

NCA/CAC Holiday Invitational

Fri-Sun, Dec 15-17, 2023

Connecticut College, Lott Natatorium,
270 Mohegan Ave Pkwy, New London, CT 06320
<http://mapq.st/RFdI9h>

Held under sanction of USA Swimming and Connecticut Swimming, Inc. #L23-55. 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:	Jon Caswell	joncacswim@gmail.com	401-256-7483
Meet Referee:	Tak Takabayashi		
Lead Admin Official:	Jon Caswell	joncacswim@gmail.com	
Entry Chair:	Jon Caswell	joncacswim@gmail.com	401-256-7483
Safety Chair:	Rob Ensling		
Officials Contact: (optional)			

MEET HOST: NCA/CAC

WEBSITE: www.cacswim.net

POOL EMERGENCY NUMBER: 860-685-2915

COURSE: SCY.

SESSION TIMES: Subject to Change

Friday PM Distance: Warmup 4:00pm, Start 4:45pm

Sat/Sun AM (13 & O): Warmup 7:00am, Start 8:00am

Sat/Sun Mid (11 & U): Warmup 12:00pm, Start 1:00pm

Sat/Sun FINALS (11 & O): Warmup 5:00pm, Start 5:45pm

ENTRY OPENING DATE: Entries are open

CONNECTICUT-ONLY DEADLINE: N/A

DEADLINES: Deadline is Friday, December 8, 2023

PAYMENT INSTRUCTIONS: Please make checks payable to : CAC

Mail to:

CAC, 850 Stonington Rd. #B, Pawcatuck, CT 06379

Payment must be received by **Friday, December 15, 2023**

ENTRY FEES: Electronic entries: \$15.00 for individual events. Manual entries: \$20.00 for individual events
Refunds will be given for entries that are accepted, or for entries that are rejected due to improper entry.

NEW FOR 2022-23: 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 Prelims/Finals for all events except Friday PM and 10 & under events. Friday PM 500 Free will be swum fastest to slowest alternating women and men.

FACILITY: Conn College's Lott Natatorium is a 8 lane, 25 yard pool with a diving well for continuous warm-up/warm-down. Water depth at start end is 8 ft and turn end is 4 ft. Colorado electronic timing system will be utilized. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming. No shaving on premises is permitted. Spectator seating is available in the balcony. A lifeguard will be on duty.

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

WIFI ACCESS: Wifi is available thru Conn College. Connection is good.

WARM-UPS: CT Swimming Warm-Up Procedures will be in effect. All sessions will have 2 separate warm-up assignments. All assigned warm-ups will be followed by 10 minutes of controlled warmup with sprint and pace lanes. Warm-up assignments will be posted on CAC website and emailed to all teams by Wednesday prior to the meet.

EVENT INFORMATION: Deck entries will be accepted only if swimmer is previously entered in the meet.

ENTRY LIMITATIONS: Fri PM 2 event maximum. 11 & over's on Sat/Sun may swim in 3 individual events max. 10 & under swimmers may swim in 5 events maximum.

SCRATCH PROCEDURES: Teams will receive a scratch sheet for each day's events prior to that day's session. All scratch sheets are to be submitted to the administrative referee 30 minutes prior to the start of the session.

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

DISABLED ACCESS: Limited handicapped parking is available. 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 or spectators, please contact the Meet Director.

ELIGIBILITY: All USA Swimming clubs and individuals. 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. List any restrictions, such as age, etc. 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 joncacs@swim@gmail.com. Please check that your team name, address, and contact information are listed correctly in this file. Please send check to arrive before Friday, June 23rd. If not, please bring checks and submit on Friday of the meet.

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. Athletes aged 7 and Under will be cut from the meet.
2. All relays, if planned, will be eliminated.
3. The distance events (400 meters or yards or greater) may be heat limited to the first 10 heats of entries per gender in the order they were received.
4. The maximum number of events allowed per day may be reduced by one (1).
5. 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: 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.

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.

TIMERS, OFFICIALS OR WORK ASSIGNMENTS: Timer assignments will be determined by the size of the team's pre-scratch entry and are for the entire session. Exceptions are as follows: Athletes will provide their own timers for the 400 Free and 400 IM. Participating clubs will 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, volunteers, and official meet staff actively participating in the meet are permitted on the pool deck.

