

2010 Virginia State LC Champs - 5/29/2010 to 5/31/2010**Hosted and Sponsored by Potomac Marlins****www.potomacmarlins.com****Session Report**

Session: 1 Saturday 13 & Over

Day of Meet: 1 Starts at 07:10 AM Heat Interval: 15 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Prelims	1 Women 13-14 100 Freestyle	49	7	07:10 AM	_____
Prelims	2 Men 13-14 100 Freestyle	38	5	07:20 AM	_____
Prelims	3 Women Senior 100 Freestyle	73	10	07:27 AM	_____
Prelims	4 Men Senior 100 Freestyle	78	10	07:40 AM	_____
Prelims	5 Women 13-14 200 IM	47	6	07:52 AM	_____
Prelims	6 Men 13-14 200 IM	28	4	08:10 AM	_____
Prelims	7 Women Senior 200 IM	59	8	08:22 AM	_____
Prelims	8 Men Senior 200 IM	62	8	08:45 AM	_____
Prelims	9 Women 13-14 100 Butterfly	33	5	09:06 AM	_____
Prelims	10 Men 13-14 100 Butterfly	28	4	09:14 AM	_____
Prelims	11 Women Senior 100 Butterfly	59	8	09:20 AM	_____
Prelims	12 Men Senior 100 Butterfly	66	9	09:31 AM	_____
Prelims	13 Women 13-14 200 Backstroke	35	5	09:43 AM	_____
Prelims	14 Men 13-14 200 Backstroke	25	4	09:59 AM	_____
Prelims	15 Women Senior 200 Backstroke	57	8	10:12 AM	_____
Prelims	16 Men Senior 200 Backstroke	67	9	10:37 AM	_____
Prelims	17 Women 13-14 100 Breaststroke	32	4	11:03 AM	_____
Prelims	18 Men 13-14 100 Breaststroke	12	2	11:09 AM	_____
Prelims	19 Women Senior 100 Breaststroke	38	5	11:13 AM	_____
Prelims	20 Men Senior 100 Breaststroke	41	6	11:21 AM	_____
Prelims	21 Women 13-14 400 Freestyle	20	3	11:30 AM	_____
Prelims	22 Men 13-14 400 Freestyle	24	3	11:46 AM	_____
Prelims	23 Women Senior 400 Freestyle	44	6	12:02 PM	_____
Prelims	24 Men Senior 400 Freestyle	50	7	12:32 PM	_____
	Swimmer Count for Warm-ups: 412	=====	=====		
	Entry / Heat Totals:	1,065	146		
	Finish Time			01:05 PM	_____

Session: 2 Saturday 12& Under

Day of Meet: 1 Starts at 01:40 PM Heat Interval: 15 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	25 Girls 11-12 100 Freestyle	37	5	01:40 PM	_____
Finals	26 Boys 11-12 100 Freestyle	24	3	01:48 PM	_____
Finals	27 Girls 9-10 100 Freestyle	23	3	01:53 PM	_____
Finals	28 Boys 9-10 100 Freestyle	19	3	01:58 PM	_____
Finals	29 Girls 11-12 200 Backstroke	14	2	02:03 PM	_____
Finals	30 Boys 11-12 200 Backstroke	24	3	02:10 PM	_____
Finals	31 Girls 9-10 100 Butterfly	15	2	02:20 PM	_____
Finals	32 Boys 9-10 100 Butterfly	10	2	02:24 PM	_____
Finals	33 Girls 11-12 100 Butterfly	36	5	02:28 PM	_____
Finals	34 Boys 11-12 100 Butterfly	22	3	02:37 PM	_____
	Break: 10 Minutes				
Finals	35 Girls 11-12 200 Breaststroke	20	3	02:52 PM	_____

Finals	36	Boys 11-12 200 Breaststroke	11	2	03:03 PM	_____
Finals	37	Girls 9-10 400 Freestyle	17	3	03:11 PM	_____
Finals	38	Boys 9-10 400 Freestyle	11	2	03:32 PM	_____
Finals	39	Girls 11-12 400 IM	6	1	03:46 PM	_____
Finals	40	Boys 11-12 400 IM	8	1	03:53 PM	_____
		Swimmer Count for Warm-ups: 152	=====	=====		
		Entry / Heat Totals:	297	43		
		Finish Time			03:59 PM	_____

