

Virginia Swimming Short Course Senior Champ, Sanction #: VS-12-53**25 Yard Course****Session Report**

Session: 1 Thursday Timed Finals

Day of Meet: 1 Starts at 04:00 PM Heat Interval: 20 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at
Finals	1 Women Senior 1650 Freestyle	40	5	04:00 PM
Finals	2 Men Senior 1650 Freestyle	30	4	05:34 PM
	Swimmers Counts for Warm-ups: 70	=====	=====	
	Entry / Heat Totals:	70	9	
	Finish Time			06:44 PM

Session: 2 Friday Trials

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

Round	Event	Entries	Heats	Starts at
Prelims	3 Women Senior 200 Freestyle	86	11	08:30 AM
Prelims	4 Men Senior 200 Freestyle	99	13	08:56 AM
Prelims	5 Women Senior 100 Breaststroke	71	9	09:24 AM
Prelims	6 Men Senior 100 Breaststroke	84	11	09:37 AM
Prelims	7 Women Senior 100 Butterfly	87	11	09:53 AM
Prelims	8 Men Senior 100 Butterfly	86	11	10:07 AM
Prelims	9 Women Senior 400 IM	41	6	10:21 AM
Prelims	10 Men Senior 400 IM	63	8	10:51 AM
Finals-S	11 Women Senior 800 Freestyle Relay	3	1	11:29 AM
Finals-S	12 Men Senior 800 Freestyle Relay	9	2	11:37 AM
	Swimmers Counts for Warm-ups: 391	=====	=====	
	Entry / Heat Totals:	629	83	
	Finish Time			11:53 AM

Session: 4 Friday Finals

Day of Meet: 2 Starts at 06:00 PM Heat Interval: 60 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at
Finals	3 Women Senior 200 Freestyle	24	3u	06:00 PM
Finals	4 Men Senior 200 Freestyle	24	3u	06:09 PM
Finals	5 Women Senior 100 Breaststroke	24	3u	06:17 PM
Finals	6 Men Senior 100 Breaststroke	24	3u	06:24 PM
Finals	7 Women Senior 100 Butterfly	24	3u	06:30 PM
Finals	8 Men Senior 100 Butterfly	24	3u	06:35 PM
Finals	9 Women Senior 400 IM	24	3u	06:41 PM
Finals	10 Men Senior 400 IM	24	3u	06:58 PM
	Break: 10 Minutes			
Finals-2	11 Women Senior 800 Freestyle Relay	16	2	07:23 PM
Finals-2	12 Men Senior 800 Freestyle Relay	16	2	07:40 PM
	Swimmers Counts for Warm-ups: 137	=====	=====	
	Entry / Heat Totals:	224	28	
	Finish Time			07:57 PM

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Session: 5 Saturday Trials

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

Round	Event	Entries	Heats	Starts at
Finals	13 Women Senior 200 Freestyle Relay	26	4	08:30 AM
Finals	14 Men Senior 200 Freestyle Relay	31	4	08:39 AM
Prelims	15 Women Senior 200 Butterfly	76	10	08:46 AM
Prelims	16 Men Senior 200 Butterfly	82	11	09:12 AM
Prelims	17 Women Senior 50 Freestyle	111	14	09:38 AM
Prelims	18 Men Senior 50 Freestyle	93	12	09:49 AM
Prelims	19 Women Senior 200 Breaststroke	62	8	09:57 AM
Prelims	20 Men Senior 200 Breaststroke	73	10	10:20 AM
Prelims	21 Women Senior 100 Backstroke	86	11	10:47 AM
Prelims	22 Men Senior 100 Backstroke	95	12	11:04 AM
Prelims	23 Women Senior 500 Freestyle	51	7	11:23 AM
Prelims	24 Men Senior 500 Freestyle	65	9	12:02 PM
Finals-S	25 Women Senior 400 Medley Relay	11	2	12:48 PM
Finals-S	26 Men Senior 400 Medley Relay	17	3	12:58 PM
	Swimmers Counts for Warm-ups: 453	=====	=====	
	Entry / Heat Totals:	879	117	
	Finish Time			01:12 PM

