

**2012 VSI LC AG Champs- CAC - 7/19/2012 to 7/22/2012****Session Report**

Session: 1 Thursday PM Distance

Day of Meet: 1 Starts at 04:00 PM Heat Interval: 30 Seconds / Back +15 Seconds

<b>Round</b>	<b>Event</b>	<b>Entries</b>	<b>Heats</b>	<b>Starts at</b>	
Finals	1 Girls 10 & Under 400 Freestyle	27	4u	04:00 PM	_____
Finals	2 Boys 10 & Under 400 Freestyle	29	4u	04:26 PM	_____
Finals	3 Girls 11-12 400 Freestyle	25	4u	04:52 PM	_____
Finals	4 Boys 11-12 400 Freestyle	22	3u	05:15 PM	_____
Finals	5 Girls 13-14 1500 Freestyle	25	4u	05:32 PM	_____
Finals	6 Boys 13-14 1500 Freestyle	27	4u	06:53 PM	_____
	Swimmers Counts for Warm-ups: 155	=====	=====		
	Entry / Heat Totals:	155	23		
	Finish Time			08:11 PM	_____

**2012 VSI LC AG Champs- CAC - 7/19/2012 to 7/22/2012****Session Report**

Session: 2 Friday Preliminaries 11-14

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

<b>Round</b>	<b>Event</b>	<b>Entries</b>	<b>Heats</b>	<b>Starts at</b>	
Prelims	7 Girls 11-12 50 Breaststroke	34	5	08:15 AM	_____
Prelims	8 Boys 11-12 50 Breaststroke	19	3	08:21 AM	_____
Prelims	9 Girls 13-14 100 Breaststroke	56	7	08:24 AM	_____
Prelims	10 Boys 13-14 100 Breaststroke	29	4	08:36 AM	_____
Prelims	11 Girls 11-12 200 Freestyle	55	7	08:43 AM	_____
Prelims	12 Boys 11-12 200 Freestyle	37	5	09:03 AM	_____
Prelims	13 Girls 13-14 200 Freestyle	65	9	09:17 AM	_____
Prelims	14 Boys 13-14 200 Freestyle	56	7	09:42 AM	_____
Prelims	15 Girls 11-12 100 Butterfly	54	7	10:00 AM	_____
Prelims	16 Boys 11-12 100 Butterfly	39	5	10:11 AM	_____
Prelims	17 Girls 13-14 100 Butterfly	57	8	10:20 AM	_____
Prelims	18 Boys 13-14 100 Butterfly	53	7	10:32 AM	_____
Prelims	19 Girls 11-12 200 Backstroke	59	8	10:43 AM	_____
Prelims	20 Boys 11-12 200 Backstroke	35	5	11:10 AM	_____
Prelims	21 Girls 13-14 400 IM	44	6u	11:28 AM	_____
Prelims	22 Boys 13-14 400 IM	46	6u	12:04 PM	_____
Finals-S	23 Girls 11-12 400 Medley Relay	13	2u	12:38 PM	_____
Finals-S	24 Boys 11-12 400 Medley Relay	3	1u	12:50 PM	_____
Finals-S	25 Girls 13-14 400 Medley Relay	16	2u	12:56 PM	_____
Finals-S	26 Boys 13-14 400 Medley Relay	9	2u	01:07 PM	_____
	Swimmers Counts for Warm-ups: 389	=====	=====		
	Entry / Heat Totals:	779	106		
	Finish Time			01:18 PM	_____

**2012 VSI LC AG Champs- CAC - 7/19/2012 to 7/22/2012****Session Report**

Session: 3 Friday 10&amp;U Timed Finals

Day of Meet: 2 Starts at 02:00 PM Heat Interval: 30 Seconds / Back +15 Seconds

<b>Round</b>	<b>Event</b>	<b>Entries</b>	<b>Heats</b>	<b>Starts at</b>	
Finals	27 Girls 10 & Under 100 Butterfly	39	5	02:00 PM	_____
Finals	28 Boys 10 & Under 100 Butterfly	39	5	02:11 PM	_____
	Break: 10 Minutes				
Finals	29 Girls 10 & Under 50 Breaststroke	42	6	02:31 PM	_____
Finals	30 Boys 10 & Under 50 Breaststroke	30	4	02:39 PM	_____
	Break: 10 Minutes				
Finals	31 Girls 10 & Under 200 Freestyle	55	7	02:54 PM	_____
Finals	32 Boys 10 & Under 200 Freestyle	44	6	03:17 PM	_____
	Break: 10 Minutes				
Finals	33 Girls 10 & Under 50 Backstroke	55	7	03:47 PM	_____
Finals	34 Boys 10 & Under 50 Backstroke	63	8	03:57 PM	_____
	Break: 10 Minutes				
Finals	35 Girls 10 & Under 400 Medley Relay	14	2u	04:19 PM	_____
Finals	36 Boys 10 & Under 400 Medley Relay	14	2u	04:33 PM	_____
	Swimmers Counts for Warm-ups: 178	=====	=====		
	Entry / Heat Totals:	395	52		
	Finish Time			04:47 PM	_____