SCORING: The meet will not be scored.

AWARDS: Yes. 10 & under only. Heat winners for 10 & unders

CONCESSIONS: Limited concessions available.

HOSPITALITY FOR COACHES AND OFFICIALS: Yes. Breakfast and Lunch will be provided and light snacks.

PARKING: Conn College Lott Natatorium: <http://mapq.st/RFdI9h>

From New York and the South: From I-95 North take exit 83. Make a left at the light at the end of the exit. Go to the next light, and turn right past the entrance to the Coast Guard Academy onto Route 32 North. Turn right at the third stop light, you will see a sign for the complex.

From Hartford: Take Route 2 East to the end onto Route 395 South (Exit 28S) - Travel approximately eight miles to exit 78 (left exit) and get onto Route 32 South. Continue on Route 32 South, under the pedestrian bridge and make a left at the light into the complex.

From Rhode Island and the North: From I-95 South take exit 84 N. This will bring you onto Route 32 North. At the third stop light, turn right. You will see a sign for the complex.

CAC-NCA Holiday Classic - 12/15/2023 to 12/17/2023**Session Report**

Session: 1 Friday Evening

Day of Meet: 1 Starts at 04:45 PM Heat Interval: 15 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	Actual
Finals	1 Girls 11-12 200 Backstroke	0	0	04:45 PM	e04:45 PM
Finals	2 Boys 11-12 200 Backstroke	0	0	04:45 PM	e04:45 PM
Finals	3 Women 11 & Over 400 IM	0	0	04:45 PM	e04:45 PM
Finals	4 Men 11 & Over 400 IM	0	0	04:45 PM	e04:45 PM
Finals	5 Girls 11-12 200 Breaststroke	0	0	04:45 PM	e04:45 PM
Finals	6 Boys 11-12 200 Breaststroke	0	0	04:45 PM	e04:45 PM
Finals	7 Girls 11-12 200 Butterfly	0	0	04:45 PM	e04:45 PM
Finals	8 Boys 11-12 200 Butterfly	0	0	04:45 PM	e04:45 PM
Finals	9 Women 11 & Over 500 Freestyle	0	0	04:45 PM	e04:45 PM
Finals	10 Men 11 & Over 500 Freestyle	0	0	04:45 PM	e04:45 PM
	Finish Time			04:45 PM	e04:45 PM

Session: 2 Saturday Morning 13/Over

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

Round	Event	Entries	Heats	Starts at	Actual
Prelims	11 Women 13 & Over 200 Freestyle	0	0	08:00 AM	e08:00 AM
Prelims	12 Men 13 & Over 200 Freestyle	0	0	08:00 AM	e08:00 AM
Prelims	13 Women 13 & Over 100 Breaststroke	0	0	08:00 AM	e08:00 AM
Prelims	14 Men 13 & Over 100 Breaststroke	0	0	08:00 AM	e08:00 AM
Prelims	15 Women 13 & Over 200 Butterfly	0	0	08:00 AM	e08:00 AM
Prelims	16 Men 13 & Over 200 Butterfly	0	0	08:00 AM	e08:00 AM
Prelims	17 Women 13 & Over 100 Backstroke	0	0	08:00 AM	e08:00 AM
Prelims	18 Men 13 & Over 100 Backstroke	0	0	08:00 AM	e08:00 AM
Prelims	19 Women 13 & Over 100 Freestyle	0	0	08:00 AM	e08:00 AM
Prelims	20 Men 13 & Over 100 Freestyle	0	0	08:00 AM	e08:00 AM
Finals	21 Women 13 & Over 200 Freestyle Relay	0	0	08:00 AM	e08:00 AM
Finals	22 Men 13 & Over 200 Freestyle Relay	0	0	08:00 AM	e08:00 AM
	Finish Time			08:00 AM	e08:00 AM

