & under individual events. Relays are \$20.00 Manual entries: \$ 20.00 for individual events and \$30.00 for relay events. No refunds will be given for entries that are accepted, or for entries that are rejected due to improper entry.

**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.

**PAYMENT INSTRUCTIONS:** Please make checks payable to CAC.

Mail to:

Jon Caswell

5443 Post Rd

Charlestown RI 02813

Payment must be received by **July 29**

**PLEASE BRING CHECKS TO MEET AND PAY BY SUNDAY AM.**

### **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. The distance events (400 meters or yards or greater) may be heat limited to the first 6 heats of entries per gender in the order they were received.
2. 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.

**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:** Yes

**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.

**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 will be 2 hours after the session begins. The fee for Time Trial entries is \$ 15.00.

**TIMERS, OFFICIALS OR WORK ASSIGNMENTS:** Clubs will be asked to provide timers based upon the size of their entry. Certified Officials are invited to volunteer as well. Officials who contact the meet director before July 26 will be given credit towards their teams overall work assignment. Participating clubs must be notified of work assignments by the Monday before the meet.

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 be scored. Overall Team Champion will receive an award.

**AWARDS:** Top 6 swimmers in each event will receive medals/ribbons

**CONCESSIONS:** If spectators are allowed then concessions will be sold.

**HOSPITALITY FOR COACHES AND OFFICIALS:** Yes

**VENDOR:** Destination Athlete will be on side selling meet t-shirts and swim shop.

**PARKING:** The Wolff – Zackin Natatorium is adjacent to Gampel Pavilion. Parking is available in the South Garage.

**DIRECTIONS:** Directions to the University of Connecticut (Storrs campus) <http://maps.uconn.edu/>

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From Hartford: The University of Connecticut campus is approximately 30 minutes driving time from the city of Hartford. Take I-84 east to exit 68. Off the exit take a right onto Rte. 195 south and follow signs to the University. Once on campus take a right onto North Eagleville Road. At the second stoplight, take a left onto Hillside Road. At the fourth stop sign take a right onto Calhoun Way and South Parking Garage will be on your left. Leave the garage and walk past Gampel Pavilion and the Natatorium entrance will be the next door down.

From Boston: The University of Connecticut campus is approximately one and one half-hour from Boston. From the Mass Pike, take I-84 west to exit 68. Off the exit take a left on Rte. 195 south and follow signs to the University. Once on campus take a right onto North Eagleville Road. At the second stoplight, take a left onto Hillside Road. At the fourth stop sign take a right onto Calhoun Way and South Parking Garage will be on your left. Leave the garage and walk past Gampel Pavilion and the Natatorium entrance will be the next door down.

From Providence: The University of Connecticut is approximately one and one quarter hour from Providence. From Rte. 295 take exit 5-6, following signs to Hartford. Take Rte. 6 west to Rte. 101 west to Rte. 44 west. Take a left onto Rte. 195 south. Once on campus take a right onto North Eagleville Road. At the second stoplight take a left onto Hillside Road. At the fourth stop sign take a right onto Calhoun Way and South Parking Garage will be on your left. Leave the garage and walk past Gampel Pavilion and the Natatorium entrance will be the next door down.

From New York: The University of Connecticut is approximately one and one-half to two hours from New York. Take 95 north to 91 north to 84 east. From 84 east take exit 68. Once off the exit take a right onto Rte.195 south and follow signs to the University. At the first stoplight, take a right onto North Eagleville Road. At the second stoplight, take a left onto Hillside Road. At the fourth stop sign take a right onto Calhoun Way and South Parking Garage will be on your left. Leave the garage and walk past Gampel Pavilion and the Natatorium entrance will be the next door down

**LODGING:**

A block of rooms is being held at the Graduate Hotel on campus. These rooms can be booked by clicking this link:

<https://www.graduatehotels.com/storrs/#/booking/step1?group=SMM042922&arrive=04%2F29%2F2022&depart=05%2F01%2F2022>

