

**Virginia Swimming Long Course Senior Champio, Sanction #: VS-18-124**  
**50 Meter Course**  
**Session Report**

Session: 1 Thursday Timed Finals

Day of Meet: 1 Starts at 02:00 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	1 Women Senior 1500 Freestyle	33	4 u	02:00 PM	_____
Finals	2 Men Senior 1500 Freestyle	39	5 u	03:18 PM	_____
	Swimmers Counts for Warm-ups: 72	=====	=====		
	Entry / Heat Totals:	72	9		
	Finish Time			04:47 PM	_____

**Virginia Swimming Long Course Senior Champio, Sanction #: VS-18-124****50 Meter Course****Session Report**

Session: 2 Friday Trials

Day of Meet: 2 Starts at 08:40 AM Heat Interval: 20 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Prelims	3 Women Senior 200 Freestyle	116	13 u	08:40 AM	_____
Prelims	4 Men Senior 200 Freestyle	98	11 u	09:14 AM	_____
Prelims	5 Women Senior 100 Breaststroke	99	11 u	09:40 AM	_____
Prelims	6 Men Senior 100 Breaststroke	92	11 u	09:58 AM	_____
Prelims	7 Women Senior 100 Butterfly	122	14 u	10:15 AM	_____
Prelims	8 Men Senior 100 Butterfly	98	11 u	10:36 AM	_____
Prelims	9 Women Senior 400 IM	44	5 u	10:50 AM	_____
Prelims	10 Men Senior 400 IM	62	7 u	11:19 AM	_____
Finals-S	11 Women Senior 800 Freestyle Relay	0	0	11:55 AM	_____
Finals-S	12 Men Senior 800 Freestyle Relay	0	0	11:55 AM	_____
	Swimmers Counts for Warm-ups: 462	=====	=====		
	Entry / Heat Totals:	731	83		
	Finish Time			11:55 AM	_____

**Virginia Swimming Long Course Senior Champio, Sanction #: VS-18-124****50 Meter Course****Session Report**

Session: 4 Friday Finals

Day of Meet: 2 Starts at 05:45 PM Heat Interval: 90 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	3 Women Senior 200 Freestyle	36	4 u	05:45 PM	_____
Finals	4 Men Senior 200 Freestyle	36	4 u	06:00 PM	_____
Finals	5 Women Senior 100 Breaststroke	36	4 u	06:14 PM	_____
Finals	6 Men Senior 100 Breaststroke	36	4 u	06:25 PM	_____
Finals	7 Women Senior 100 Butterfly	36	4 u	06:35 PM	_____
Finals	8 Men Senior 100 Butterfly	36	4 u	06:46 PM	_____
Finals	9 Women Senior 400 IM	36	4 u	06:56 PM	_____
Finals	10 Men Senior 400 IM	36	4 u	07:22 PM	_____
	Break: 10 Minutes: 10				
Finals-2	11 Women Senior 800 Freestyle Relay	17	2 u	07:57 PM	_____
Finals-2	12 Men Senior 800 Freestyle Relay	17	2 u	08:19 PM	_____
	Swimmers Counts for Warm-ups: 225	=====	=====		
	Entry / Heat Totals:	322	36		
	Finish Time			08:38 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	23	3 u	08:30 AM	_____
Finals	14 Men Senior 200 Freestyle Relay	22	3 u	08:37 AM	_____
Prelims	15 Women Senior 200 Butterfly	64	8 u	08:44 AM	_____
Prelims	16 Men Senior 200 Butterfly	71	8 u	09:06 AM	_____
Prelims	17 Women Senior 50 Freestyle	154	18 u	09:27 AM	_____
Prelims	18 Men Senior 50 Freestyle	91	11 u	09:42 AM	_____
Prelims	19 Women Senior 200 Breaststroke	75	9 u	09:50 AM	_____
Prelims	20 Men Senior 200 Breaststroke	82	10 u	10:19 AM	_____
Prelims	21 Women Senior 100 Backstroke	114	13 u	10:48 AM	_____
Prelims	22 Men Senior 100 Backstroke	81	9 u	11:11 AM	_____
Prelims	23 Women Senior 400 Freestyle	74	9 u	11:26 AM	_____
Prelims	24 Men Senior 400 Freestyle	59	7 u	12:10 PM	_____
Finals-S	25 Women Senior 400 Medley Relay	4	1 u	12:43 PM	_____
Finals-S	26 Men Senior 400 Medley Relay	4	1 u	12:48 PM	_____
	Swimmers Counts for Warm-ups: 501	=====	=====		
	Entry / Heat Totals:	918	110		
	Finish Time			12:53 PM	_____