CAC-NCA Holiday Classic - 12/15/2023 to 12/17/2023**Session Report**

Session: 3 Saturday Afternoon 12/Under

Day of Meet: 2 Starts at 01:00 PM Heat Interval: 15 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	Actual
Finals	23 Girls 10 & Under 25 Backstroke	0	0	01:00 PM	e01:00 PM
Finals	24 Boys 10 & Under 25 Backstroke	0	0	01:00 PM	e01:00 PM
Finals	25 Girls 10 & Under 200 Freestyle	0	0	01:00 PM	e01:00 PM
Finals	26 Boys 10 & Under 200 Freestyle	0	0	01:00 PM	e01:00 PM
Prelims	27 Girls 11-12 200 Freestyle	0	0	01:00 PM	e01:00 PM
Prelims	28 Boys 11-12 200 Freestyle	0	0	01:00 PM	e01:00 PM
Finals	29 Girls 10 & Under 50 Breaststroke	0	0	01:00 PM	e01:00 PM
Finals	30 Boys 10 & Under 50 Breaststroke	0	0	01:00 PM	e01:00 PM
Prelims	31 Girls 11-12 50 Breaststroke	0	0	01:00 PM	e01:00 PM
Prelims	32 Boys 11-12 50 Breaststroke	0	0	01:00 PM	e01:00 PM
Finals	33 Girls 10 & Under 25 Breaststroke	0	0	01:00 PM	e01:00 PM
Finals	34 Boys 10 & Under 25 Breaststroke	0	0	01:00 PM	e01:00 PM
Finals	35 Girls 10 & Under 100 Butterfly	0	0	01:00 PM	e01:00 PM
Finals	36 Boys 10 & Under 100 Butterfly	0	0	01:00 PM	e01:00 PM
Prelims	37 Girls 11-12 100 Butterfly	0	0	01:00 PM	e01:00 PM
Prelims	38 Boys 11-12 100 Butterfly	0	0	01:00 PM	e01:00 PM
Finals	39 Girls 10 & Under 50 Backstroke	0	0	01:00 PM	e01:00 PM
Finals	40 Boys 10 & Under 50 Backstroke	0	0	01:00 PM	e01:00 PM
Prelims	41 Girls 11-12 50 Backstroke	0	0	01:00 PM	e01:00 PM
Prelims	42 Boys 11-12 50 Backstroke	0	0	01:00 PM	e01:00 PM
Finals	43 Girls 10 & Under 100 Freestyle	0	0	01:00 PM	e01:00 PM
Finals	44 Boys 10 & Under 100 Freestyle	0	0	01:00 PM	e01:00 PM
Prelims	45 Girls 11-12 100 Freestyle	0	0	01:00 PM	e01:00 PM
Prelims	46 Boys 11-12 100 Freestyle	0	0	01:00 PM	e01:00 PM
Finals	47 Girls 10 & Under 100 IM	0	0	01:00 PM	e01:00 PM
Finals	48 Boys 10 & Under 100 IM	0	0	01:00 PM	e01:00 PM
Prelims	49 Girls 11-12 100 IM	0	0	01:00 PM	e01:00 PM
Prelims	50 Boys 11-12 100 IM	0	0	01:00 PM	e01:00 PM
Finals	51 Girls 12 & Under 200 Freestyle Relay	0	0	01:00 PM	e01:00 PM
Finals	52 Boys 12 & Under 200 Freestyle Relay	0	0	01:00 PM	e01:00 PM
	Finish Time			01:00 PM	e01:00 PM