Session: 3 Saturday Finals

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

Round	Event	Entries	Heats	Starts at		
Finals	1 Women 13-14 100 Freestyle	16	2u	05:40 PM	_____	
Finals	2 Men 13-14 100 Freestyle	16	2u	05:43 PM	_____	
Finals	3 Women Senior 100 Freestyle	16	2u	05:46 PM	_____	
Finals	4 Men Senior 100 Freestyle	16	2u	05:48 PM	_____	
Finals	5 Women 13-14 200 IM	16	2u	05:50 PM	_____	
Finals	6 Men 13-14 200 IM	16	2u	05:56 PM	_____	
Finals	7 Women Senior 200 IM	16	2u	06:01 PM	_____	
Finals	8 Men Senior 200 IM	16	2u	06:07 PM	_____	
Finals	9 Women 13-14 100 Butterfly	16	2u	06:12 PM	_____	
Finals	10 Men 13-14 100 Butterfly	16	2u	06:14 PM	_____	
Finals	11 Women Senior 100 Butterfly	16	2u	06:17 PM	_____	
Finals	12 Men Senior 100 Butterfly	16	2u	06:20 PM	_____	
Finals	13 Women 13-14 200 Backstroke	16	2u	06:22 PM	_____	
Finals	14 Men 13-14 200 Backstroke	16	2u	06:28 PM	_____	
Finals	15 Women Senior 200 Backstroke	16	2u	06:34 PM	_____	
Finals	16 Men Senior 200 Backstroke	16	2u	06:40 PM	_____	
Finals	17 Women 13-14 100 Breaststroke	16	2u	06:45 PM	_____	
Finals	18 Men 13-14 100 Breaststroke	12	2u	06:48 PM	_____	
Finals	19 Women Senior 100 Breaststroke	16	2u	06:51 PM	_____	
Finals	20 Men Senior 100 Breaststroke	16	2u	06:54 PM	_____	
Finals	21 Women 13-14 400 Freestyle	16	2u	06:57 PM	_____	
Finals	22 Men 13-14 400 Freestyle	16	2u	07:07 PM	_____	
Finals	23 Women Senior 400 Freestyle	16	2u	07:17 PM	_____	
Finals	24 Men Senior 400 Freestyle	16	2u	07:27 PM	_____	
		Swimmer Count for Warm-ups: 216	=====	=====		
		Entry / Heat Totals:	380	48		
		Finish Time			07:36 PM	_____

Session: 4 Sunday 13 & Over

Day of Meet: 2 Starts at 07:40 AM Heat Interval: 15 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Prelims	41 Women 13-14 200 Freestyle	36	5	07:40 AM	_____
Prelims	42 Men 13-14 200 Freestyle	38	5	07:54 AM	_____
Prelims	43 Women Senior 200 Freestyle	46	6	08:07 AM	_____
Prelims	44 Men Senior 200 Freestyle	61	8	08:22 AM	_____
Prelims	45 Women 13-14 400 IM	29	4	08:41 AM	_____
Prelims	46 Men 13-14 400 IM	29	4	09:06 AM	_____
Prelims	47 Women Senior 400 IM	38	5	09:30 AM	_____
Prelims	48 Men Senior 400 IM	43	6	09:59 AM	_____

Prelims	49	Women 13-14 100 Backstroke	39	5	10:31 AM	_____
Prelims	50	Men 13-14 100 Backstroke	27	4	10:39 AM	_____
Prelims	51	Women Senior 100 Backstroke	50	7	10:46 AM	_____
Prelims	52	Men Senior 100 Backstroke	66	9	10:58 AM	_____
Prelims	53	Women 13-14 200 Butterfly	20	3	11:13 AM	_____
Prelims	54	Men 13-14 200 Butterfly	15	2	11:22 AM	_____
Prelims	55	Women Senior 200 Butterfly	30	4	11:28 AM	_____
Prelims	56	Men Senior 200 Butterfly	41	6	11:40 AM	_____
Prelims	57	Women 13-14 50 Freestyle	51	7	11:56 AM	_____
Prelims	58	Men 13-14 50 Freestyle	36	5	12:01 PM	_____
Prelims	59	Women Senior 50 Freestyle	51	7	12:05 PM	_____
Prelims	60	Men Senior 50 Freestyle	75	10	12:10 PM	_____
Prelims	61	Women 13-14 200 Breaststroke	31	4	12:17 PM	_____
Prelims	62	Men 13-14 200 Breaststroke	15	2	12:31 PM	_____
Prelims	63	Women Senior 200 Breaststroke	30	4	12:37 PM	_____
Prelims	64	Men Senior 200 Breaststroke	43	6	12:50 PM	_____
		Swimmer Count for Warm-ups: 377	=====	=====		
		Entry / Heat Totals:	940	128		
		Finish Time			01:08 PM	_____