**Destination Athlete Northeast LCM Invite - 7/29/2022 to 7/31/2022****Session Report**

Session: 1 Fri Prelims 13 &amp; over

Day of Meet: 1 Starts at 08:00 AM Heat Interval: 20 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	Actual
Prelims	1 Girls 13 & Over 100 Freestyle	0	0	08:00 AM	e08:00 AM
Prelims	2 Boys 13 & Over 100 Freestyle	0	0	08:00 AM	e08:00 AM
Prelims	3 Girls 13 & Over 200 Breaststroke	0	0	08:00 AM	e08:00 AM
Prelims	4 Boys 13 & Over 200 Breaststroke	0	0	08:00 AM	e08:00 AM
Prelims	5 Girls 13 & Over 100 Butterfly	0	0	08:00 AM	e08:00 AM
Prelims	6 Boys 13 & Over 100 Butterfly	0	0	08:00 AM	e08:00 AM
Finals	9 Mixed 13 & Over 400 Medley Relay	0	0	08:00 AM	e08:00 AM
Prelims	7 Girls 13 & Over 400 Freestyle	0	0	08:00 AM	e08:00 AM
Prelims	8 Boys 13 & Over 400 Freestyle	0	0	08:00 AM	e08:00 AM
	Finish Time			08:00 AM	e08:00 AM

Session: 2 Fri Prelims 12 &amp; under

Day of Meet: 1 Starts at 01:30 PM Heat Interval: 20 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	Actual
Finals	11 Girls 10 & Under 100 Freestyle	0	0	01:30 PM	e01:30 PM
Finals	12 Boys 10 & Under 100 Freestyle	0	0	01:30 PM	e01:30 PM
Prelims	13 Girls 11-12 100 Freestyle	0	0	01:30 PM	e01:30 PM
Prelims	14 Boys 11-12 100 Freestyle	0	0	01:30 PM	e01:30 PM
Finals	15 Girls 10 & Under 100 Breaststroke	0	0	01:30 PM	e01:30 PM
Finals	16 Boys 10 & Under 100 Breaststroke	0	0	01:30 PM	e01:30 PM
Prelims	17 Girls 11-12 100 Breaststroke	0	0	01:30 PM	e01:30 PM
Prelims	18 Boys 11-12 100 Breaststroke	0	0	01:30 PM	e01:30 PM
Finals	19 Girls 10 & Under 50 Butterfly	0	0	01:30 PM	e01:30 PM
Finals	20 Boys 10 & Under 50 Butterfly	0	0	01:30 PM	e01:30 PM
Prelims	21 Girls 11-12 50 Butterfly	0	0	01:30 PM	e01:30 PM
Prelims	22 Boys 11-12 50 Butterfly	0	0	01:30 PM	e01:30 PM
Finals	23 Mixed 12 & Under 200 Medley Relay	0	0	01:30 PM	e01:30 PM
Finals	24 Mixed 11-12 400 Freestyle	0	0	01:30 PM	e01:30 PM
	Finish Time			01:30 PM	e01:30 PM