CAC-NCA Holiday Classic - 12/15/2023 to 12/17/2023**Session Report**

Session: 4 Saturday Finals

Day of Meet: 2 Starts at 05:45 PM Heat Interval: 45 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	Actual
Finals	27 Girls 11-12 200 Freestyle	0	1 u	05:45 PM	e05:45 PM
Finals	28 Boys 11-12 200 Freestyle	0	1 u	05:49 PM	e05:49 PM
Finals	11 Women 13 & Over 200 Freestyle	0	4 u	05:53 PM	e05:53 PM
Finals	12 Men 13 & Over 200 Freestyle	0	4 u	06:07 PM	e06:07 PM
Finals	31 Girls 11-12 50 Breaststroke	0	1 u	06:21 PM	e06:21 PM
Finals	32 Boys 11-12 50 Breaststroke	0	1 u	06:22 PM	e06:22 PM
Finals	13 Women 13 & Over 100 Breaststroke	0	4 u	06:24 PM	e06:24 PM
Finals	14 Men 13 & Over 100 Breaststroke	0	4 u	06:33 PM	e06:33 PM
Finals	37 Girls 11-12 100 Butterfly	0	1 u	06:42 PM	e06:42 PM
Finals	38 Boys 11-12 100 Butterfly	0	1 u	06:44 PM	e06:44 PM
Finals	15 Women 13 & Over 200 Butterfly	0	4 u	06:47 PM	e06:47 PM
Finals	16 Men 13 & Over 200 Butterfly	0	4 u	07:02 PM	e07:02 PM
Finals	41 Girls 11-12 50 Backstroke	0	1 u	07:17 PM	e07:17 PM
Finals	42 Boys 11-12 50 Backstroke	0	1 u	07:18 PM	e07:18 PM
Finals	17 Women 13 & Over 100 Backstroke	0	4 u	07:20 PM	e07:20 PM
Finals	18 Men 13 & Over 100 Backstroke	0	4 u	07:30 PM	e07:30 PM
Finals	45 Girls 11-12 100 Freestyle	0	1 u	07:40 PM	e07:40 PM
Finals	46 Boys 11-12 100 Freestyle	0	1 u	07:42 PM	e07:42 PM
Finals	19 Women 13 & Over 100 Freestyle	0	4 u	07:44 PM	e07:44 PM
Finals	20 Men 13 & Over 100 Freestyle	0	4 u	07:52 PM	e07:52 PM
Finals	49 Girls 11-12 100 IM	0	1 u	08:01 PM	e08:01 PM
Finals	50 Boys 11-12 100 IM	0	1 u	08:03 PM	e08:03 PM
	Entry / Heat Totals:	0	52		
	Finish Time			08:06 PM	e08:06 PM

Session: 5 Sunday Morning 13/Over

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

Round	Event	Entries	Heats	Starts at	Actual
Prelims	53 Women 13 & Over 200 IM	0	0	08:00 AM	e08:00 AM
Prelims	54 Men 13 & Over 200 IM	0	0	08:00 AM	e08:00 AM
Prelims	55 Women 13 & Over 200 Breaststroke	0	0	08:00 AM	e08:00 AM
Prelims	56 Men 13 & Over 200 Breaststroke	0	0	08:00 AM	e08:00 AM
Prelims	57 Women 13 & Over 100 Butterfly	0	0	08:00 AM	e08:00 AM
Prelims	58 Men 13 & Over 100 Butterfly	0	0	08:00 AM	e08:00 AM
Prelims	59 Women 13 & Over 200 Backstroke	0	0	08:00 AM	e08:00 AM
Prelims	60 Men 13 & Over 200 Backstroke	0	0	08:00 AM	e08:00 AM
Prelims	61 Women 13 & Over 50 Freestyle	0	0	08:00 AM	e08:00 AM
Prelims	62 Men 13 & Over 50 Freestyle	0	0	08:00 AM	e08:00 AM
Finals	63 Women 13 & Over 200 Medley Relay	0	0	08:00 AM	e08:00 AM
Finals	64 Men 13 & Over 200 Medley Relay	0	0	08:00 AM	e08:00 AM
	Finish Time			08:00 AM	e08:00 AM

