

2019 VA State LC Champs - 5/17/2019 to 5/19/2019**2019 VA State LC Champs****Session Report**

Session: 1 Friday Evening

Day of Meet: 1 Starts at 05:40 PM Heat Interval: 10 Seconds / Back +15 Seconds

| Round | Event | Entries | Heats | Starts at | |
|--------------|-----------------------------------|----------------|--------------|------------------|-------|
| Finals | 1 Girls 13 & Over 400 Freestyle | 44 | 5 u | 05:40 PM | _____ |
| Finals | 2 Boys 13 & Over 400 Freestyle | 42 | 5 u | 06:08 PM | _____ |
| Finals | 3 Girls 9-12 400 Freestyle | 22 | 3 u | 06:33 PM | _____ |
| Finals | 4 Boys 9-12 400 Freestyle | 17 | 2 u | 06:53 PM | _____ |
| Finals | 5 Girls 11 & Over 200 Butterfly | 27 | 3 u | 07:08 PM | _____ |
| Finals | 6 Boys 11 & Over 200 Butterfly | 30 | 3 u | 07:17 PM | _____ |
| | Swimmers Counts for Warm-ups: 161 | ===== | ===== | | |
| | Entry / Heat Totals: | 182 | 21 | | |
| | Finish Time | | | 07:25 PM | _____ |

2019 VA State LC Champs - 5/17/2019 to 5/19/2019**2019 VA State LC Champs****Session Report**

Session: 2 Saturday 13&O

Day of Meet: 2 Starts at 07:40 AM Heat Interval: 10 Seconds

| Round | Event | Entries | Heats | Starts at | |
|--------|-------------------------------------|---------|-------|-----------|-------|
| Finals | 7 Girls 13 & Over 200 IM | 77 | 8 u | 07:40 AM | _____ |
| Finals | 8 Boys 13 & Over 200 IM | 63 | 7 u | 08:04 AM | _____ |
| Finals | 11 Girls 13 & Over 50 Freestyle | 101 | 11 u | 08:25 AM | _____ |
| Finals | 12 Boys 13 & Over 50 Freestyle | 88 | 9 u | 08:32 AM | _____ |
| | Break: 10 Minutes: | | | | |
| Finals | 13 Girls 13 & Over 100 Backstroke | 85 | 9 u | 08:48 AM | _____ |
| Finals | 14 Boys 13 & Over 100 Backstroke | 58 | 6 u | 09:02 AM | _____ |
| Finals | 15 Girls 13 & Over 200 Breaststroke | 49 | 5 u | 09:10 AM | _____ |
| Finals | 16 Boys 13 & Over 200 Breaststroke | 44 | 5 u | 09:27 AM | _____ |
| | Break: 10 Minutes: | | | | |
| Finals | 17 Girls 13 & Over 200 Freestyle | 88 | 9 u | 09:53 AM | _____ |
| Finals | 18 Boys 13 & Over 200 Freestyle | 68 | 7 u | 10:17 AM | _____ |
| | Swimmers Counts for Warm-ups: 258 | ===== | ===== | | |
| | Entry / Heat Totals: | 721 | 76 | | |
| | Finish Time | | | 10:34 AM | _____ |

2019 VA State LC Champs - 5/17/2019 to 5/19/2019**2019 VA State LC Champs****Session Report**

Session: 3 Saturday 9-12 yr olds

Day of Meet: 2 Starts at 12:10 PM Heat Interval: 15 Seconds

| Round | Event | Entries | Heats | Starts at | |
|--------|-----------------------------------|---------|-------|-----------|-------|
| Finals | 19 Girls 9-12 100 Butterfly | 35 | 4 u | 12:10 PM | _____ |
| Finals | 20 Boys 9-12 100 Butterfly | 43 | 5 u | 12:18 PM | _____ |
| Finals | 21 Girls 9-12 50 Freestyle | 74 | 8 u | 12:27 PM | _____ |
| Finals | 22 Boys 9-12 50 Freestyle | 65 | 7 u | 12:35 PM | _____ |
| | Break: 10 Minutes: | | | | |
| Finals | 23 Girls 9-12 100 Backstroke | 61 | 7 u | 12:51 PM | _____ |
| Finals | 24 Boys 9-12 100 Backstroke | 43 | 5 u | 01:05 PM | _____ |
| Finals | 25 Girls 11-12 200 Breaststroke | 20 | 2 u | 01:14 PM | _____ |
| Finals | 26 Boys 11-12 200 Breaststroke | 20 | 2 u | 01:22 PM | _____ |
| Finals | 27 Girls 9-12 50 Breaststroke | 61 | 7 u | 01:30 PM | _____ |
| | Break: 10 Minutes: | | | | |
| Finals | 28 Boys 9-12 50 Breaststroke | 43 | 5 u | 01:47 PM | _____ |
| Finals | 29 Girls 9-12 200 Freestyle | 44 | 5 u | 01:54 PM | _____ |
| Finals | 30 Boys 9-12 200 Freestyle | 52 | 6 u | 02:10 PM | _____ |
| | Swimmers Counts for Warm-ups: 196 | ===== | ===== | | |
| | Entry / Heat Totals: | 561 | 63 | | |
| | Finish Time | | | 02:28 PM | _____ |