**Destination Athlete Northeast LCM Invite - 7/29/2022 to 7/31/2022****Session Report**

Session: 3 Fri FINALS

Day of Meet: 1 Starts at 06:00 PM Heat Interval: 45 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	Actual
Finals	1 Girls 13 & Over 100 Freestyle	0	3 u	06:00 PM	e06:00 PM
Finals	2 Boys 13 & Over 100 Freestyle	0	3 u	06:07 PM	e06:07 PM
Finals	13 Girls 11-12 100 Freestyle	0	1 u	06:14 PM	e06:14 PM
Finals	14 Boys 11-12 100 Freestyle	0	1 u	06:16 PM	e06:16 PM
Finals	3 Girls 13 & Over 200 Breaststroke	0	3 u	06:19 PM	e06:19 PM
Finals	4 Boys 13 & Over 200 Breaststroke	0	3 u	06:32 PM	e06:32 PM
Finals	17 Girls 11-12 100 Breaststroke	0	1 u	06:45 PM	e06:45 PM
Finals	18 Boys 11-12 100 Breaststroke	0	1 u	06:48 PM	e06:48 PM
Finals	5 Girls 13 & Over 100 Butterfly	0	3 u	06:50 PM	e06:50 PM
Finals	6 Boys 13 & Over 100 Butterfly	0	3 u	06:57 PM	e06:57 PM
Finals	21 Girls 11-12 50 Butterfly	0	1 u	07:04 PM	e07:04 PM
Finals	22 Boys 11-12 50 Butterfly	0	1 u	07:06 PM	e07:06 PM
Finals	7 Girls 13 & Over 400 Freestyle	0	3 u	07:08 PM	e07:08 PM
Finals	8 Boys 13 & Over 400 Freestyle	0	3 u	07:31 PM	e07:31 PM
	Entry / Heat Totals:	0	30		
	Finish Time			07:54 PM	e07:54 PM

Session: 4 Sat Prelims 13 &amp; over

Day of Meet: 2 Starts at 08:00 AM Heat Interval: 20 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	Actual
Prelims	25 Girls 13 & Over 200 Freestyle	0	0	08:00 AM	e08:00 AM
Prelims	26 Boys 13 & Over 200 Freestyle	0	0	08:00 AM	e08:00 AM
Prelims	27 Girls 13 & Over 100 Breaststroke	0	0	08:00 AM	e08:00 AM
Prelims	28 Boys 13 & Over 100 Breaststroke	0	0	08:00 AM	e08:00 AM
Prelims	29 Girls 13 & Over 200 Backstroke	0	0	08:00 AM	e08:00 AM
Prelims	30 Boys 13 & Over 200 Backstroke	0	0	08:00 AM	e08:00 AM
Finals	33 Mixed 13 & Over 400 Freestyle Relay	0	0	08:00 AM	e08:00 AM
Prelims	31 Girls 13 & Over 400 IM	0	0	08:00 AM	e08:00 AM
Prelims	32 Boys 13 & Over 400 IM	0	0	08:00 AM	e08:00 AM
	Finish Time			08:00 AM	e08:00 AM

**Destination Athlete Northeast LCM Invite - 7/29/2022 to 7/31/2022****Session Report**

Session: 5 Sat Prelims 12 &amp; under

Day of Meet: 2 Starts at 01:30 PM Heat Interval: 30 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	Actual
Finals	35 Girls 10 & Under 200 Freestyle	0	0	01:30 PM	e01:30 PM
Finals	36 Boys 10 & Under 200 Freestyle	0	0	01:30 PM	e01:30 PM
Prelims	37 Girls 11-12 200 Freestyle	0	0	01:30 PM	e01:30 PM
Prelims	38 Boys 11-12 200 Freestyle	0	0	01:30 PM	e01:30 PM
Finals	39 Girls 10 & Under 50 Breaststroke	0	0	01:30 PM	e01:30 PM
Finals	40 Boys 10 & Under 50 Breaststroke	0	0	01:30 PM	e01:30 PM
Prelims	41 Girls 11-12 50 Breaststroke	0	0	01:30 PM	e01:30 PM
Prelims	42 Boys 11-12 50 Breaststroke	0	0	01:30 PM	e01:30 PM
Finals	43 Girls 10 & Under 100 Backstroke	0	0	01:30 PM	e01:30 PM
Finals	44 Boys 10 & Under 100 Backstroke	0	0	01:30 PM	e01:30 PM
Prelims	45 Girls 11-12 100 Backstroke	0	0	01:30 PM	e01:30 PM
Prelims	46 Boys 11-12 100 Backstroke	0	0	01:30 PM	e01:30 PM
Finals	47 Mixed 12 & Under 200 Freestyle Relay	0	0	01:30 PM	e01:30 PM
Finals	48 Mixed 11-12 200 Breaststroke	0	0	01:30 PM	e01:30 PM
Finals	49 Mixed 11-12 200 Butterfly	0	0	01:30 PM	e01:30 PM
	Finish Time			01:30 PM	e01:30 PM

