

**2011 VA LC SR Championships - 7/21/2011 to 7/24/2011****50 M Course, Sanction #: NC-11091****Session Report**

Session: 1 Thursday Timed Finals

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

Round	Event	Entries	Heats	Starts at
Finals	1 Women Senior 1500 Freestyle	32	4u	04:00 PM
Finals	2 Men Senior 1500 Freestyle	44	5u	05:18 PM
	Swimmer Count for Warm-ups: 76	=====	=====	
	Entry / Heat Totals:	76	9	
	Finish Time			06:47 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	82	11u	08:30 AM
Prelims	4 Men Senior 200 Freestyle	100	13u	08:59 AM
Prelims	5 Women Senior 100 Breaststroke	62	8u	09:29 AM
Prelims	6 Men Senior 100 Breaststroke	54	7u	09:43 AM
Prelims	7 Women Senior 100 Butterfly	78	10u	09:54 AM
Prelims	8 Men Senior 100 Butterfly	77	10u	10:08 AM
Prelims	9 Women Senior 400 IM	59	8u	10:22 AM
Prelims	10 Men Senior 400 IM	71	9u	11:07 AM
Finals-S	11 Women Senior 800 Freestyle Relay	3	1u	11:54 AM
Finals-S	12 Men Senior 800 Freestyle Relay	9	2u	12:04 PM
	Swimmer Count for Warm-ups: 352	=====	=====	
	Entry / Heat Totals:	595	79	
	Finish Time			12:21 PM

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	06:10 PM
Finals	5 Women Senior 100 Breaststroke	24	3u	06:19 PM
Finals	6 Men Senior 100 Breaststroke	24	3u	06:26 PM
Finals	7 Women Senior 100 Butterfly	24	3u	06:32 PM
Finals	8 Men Senior 100 Butterfly	24	3u	06:38 PM
Finals	9 Women Senior 400 IM	24	3u	06:44 PM
Finals	10 Men Senior 400 IM	24	3u	07:03 PM
	Break: 10 Minutes			
Finals-2	11 Women Senior 800 Freestyle Relay	16	2u	07:30 PM
Finals-2	12 Men Senior 800 Freestyle Relay	16	2u	07:51 PM
	Swimmer Count for Warm-ups: 156	=====	=====	
	Entry / Heat Totals:	224	28	
	Finish Time			08:10 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	20	3u	08:30 AM
Finals	14 Men Senior 200 Freestyle Relay	24	3u	08:37 AM
Prelims	15 Women Senior 200 Butterfly	57	8u	08:44 AM
Prelims	16 Men Senior 200 Butterfly	81	11u	09:06 AM
Prelims	17 Women Senior 50 Freestyle	77	10u	09:36 AM
Prelims	18 Men Senior 50 Freestyle	74	10u	09:44 AM
Prelims	19 Women Senior 200 Breaststroke	63	8u	09:51 AM
Prelims	20 Men Senior 200 Breaststroke	46	6u	10:17 AM
Prelims	21 Women Senior 100 Backstroke	68	9u	10:35 AM
Prelims	22 Men Senior 100 Backstroke	76	10u	10:51 AM
Prelims	23 Women Senior 400 Freestyle	45	5u	11:07 AM
Prelims	24 Men Senior 400 Freestyle	81	9u	11:32 AM
Finals-S	25 Women Senior 400 Medley Relay	5	1u	12:14 PM
Finals-S	26 Men Senior 400 Medley Relay	9	2u	12:19 PM
	Swimmer Count for Warm-ups: 383	=====	=====	
	Entry / Heat Totals:	726	95	
	Finish Time			12:29 PM