Session: 5 Sunday 12 & Under

Day of Meet: 2 Starts at 01:40 PM Heat Interval: 15 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at		
Finals	65	Girls 11-12 200 Freestyle	22	3	01:40 PM	_____
Finals	66	Boys 11-12 200 Freestyle	18	3	01:50 PM	_____
Finals	67	Girls 9-10 200 Freestyle	23	3	01:59 PM	_____
Finals	68	Boys 9-10 200 Freestyle	21	3	02:09 PM	_____
Finals	69	Girls 11-12 100 Backstroke	33	5	02:19 PM	_____
Finals	70	Boys 11-12 100 Backstroke	27	4	02:28 PM	_____
Finals	71	Girls 9-10 100 Backstroke	23	3	02:36 PM	_____
Finals	72	Boys 9-10 100 Backstroke	22	3	02:42 PM	_____
Finals	73	Girls 11-12 200 Butterfly	11	2	02:49 PM	_____
Finals	74	Boys 11-12 200 Butterfly	10	2	02:56 PM	_____
Finals	75	Girls 9-10 100 Breaststroke	8	1	03:03 PM	_____
Finals	76	Boys 9-10 100 Breaststroke	16	2	03:05 PM	_____
Finals	77	Girls 11-12 100 Breaststroke	22	3	03:09 PM	_____
Finals	78	Boys 11-12 100 Breaststroke	14	2	03:15 PM	_____
Finals	79	Girls 9-10 50 Freestyle	24	3	03:19 PM	_____
Finals	80	Boys 9-10 50 Freestyle	18	3	03:21 PM	_____
Finals	81	Girls 11-12 50 Freestyle	42	6	03:24 PM	_____
Finals	82	Boys 11-12 50 Freestyle	21	3	03:29 PM	_____
		Swimmer Count for Warm-ups: 176	=====	=====		
		Entry / Heat Totals:	375	54		
		Finish Time			03:32 PM	_____

Session: 6 Sunday Finals

Day of Meet: 2 Starts at 05:40 PM Heat Interval: 15 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at		
Finals	41	Women 13-14 200 Freestyle	16	2u	05:40 PM	_____
Finals	42	Men 13-14 200 Freestyle	16	2u	05:46 PM	_____
Finals	43	Women Senior 200 Freestyle	16	2u	05:50 PM	_____

Finals	44	Men Senior 200 Freestyle	16	2u	05:55 PM	_____
Finals	45	Women 13-14 400 IM	16	2u	06:00 PM	_____
Finals	46	Men 13-14 400 IM	16	2u	06:11 PM	_____
Finals	47	Women Senior 400 IM	16	2u	06:22 PM	_____
Finals	48	Men Senior 400 IM	16	2u	06:33 PM	_____
Finals	49	Women 13-14 100 Backstroke	16	2u	06:42 PM	_____
Finals	50	Men 13-14 100 Backstroke	16	2u	06:46 PM	_____
Finals	51	Women Senior 100 Backstroke	16	2u	06:49 PM	_____
Finals	52	Men Senior 100 Backstroke	16	2u	06:52 PM	_____
Finals	53	Women 13-14 200 Butterfly	16	2u	06:55 PM	_____
Finals	54	Men 13-14 200 Butterfly	15	2u	07:01 PM	_____
Finals	55	Women Senior 200 Butterfly	16	2u	07:07 PM	_____
Finals	56	Men Senior 200 Butterfly	16	2u	07:12 PM	_____
Finals	57	Women 13-14 50 Freestyle	16	2u	07:17 PM	_____
Finals	58	Men 13-14 50 Freestyle	16	2u	07:18 PM	_____
Finals	59	Women Senior 50 Freestyle	16	2u	07:20 PM	_____
Finals	60	Men Senior 50 Freestyle	16	2u	07:21 PM	_____
Finals	61	Women 13-14 200 Breaststroke	16	2u	07:22 PM	_____
Finals	62	Men 13-14 200 Breaststroke	15	2u	07:29 PM	_____
Finals	63	Women Senior 200 Breaststroke	16	2u	07:35 PM	_____
Finals	64	Men Senior 200 Breaststroke	16	2u	07:41 PM	_____
		Swimmer Count for Warm-ups: 200	=====	=====		
		Entry / Heat Totals:	382	48		
		Finish Time			07:46 PM	_____