Session: 6 Sat FINALS

Day of Meet: 2 Starts at 06:00 PM Heat Interval: 45 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	Actual
Finals	25 Girls 13 & Over 200 Freestyle	0	3 u	06:00 PM	e06:00 PM
Finals	26 Boys 13 & Over 200 Freestyle	0	3 u	06:12 PM	e06:12 PM
Finals	37 Girls 11-12 200 Freestyle	0	1 u	06:23 PM	e06:23 PM
Finals	38 Boys 11-12 200 Freestyle	0	1 u	06:27 PM	e06:27 PM
Finals	27 Girls 13 & Over 100 Breaststroke	0	3 u	06:31 PM	e06:31 PM
Finals	28 Boys 13 & Over 100 Breaststroke	0	3 u	06:38 PM	e06:38 PM
Finals	41 Girls 11-12 50 Breaststroke	0	1 u	06:45 PM	e06:45 PM
Finals	42 Boys 11-12 50 Breaststroke	0	1 u	06:47 PM	e06:47 PM
Finals	29 Girls 13 & Over 200 Backstroke	0	3 u	06:49 PM	e06:49 PM
Finals	30 Boys 13 & Over 200 Backstroke	0	3 u	07:02 PM	e07:02 PM
Finals	45 Girls 11-12 100 Backstroke	0	1 u	07:15 PM	e07:15 PM
Finals	46 Boys 11-12 100 Backstroke	0	1 u	07:17 PM	e07:17 PM
Finals	31 Girls 13 & Over 400 IM	0	3 u	07:20 PM	e07:20 PM
Finals	32 Boys 13 & Over 400 IM	0	3 u	07:42 PM	e07:42 PM
	Entry / Heat Totals:	0	30		
	Finish Time			08:04 PM	e08:04 PM

**Destination Athlete Northeast LCM Invite - 7/29/2022 to 7/31/2022**  
**Session Report**

Session: 7 Sun Prelims 13 & over

Day of Meet: 3 Starts at 08:00 AM Heat Interval: 20 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	Actual
Prelims	51 Girls 13 & Over 50 Freestyle	0	0	08:00 AM	e08:00 AM
Prelims	52 Boys 13 & Over 50 Freestyle	0	0	08:00 AM	e08:00 AM
Prelims	53 Girls 13 & Over 200 IM	0	0	08:00 AM	e08:00 AM
Prelims	54 Boys 13 & Over 200 IM	0	0	08:00 AM	e08:00 AM
Prelims	55 Girls 13 & Over 100 Backstroke	0	0	08:00 AM	e08:00 AM
Prelims	56 Boys 13 & Over 100 Backstroke	0	0	08:00 AM	e08:00 AM
Prelims	57 Girls 13 & Over 200 Butterfly	0	0	08:00 AM	e08:00 AM
Prelims	58 Boys 13 & Over 200 Butterfly	0	0	08:00 AM	e08:00 AM
Finals	59 Mixed 13 & Over 800 Freestyle	0	0	08:00 AM	e08:00 AM
Finals	60 Mixed 13 & Over 1500 Freestyle	0	0	08:00 AM	e08:00 AM
	Finish Time			08:00 AM	e08:00 AM