CAC-NCA Holiday Classic - 12/15/2023 to 12/17/2023**Session Report**

Session: 6 Sunday Afternoon 12/Under

Day of Meet: 3 Starts at 01:00 PM Heat Interval: 20 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	Actual
Finals	65 Girls 10 & Under 25 Freestyle	0	0	01:00 PM	e01:00 PM
Finals	66 Boys 10 & Under 25 Freestyle	0	0	01:00 PM	e01:00 PM
Finals	67 Girls 10 & Under 200 IM	0	0	01:00 PM	e01:00 PM
Finals	68 Boys 10 & Under 200 IM	0	0	01:00 PM	e01:00 PM
Prelims	69 Girls 11-12 200 IM	0	0	01:00 PM	e01:00 PM
Prelims	70 Boys 11-12 200 IM	0	0	01:00 PM	e01:00 PM
Finals	71 Girls 10 & Under 100 Breaststroke	0	0	01:00 PM	e01:00 PM
Finals	72 Boys 10 & Under 100 Breaststroke	0	0	01:00 PM	e01:00 PM
Prelims	73 Girls 11-12 100 Breaststroke	0	0	01:00 PM	e01:00 PM
Prelims	74 Boys 11-12 100 Breaststroke	0	0	01:00 PM	e01:00 PM
Finals	75 Girls 10 & Under 50 Butterfly	0	0	01:00 PM	e01:00 PM
Finals	76 Boys 10 & Under 50 Butterfly	0	0	01:00 PM	e01:00 PM
Prelims	77 Girls 11-12 50 Butterfly	0	0	01:00 PM	e01:00 PM
Prelims	78 Boys 11-12 50 Butterfly	0	0	01:00 PM	e01:00 PM
Finals	79 Girls 10 & Under 25 Butterfly	0	0	01:00 PM	e01:00 PM
Finals	80 Boys 10 & Under 25 Butterfly	0	0	01:00 PM	e01:00 PM
Finals	81 Girls 10 & Under 100 Backstroke	0	0	01:00 PM	e01:00 PM
Finals	82 Boys 10 & Under 100 Backstroke	0	0	01:00 PM	e01:00 PM
Prelims	83 Girls 11-12 100 Backstroke	0	0	01:00 PM	e01:00 PM
Prelims	84 Boys 11-12 100 Backstroke	0	0	01:00 PM	e01:00 PM
Finals	85 Girls 10 & Under 50 Freestyle	0	0	01:00 PM	e01:00 PM
Finals	86 Boys 10 & Under 50 Freestyle	0	0	01:00 PM	e01:00 PM
Prelims	87 Girls 11-12 50 Freestyle	0	0	01:00 PM	e01:00 PM
Prelims	88 Boys 11-12 50 Freestyle	0	0	01:00 PM	e01:00 PM
Finals	89 Girls 12 & Under 200 Medley Relay	0	0	01:00 PM	e01:00 PM
Finals	90 Boys 12 & Under 200 Medley Relay	0	0	01:00 PM	e01:00 PM
	Finish Time			01:00 PM	e01:00 PM

CAC-NCA Holiday Classic - 12/15/2023 to 12/17/2023**Session Report**

Session: 7 Sunday Finals

Day of Meet: 3 Starts at 05:45 PM Heat Interval: 45 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	Actual
Finals	69 Girls 11-12 200 IM	0	1 u	05:45 PM	e05:45 PM
Finals	70 Boys 11-12 200 IM	0	1 u	05:50 PM	e05:50 PM
Finals	53 Women 13 & Over 200 IM	0	4 u	05:54 PM	e05:54 PM
Finals	54 Men 13 & Over 200 IM	0	4 u	06:09 PM	e06:09 PM
Finals	73 Girls 11-12 100 Breaststroke	0	1 u	06:24 PM	e06:24 PM
Finals	74 Boys 11-12 100 Breaststroke	0	1 u	06:26 PM	e06:26 PM
Finals	55 Women 13 & Over 200 Breaststroke	0	4 u	06:28 PM	e06:28 PM
Finals	56 Men 13 & Over 200 Breaststroke	0	4 u	06:45 PM	e06:45 PM
Finals	77 Girls 11-12 50 Butterfly	0	1 u	07:01 PM	e07:01 PM
Finals	78 Boys 11-12 50 Butterfly	0	1 u	07:03 PM	e07:03 PM
Finals	57 Women 13 & Over 100 Butterfly	0	4 u	07:04 PM	e07:04 PM
Finals	58 Men 13 & Over 100 Butterfly	0	4 u	07:13 PM	e07:13 PM
Finals	83 Girls 11-12 100 Backstroke	0	1 u	07:21 PM	e07:21 PM
Finals	84 Boys 11-12 100 Backstroke	0	1 u	07:24 PM	e07:24 PM
Finals	59 Women 13 & Over 200 Backstroke	0	4 u	07:27 PM	e07:27 PM
Finals	60 Men 13 & Over 200 Backstroke	0	4 u	07:43 PM	e07:43 PM
Finals	87 Girls 11-12 50 Freestyle	0	1 u	07:59 PM	e07:59 PM
Finals	88 Boys 11-12 50 Freestyle	0	1 u	08:00 PM	e08:00 PM
Finals	61 Women 13 & Over 50 Freestyle	0	4 u	08:02 PM	e08:02 PM
Finals	62 Men 13 & Over 50 Freestyle	0	4 u	08:07 PM	e08:07 PM
	Entry / Heat Totals:	0	50		
	Finish Time			08:13 PM	e08:13 PM