Session: 7 Monday Timed Finals

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

Round	Event	Entries	Heats	Starts at		
Finals	83	Girls 11-12 400 Freestyle	14	2	08:00 AM	_____
Finals	84	Boys 11-12 400 Freestyle	16	2	08:12 AM	_____
Finals	85	Girls 9-10 50 Breaststroke	20	3	08:24 AM	_____
Finals	86	Boys 9-10 50 Breaststroke	17	3	08:28 AM	_____
Finals	87	Girls 11-12 50 Breaststroke	16	2	08:31 AM	_____
Finals	88	Boys 11-12 50 Breaststroke	10	2	08:33 AM	_____
Finals	89	Women 13-14 50 Breaststroke	8	1	08:35 AM	_____
Finals	90	Men 13-14 50 Breaststroke	5	1	08:36 AM	_____
Finals	91	Women Senior 50 Breaststroke	7	1	08:37 AM	_____
Finals	92	Men Senior 50 Breaststroke	5	1	08:38 AM	_____
Finals	93	Girls 9-10 50 Butterfly	20	3	08:39 AM	_____
Finals	94	Boys 9-10 50 Butterfly	19	3	08:42 AM	_____
Finals	95	Girls 11-12 50 Butterfly	26	4	08:45 AM	_____
Finals	96	Boys 11-12 50 Butterfly	21	3	08:49 AM	_____
Finals	97	Women 13-14 50 Butterfly	18	3	08:52 AM	_____
Finals	98	Men 13-14 50 Butterfly	10	2	08:54 AM	_____
Finals	99	Women Senior 50 Butterfly	5	1	08:56 AM	_____
Finals	100	Men Senior 50 Butterfly	9	2	08:57 AM	_____
Finals	101	Girls 9-10 50 Backstroke	23	3	08:58 AM	_____
Finals	102	Boys 9-10 50 Backstroke	16	2	09:02 AM	_____
Finals	103	Girls 11-12 50 Backstroke	19	3	09:05 AM	_____
Finals	104	Boys 11-12 50 Backstroke	15	2	09:08 AM	_____
Finals	105	Women 13-14 50 Backstroke	8	1	09:11 AM	_____
Finals	106	Men 13-14 50 Backstroke	8	1	09:12 AM	_____

Finals	107	Women Senior 50 Backstroke	6	1	09:13 AM	_____
Finals	108	Men Senior 50 Backstroke	12	2	09:14 AM	_____
Finals	109	Girls 9-10 200 IM	14	2	09:16 AM	_____
Finals	110	Boys 9-10 200 IM	14	2	09:24 AM	_____
Finals	111	Girls 11-12 200 IM	26	4	09:31 AM	_____
Finals	112	Boys 11-12 200 IM	18	3	09:44 AM	_____
		Swimmer Count for Warm-ups: 238	=====	=====		
		Entry / Heat Totals:	425	65		
		Finish Time			09:54 AM	_____

Session: 8 Monday Distance

Day of Meet: 3 Starts at 11:00 AM Heat Interval: 15 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at		
Finals	113	Women 13 & Over 800 Freestyle	32	4	11:00 AM	_____
Finals	114	Men 13 & Over 1500 Freestyle	31	4	11:42 AM	_____
		Swimmer Count for Warm-ups: 63	=====	=====		
		Entry / Heat Totals:	63	8		
		Finish Time			12:54 PM	_____