

Virginia Swimming Long Course Senior Champs, Sanction #: VS-13-41**50 Meters 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 1500 Freestyle	35	5	04:00 PM
Finals	2 Men Senior 1500 Freestyle	41	6	05:28 PM
	Swimmers Counts for Warm-ups: 76	=====	=====	
	Entry / Heat Totals:	76	11	
	Finish Time			07:08 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	97	13	08:30 AM
Prelims	4 Men Senior 200 Freestyle	84	11	09:04 AM
Prelims	5 Women Senior 100 Breaststroke	73	10	09:30 AM
Prelims	6 Men Senior 100 Breaststroke	77	10	09:47 AM
Prelims	7 Women Senior 100 Butterfly	99	13	10:03 AM
Prelims	8 Men Senior 100 Butterfly	87	11	10:22 AM
Prelims	9 Women Senior 400 IM	52	7	10:37 AM
Prelims	10 Men Senior 400 IM	64	8	11:17 AM
Finals-S	11 Women Senior 800 Freestyle Relay	3	1	11:59 AM
Finals-S	12 Men Senior 800 Freestyle Relay	3	1	12:09 PM
	Swimmers Counts for Warm-ups: 408	=====	=====	
	Entry / Heat Totals:	639	85	
	Finish Time			12:18 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	14	2	07:30 PM
Finals-2	12 Men Senior 800 Freestyle Relay	14	2	07:50 PM
	Swimmers Counts for Warm-ups: 153	=====	=====	
	Entry / Heat Totals:	220	28	
	Finish Time			08:09 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	24	3	08:30 AM
Finals	14 Men Senior 200 Freestyle Relay	21	3	08:37 AM
Prelims	15 Women Senior 200 Butterfly	70	9	08:44 AM
Prelims	16 Men Senior 200 Butterfly	71	9	09:10 AM
Prelims	17 Women Senior 50 Freestyle	108	14	09:33 AM
Prelims	18 Men Senior 50 Freestyle	73	10	09:45 AM
Prelims	19 Women Senior 200 Breaststroke	55	7	09:52 AM
Prelims	20 Men Senior 200 Breaststroke	71	9	10:15 AM
Prelims	21 Women Senior 100 Backstroke	99	13	10:42 AM
Prelims	22 Men Senior 100 Backstroke	83	11	11:05 AM
Prelims	23 Women Senior 400 Freestyle	59	8	11:24 AM
Prelims	24 Men Senior 400 Freestyle	52	7	12:04 PM
Finals-S	25 Women Senior 400 Medley Relay	6	1	12:37 PM
Finals-S	26 Men Senior 400 Medley Relay	6	1	12:42 PM
	Swimmers Counts for Warm-ups: 434	=====	=====	
	Entry / Heat Totals:	798	105	
	Finish Time			12:47 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	06:22 PM
Finals	18 Men Senior 50 Freestyle	24	3u	06:27 PM
Finals	19 Women Senior 200 Breaststroke	24	3u	06:32 PM
Finals	20 Men Senior 200 Breaststroke	24	3u	06:44 PM
Finals	21 Women Senior 100 Backstroke	24	3u	06:55 PM
Finals	22 Men Senior 100 Backstroke	24	3u	07:03 PM
Finals	23 Women Senior 400 Freestyle	24	3u	07:10 PM
Finals	24 Men Senior 400 Freestyle	24	3u	07:27 PM
	Break: 10 Minutes			
Finals-2	25 Women Senior 400 Medley Relay	16	2	07:54 PM
Finals-2	26 Men Senior 400 Medley Relay	16	2	08:06 PM
	Swimmers Counts for Warm-ups: 189	=====	=====	
	Entry / Heat Totals:	272	34	
	Finish Time			08:17 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	23	3	08:46 AM	_____
Prelims	29 Women Senior 200 Backstroke	85	11	09:01 AM	_____
Prelims	30 Men Senior 200 Backstroke	77	10	09:35 AM	_____
Prelims	31 Women Senior 100 Freestyle	113	15	10:04 AM	_____
Prelims	32 Men Senior 100 Freestyle	87	11	10:25 AM	_____
Prelims	33 Women Senior 200 IM	85	11	10:39 AM	_____
Prelims	34 Men Senior 200 IM	95	12	11:11 AM	_____
Finals-S	35 Women Senior 400 Freestyle Relay	7	1	11:43 AM	_____
Finals-S	36 Men Senior 400 Freestyle Relay	8	1	11:48 AM	_____
	Swimmers Counts for Warm-ups: 365	=====	=====		
	Entry / Heat Totals:	603	78		
	Finish Time			11:52 AM	_____

Session: 10 Sunday Distance Events

Day of Meet: 4 Starts at 01:25 PM Heat Interval: 20 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals-S	37 Women Senior 800 Freestyle	43	6	01:25 PM	_____
Finals-S	38 Men Senior 800 Freestyle	52	7	02:34 PM	_____
	Swimmers Counts for Warm-ups: 95	=====	=====		
	Entry / Heat Totals:	95	13		
	Finish Time			03:49 PM	_____

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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 800 Freestyle	8	1	04:30 PM	_____
Finals-1	38 Men Senior 800 Freestyle	8	1	04:41 PM	_____
	Break: 10 Minutes				
Finals	29 Women Senior 200 Backstroke	24	3u	05:01 PM	_____
Finals	30 Men Senior 200 Backstroke	24	3u	05:12 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	05:34 PM	_____
Finals	34 Men Senior 200 IM	24	3u	05:44 PM	_____
	Break: 10 Minutes				
Finals-2	35 Women Senior 400 Freestyle Relay	16	2	06:03 PM	_____
Finals-2	36 Men Senior 400 Freestyle Relay	16	2	06:14 PM	_____
	Swimmers Counts for Warm-ups: 127	=====	=====		
	Entry / Heat Totals:	192	24		
	Finish Time			06:23 PM	_____
	Finish Time			08:00 PM	_____