2019 VA State LC Champs - 5/17/2019 to 5/19/2019**2019 VA State LC Champs****Session Report**

Session: 4 Sunday 13&O

Day of Meet: 3 Starts at 07:40 AM Heat Interval: 10 Seconds

| Round | Event | Entries | Heats | Starts at | |
|--------|-------------------------------------|---------|-------|-----------|-------|
| Finals | 31 Girls 13 & Over 100 Breaststroke | 82 | 9 u | 07:40 AM | _____ |
| Finals | 32 Boys 13 & Over 100 Breaststroke | 61 | 7 u | 07:56 AM | _____ |
| Finals | 33 Girls 13 & Over 200 Backstroke | 67 | 7 u | 08:06 AM | _____ |
| Finals | 34 Boys 13 & Over 200 Backstroke | 44 | 5 u | 08:27 AM | _____ |
| | Break: 10 Minutes: | | | | |
| Finals | 35 Girls 13 & Over 100 Freestyle | 115 | 12 u | 08:52 AM | _____ |
| Finals | 36 Boys 13 & Over 100 Freestyle | 82 | 9 u | 09:08 AM | _____ |
| Finals | 37 Girls 13 & Over 100 Butterfly | 86 | 9 u | 09:19 AM | _____ |
| Finals | 38 Boys 13 & Over 100 Butterfly | 61 | 7 u | 09:32 AM | _____ |
| | Break: 10 Minutes: | | | | |
| Finals | 39 Girls 11 & Over 400 IM | 48 | 5 u | 09:52 AM | _____ |
| Finals | 40 Boys 11 & Over 400 IM | 46 | 5 u | 10:23 AM | _____ |
| | Swimmers Counts for Warm-ups: 258 | ===== | ===== | | |
| | Entry / Heat Totals: | 692 | 75 | | |
| | Finish Time | | | 10:54 AM | _____ |

2019 VA State LC Champs - 5/17/2019 to 5/19/2019**2019 VA State LC Champs****Session Report**

Session: 5 Sunday 9-12 yr olds

Day of Meet: 3 Starts at 12:10 PM Heat Interval: 15 Seconds

| Round | Event | Entries | Heats | Starts at | |
|--------|-----------------------------------|---------|-------|-----------|-------|
| Finals | 41 Girls 9-12 100 Breaststroke | 48 | 5 u | 12:10 PM | _____ |
| Finals | 42 Boys 9-12 100 Breaststroke | 43 | 5 u | 12:21 PM | _____ |
| Finals | 43 Girls 11-12 200 Backstroke | 11 | 2 u | 12:30 PM | _____ |
| Finals | 44 Boys 11-12 200 Backstroke | 23 | 3 u | 12:38 PM | _____ |
| | Break: 10 Minutes: | | | | |
| Finals | 45 Girls 9-12 50 Backstroke | 60 | 6 u | 01:01 PM | _____ |
| Finals | 46 Boys 9-12 50 Backstroke | 49 | 5 u | 01:07 PM | _____ |
| Finals | 47 Girls 9-12 100 Freestyle | 61 | 7 u | 01:12 PM | _____ |
| Finals | 48 Boys 9-12 100 Freestyle | 59 | 6 u | 01:23 PM | _____ |
| | Break: 10 Minutes: | | | | |
| Finals | 49 Girls 9-12 50 Butterfly | 52 | 6 u | 01:43 PM | _____ |
| Finals | 50 Boys 9-12 50 Butterfly | 48 | 5 u | 01:49 PM | _____ |
| Finals | 51 Girls 9-12 200 IM | 32 | 4 u | 01:54 PM | _____ |
| Finals | 52 Boys 9-12 200 IM | 37 | 4 u | 02:07 PM | _____ |
| | Swimmers Counts for Warm-ups: 183 | ===== | ===== | | |
| | Entry / Heat Totals: | 523 | 58 | | |
| | Finish Time | | | 02:21 PM | _____ |