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Session: 7 Saturday Finals

Day of Meet: 3 Starts at 05:45 PM Heat Interval: 90 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	15 Women Senior 200 Butterfly	36	4 u	05:45 PM	_____
Finals	16 Men Senior 200 Butterfly	36	4 u	06:01 PM	_____
Finals	17 Women Senior 50 Freestyle	36	4 u	06:16 PM	_____
Finals	18 Men Senior 50 Freestyle	36	4 u	06:24 PM	_____
Finals	19 Women Senior 200 Breaststroke	36	4 u	06:31 PM	_____
Finals	20 Men Senior 200 Breaststroke	36	4 u	06:48 PM	_____
Finals	21 Women Senior 100 Backstroke	36	4 u	07:04 PM	_____
Finals	22 Men Senior 100 Backstroke	36	4 u	07:16 PM	_____
Finals	23 Women Senior 400 Freestyle	36	4 u	07:27 PM	_____
Finals	24 Men Senior 400 Freestyle	36	4 u	07:51 PM	_____
	Break: 10 Minutes:				
Finals-2	25 Women Senior 400 Medley Relay	18	2 u	08:24 PM	_____
Finals-2	26 Men Senior 400 Medley Relay	18	2 u	08:37 PM	_____
	Swimmers Counts for Warm-ups: 276	=====	=====		
	Entry / Heat Totals:	396	44		
	Finish Time			08:49 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	21	3 u	08:30 AM	_____
Finals	28 Men Senior 200 Medley Relay	19	3 u	08:46 AM	_____
Prelims	29 Women Senior 200 Backstroke	99	11 u	09:01 AM	_____
Prelims	30 Men Senior 200 Backstroke	75	9 u	09:35 AM	_____
Prelims	31 Women Senior 100 Freestyle	145	17 u	10:01 AM	_____
Prelims	32 Men Senior 100 Freestyle	105	12 u	10:24 AM	_____
Prelims	33 Women Senior 200 IM	104	12 u	10:39 AM	_____
Prelims	34 Men Senior 200 IM	112	13 u	11:13 AM	_____
Finals-S	35 Women Senior 400 Freestyle Relay	4	1 u	11:47 AM	_____
Finals-S	36 Men Senior 400 Freestyle Relay	4	1 u	11:52 AM	_____
	Swimmers Counts for Warm-ups: 416	=====	=====		
	Entry / Heat Totals:	688	82		
	Finish Time			11:56 AM	_____

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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	51	6 u	01:30 PM	_____
Finals-S	38 Men Senior 800 Freestyle	42	5 u	02:31 PM	_____
	Swimmers Counts for Warm-ups: 109	=====	=====		
	Entry / Heat Totals:	93	11		
	Finish Time			03:18 PM	_____

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Session: 11 Sunday Finals

Day of Meet: 4 Starts at 04:30 PM Heat Interval: 45 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	1 u	04:30 PM	_____
Finals-1	38 Men Senior 800 Freestyle	8	1 u	04:41 PM	_____
	Break: 10 Minutes:				
Finals	29 Women Senior 200 Backstroke	36	4 u	05:01 PM	_____
Finals	30 Men Senior 200 Backstroke	36	4 u	05:14 PM	_____
Finals	31 Women Senior 100 Freestyle	36	4 u	05:27 PM	_____
Finals	32 Men Senior 100 Freestyle	36	4 u	05:34 PM	_____
Finals	33 Women Senior 200 IM	36	4 u	05:41 PM	_____
Finals	34 Men Senior 200 IM	36	4 u	05:53 PM	_____
	Break: 10 Minutes:				
Finals-2	35 Women Senior 400 Freestyle Relay	18	2 u	06:15 PM	_____
Finals-2	36 Men Senior 400 Freestyle Relay	18	2 u	06:25 PM	_____
	Swimmers Counts for Warm-ups: 250	=====	=====		
	Entry / Heat Totals:	268	30		
	Finish Time			06:35 PM	_____
	Finish Time			08:00 PM	_____