Session: 8 Sun Prelims 12 & under

Day of Meet: 3 Starts at 01:30 PM Heat Interval: 30 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	Actual
Finals	61 Girls 10 & Under 50 Freestyle	0	0	01:30 PM	e01:30 PM
Finals	62 Boys 10 & Under 50 Freestyle	0	0	01:30 PM	e01:30 PM
Prelims	63 Girls 11-12 50 Freestyle	0	0	01:30 PM	e01:30 PM
Prelims	64 Boys 11-12 50 Freestyle	0	0	01:30 PM	e01:30 PM
Finals	65 Girls 10 & Under 200 IM	0	0	01:30 PM	e01:30 PM
Finals	66 Boys 10 & Under 200 IM	0	0	01:30 PM	e01:30 PM
Prelims	67 Girls 11-12 200 IM	0	0	01:30 PM	e01:30 PM
Prelims	68 Boys 11-12 200 IM	0	0	01:30 PM	e01:30 PM
Finals	69 Girls 10 & Under 50 Backstroke	0	0	01:30 PM	e01:30 PM
Finals	70 Boys 10 & Under 50 Backstroke	0	0	01:30 PM	e01:30 PM
Prelims	71 Girls 11-12 50 Backstroke	0	0	01:30 PM	e01:30 PM
Prelims	72 Boys 11-12 50 Backstroke	0	0	01:30 PM	e01:30 PM
Finals	73 Girls 10 & Under 100 Butterfly	0	0	01:30 PM	e01:30 PM
Finals	74 Boys 10 & Under 100 Butterfly	0	0	01:30 PM	e01:30 PM
Prelims	75 Girls 11-12 100 Butterfly	0	0	01:30 PM	e01:30 PM
Prelims	76 Boys 11-12 100 Butterfly	0	0	01:30 PM	e01:30 PM
Finals	77 Mixed 11-12 200 Backstroke	0	0	01:30 PM	e01:30 PM
	Finish Time			01:30 PM	e01:30 PM

**Destination Athlete Northeast LCM Invite - 7/29/2022 to 7/31/2022**  
**Session Report**

Session: 9 Sun FINALS

Day of Meet: 3 Starts at 06:00 PM Heat Interval: 45 Seconds / Back +15 Seconds

<b>Round</b>	<b>Event</b>	<b>Entries</b>	<b>Heats</b>	<b>Starts at</b>	<b>Actual</b>
Finals	51 Girls 13 & Over 50 Freestyle	0	3 u	06:00 PM	e06:00 PM
Finals	52 Boys 13 & Over 50 Freestyle	0	3 u	06:05 PM	e06:05 PM
Finals	63 Girls 11-12 50 Freestyle	0	1 u	06:09 PM	e06:09 PM
Finals	64 Boys 11-12 50 Freestyle	0	1 u	06:11 PM	e06:11 PM
Finals	53 Girls 13 & Over 200 IM	0	3 u	06:13 PM	e06:13 PM
Finals	54 Boys 13 & Over 200 IM	0	3 u	06:25 PM	e06:25 PM
Finals	67 Girls 11-12 200 IM	0	1 u	06:37 PM	e06:37 PM
Finals	68 Boys 11-12 200 IM	0	1 u	06:41 PM	e06:41 PM
Finals	55 Girls 13 & Over 100 Backstroke	0	3 u	06:46 PM	e06:46 PM
Finals	56 Boys 13 & Over 100 Backstroke	0	3 u	06:53 PM	e06:53 PM
Finals	71 Girls 11-12 50 Backstroke	0	1 u	07:01 PM	e07:01 PM
Finals	72 Boys 11-12 50 Backstroke	0	1 u	07:03 PM	e07:03 PM
Finals	57 Girls 13 & Over 200 Butterfly	0	3 u	07:05 PM	e07:05 PM
Finals	58 Boys 13 & Over 200 Butterfly	0	3 u	07:17 PM	e07:17 PM
Finals	75 Girls 11-12 100 Butterfly	0	1 u	07:29 PM	e07:29 PM
Finals	76 Boys 11-12 100 Butterfly	0	1 u	07:32 PM	e07:32 PM
	Entry / Heat Totals:	0	32		
	Finish Time			07:34 PM	e07:34 PM