Session: 7 Saturday Finals

Day of Meet: 3 Starts at 06:00 PM Heat Interval: 70 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	06:21 PM
Finals	18 Men Senior 50 Freestyle	24	3u	06:26 PM
Finals	19 Women Senior 200 Breaststroke	24	3u	06:31 PM
Finals	20 Men Senior 200 Breaststroke	24	3u	06:43 PM
Finals	21 Women Senior 100 Backstroke	24	3u	06:54 PM
Finals	22 Men Senior 100 Backstroke	24	3u	07:01 PM
Finals	23 Women Senior 400 Freestyle	24	3u	07:08 PM
Finals	24 Men Senior 400 Freestyle	24	3u	07:26 PM
	Break: 10 Minutes			
Finals-2	25 Women Senior 400 Medley Relay	16	2u	07:51 PM
Finals-2	26 Men Senior 400 Medley Relay	16	2u	08:04 PM
	Swimmer Count for Warm-ups: 183	=====	=====	
	Entry / Heat Totals:	272	34	
	Finish Time			08:15 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

<b>Round</b>	<b>Event</b>	<b>Entries</b>	<b>Heats</b>	<b>Starts at</b>	
Finals	27 Women Senior 200 Medley Relay	19	3u	08:30 AM	_____
Finals	28 Men Senior 200 Medley Relay	23	3u	08:46 AM	_____
Prelims	29 Women Senior 200 Backstroke	63	8u	09:01 AM	_____
Prelims	30 Men Senior 200 Backstroke	85	11u	09:26 AM	_____
Prelims	31 Women Senior 100 Freestyle	82	11u	09:58 AM	_____
Prelims	32 Men Senior 100 Freestyle	93	12u	10:13 AM	_____
Prelims	33 Women Senior 200 IM	97	13u	10:28 AM	_____
Prelims	34 Men Senior 200 IM	97	13u	11:05 AM	_____
Finals-S	35 Women Senior 400 Freestyle Relay	3	1u	11:39 AM	_____
Finals-S	36 Men Senior 400 Freestyle Relay	11	2u	11:44 AM	_____
	Swimmer Count for Warm-ups: 334	=====	=====		
	Entry / Heat Totals:	573	77		
	Finish Time			11:52 AM	_____

Session: 10 Sunday Distance Events

Day of Meet: 4 Starts at 01:30 PM Heat Interval: 20 Seconds / Back +15 Seconds

<b>Round</b>	<b>Event</b>	<b>Entries</b>	<b>Heats</b>	<b>Starts at</b>	
Finals-S	37 Women Senior 800 Freestyle	39	4u	01:30 PM	_____
Finals-S	38 Men Senior 800 Freestyle	43	5u	02:11 PM	_____
	Swimmer Count for Warm-ups: 98	=====	=====		
	Entry / Heat Totals:	82	9		
	Finish Time			02:59 PM	_____

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Session: 11 Sunday Finals

Day of Meet: 4 Starts at 04:30 PM Heat Interval: 70 Seconds / Back +15 Seconds

<b>Round</b>	<b>Event</b>	<b>Entries</b>	<b>Heats</b>	<b>Starts at</b>	
Finals-1	37 Women Senior 800 Freestyle	8	1u	04:30 PM	_____
Finals-1	38 Men Senior 800 Freestyle	8	1u	04:41 PM	_____
	Break: 10 Minutes				
Finals	29 Women Senior 200 Backstroke	24	3u	05:02 PM	_____
Finals	30 Men Senior 200 Backstroke	24	3u	05:13 PM	_____
Finals	31 Women Senior 100 Freestyle	24	3u	05:24 PM	_____
Finals	32 Men Senior 100 Freestyle	24	3u	05:31 PM	_____
Finals	33 Women Senior 200 IM	24	3u	05:37 PM	_____
Finals	34 Men Senior 200 IM	24	3u	05:48 PM	_____
	Break: 10 Minutes				
Finals-2	35 Women Senior 400 Freestyle Relay	16	2u	06:08 PM	_____
Finals-2	36 Men Senior 400 Freestyle Relay	16	2u	06:19 PM	_____
	Swimmer Count for Warm-ups: 202	=====	=====		
	Entry / Heat Totals:	192	24		
	Finish Time			06:29 PM	_____
	Finish Time			08:00 PM	_____