Session: 7 Saturday Finals

Day of Meet: 3 Starts at 06:00 PM Heat Interval: 75 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at
Finals	15 Women Senior 200 Butterfly	24	3u	06:00 PM
Finals	16 Men Senior 200 Butterfly	24	3u	06:11 PM
Finals	17 Women Senior 50 Freestyle	24	3u	06:20 PM
Finals	18 Men Senior 50 Freestyle	24	3u	06:25 PM
Finals	19 Women Senior 200 Breaststroke	24	3u	06:30 PM
Finals	20 Men Senior 200 Breaststroke	24	3u	06:41 PM
Finals	21 Women Senior 100 Backstroke	24	3u	06:51 PM
Finals	22 Men Senior 100 Backstroke	24	3u	06:58 PM
Finals	23 Women Senior 500 Freestyle	24	3u	07:06 PM
Finals	24 Men Senior 500 Freestyle	24	3u	07:24 PM
	Break: 10 Minutes			
Finals-2	25 Women Senior 400 Medley Relay	16	2	07:52 PM
Finals-2	26 Men Senior 400 Medley Relay	16	2	08:03 PM
	Swimmers Counts for Warm-ups: 173	=====	=====	
	Entry / Heat Totals:	272	34	
	Finish Time			08:13 PM

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Session: 8 Sunday Trials

Day of Meet: 4 Starts at 08:30 AM Heat Interval: 20 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at
Finals	27 Women Senior 200 Medley Relay	23	3	08:30 AM
Finals	28 Men Senior 200 Medley Relay	30	4	08:44 AM
Prelims	29 Women Senior 200 Backstroke	82	11	09:01 AM
Prelims	30 Men Senior 200 Backstroke	102	13	09:32 AM
Prelims	31 Women Senior 100 Freestyle	115	15	10:06 AM
Prelims	32 Men Senior 100 Freestyle	105	14	10:25 AM
Prelims	33 Women Senior 200 IM	94	12	10:41 AM
Prelims	34 Men Senior 200 IM	96	12	11:12 AM
Finals-S	35 Women Senior 400 Freestyle Relay	9	2	11:40 AM
Finals-S	36 Men Senior 400 Freestyle Relay	16	2	11:49 AM
	Swimmers Counts for Warm-ups: 383	=====	=====	
	Entry / Heat Totals:	672	88	
	Finish Time			11:57 AM

Session: 10 Sunday Distance Events

Day of Meet: 4 Starts at 01:10 PM Heat Interval: 20 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at
Finals-S	37 Women Senior 1000 Freestyle	42	6	01:10 PM
Finals-S	38 Men Senior 1000 Freestyle	37	5	02:19 PM
	Swimmers Counts for Warm-ups: 79	=====	=====	
	Entry / Heat Totals:	79	11	
	Finish Time			03:12 PM

Session: 11 Sunday Finals

Day of Meet: 4 Starts at 04:30 PM Heat Interval: 60 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at
Finals-1	37 Women Senior 1000 Freestyle	8	1	04:30 PM
Finals-1	38 Men Senior 1000 Freestyle	8	1	04:42 PM
	Break: 10 Minutes			
Finals	29 Women Senior 200 Backstroke	24	3u	05:03 PM
Finals	30 Men Senior 200 Backstroke	24	3u	05:13 PM
Finals	31 Women Senior 100 Freestyle	24	3u	05:22 PM
Finals	32 Men Senior 100 Freestyle	24	3u	05:28 PM
Finals	33 Women Senior 200 IM	24	3u	05:33 PM
Finals	34 Men Senior 200 IM	24	3u	05:42 PM
	Break: 10 Minutes			
Finals-2	35 Women Senior 400 Freestyle Relay	16	2	06:01 PM
Finals-2	36 Men Senior 400 Freestyle Relay	16	2	06:10 PM
	Swimmers Counts for Warm-ups: 121	=====	=====	
	Entry / Heat Totals:	192	24	
	Finish Time			06:19 PM