**2012 VSI LC AG Champs- CAC - 7/19/2012 to 7/22/2012****Session Report**

Session: 4 Friday Finals 11-14

Day of Meet: 2 Starts at 06:00 PM Heat Interval: 90 Seconds / Back +15 Seconds

<b>Round</b>	<b>Event</b>	<b>Entries</b>	<b>Heats</b>	<b>Starts at</b>	
Finals	7 Girls 11-12 50 Breaststroke	16	2u	06:00 PM	_____
Finals	8 Boys 11-12 50 Breaststroke	16	2u	06:05 PM	_____
Finals	9 Girls 13-14 100 Breaststroke	16	2u	06:09 PM	_____
Finals	10 Boys 13-14 100 Breaststroke	16	2u	06:15 PM	_____
Finals	11 Girls 11-12 200 Freestyle	16	2u	06:20 PM	_____
Finals	12 Boys 11-12 200 Freestyle	16	2u	06:28 PM	_____
Finals	13 Girls 13-14 200 Freestyle	16	2u	06:36 PM	_____
Finals	14 Boys 13-14 200 Freestyle	16	2u	06:43 PM	_____
Finals	15 Girls 11-12 100 Butterfly	16	2u	06:51 PM	_____
Finals	16 Boys 11-12 100 Butterfly	16	2u	06:56 PM	_____
Finals	17 Girls 13-14 100 Butterfly	16	2u	07:01 PM	_____
Finals	18 Boys 13-14 100 Butterfly	16	2u	07:07 PM	_____
Finals	19 Girls 11-12 200 Backstroke	16	2u	07:12 PM	_____
Finals	20 Boys 11-12 200 Backstroke	16	2u	07:21 PM	_____
Finals	21 Girls 13-14 400 IM	16	2u	07:30 PM	_____
Finals	22 Boys 13-14 400 IM	16	2u	07:44 PM	_____
Finals-1	23 Girls 11-12 400 Medley Relay	8	1u	07:57 PM	_____
Finals-1	24 Boys 11-12 400 Medley Relay	8	1u	08:04 PM	_____
Finals-1	25 Girls 13-14 400 Medley Relay	8	1u	08:11 PM	_____
Finals-1	26 Boys 13-14 400 Medley Relay	8	1u	08:18 PM	_____
	Swimmers Counts for Warm-ups: 175	=====	=====		
	Entry / Heat Totals:	288	36		
	Finish Time			08:24 PM	_____

**2012 VSI LC AG Champs- CAC - 7/19/2012 to 7/22/2012****Session Report**

Session: 5 Saturday Preliminaries 11-14

Day of Meet: 3 Starts at 08:15 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-S	37 Girls 13-14 200 Medley Relay	15	2u	08:15 AM	_____
Finals-S	38 Boys 13-14 200 Medley Relay	10	2u	08:27 AM	_____
Finals-S	39 Girls 11-12 200 Medley Relay	14	2u	08:38 AM	_____
Finals-S	40 Boys 11-12 200 Medley Relay	3	1u	08:44 AM	_____
Prelims	41 Girls 13-14 200 Butterfly	29	4	08:47 AM	_____
Prelims	42 Boys 13-14 200 Butterfly	27	4	09:00 AM	_____
Prelims	43 Girls 11-12 200 Butterfly	25	4	09:11 AM	_____
Prelims	44 Boys 11-12 200 Butterfly	20	3	09:25 AM	_____
Prelims	45 Girls 13-14 50 Freestyle	51	7	09:34 AM	_____
Prelims	46 Boys 13-14 50 Freestyle	61	8	09:40 AM	_____
Prelims	47 Girls 11-12 50 Freestyle	53	7	09:47 AM	_____
Prelims	48 Boys 11-12 50 Freestyle	49	7	09:53 AM	_____
Prelims	49 Girls 13-14 200 Breaststroke	44	6	09:59 AM	_____
Prelims	50 Boys 13-14 200 Breaststroke	43	6	10:20 AM	_____
Prelims	51 Girls 11-12 100 Breaststroke	46	6	10:39 AM	_____
Prelims	52 Boys 11-12 100 Breaststroke	16	2	10:51 AM	_____
Prelims	53 Girls 13-14 100 Backstroke	76	10	10:54 AM	_____
Prelims	54 Boys 13-14 100 Backstroke	56	7	11:13 AM	_____
Prelims	55 Girls 11-12 50 Backstroke	65	9	11:25 AM	_____
Prelims	56 Boys 11-12 50 Backstroke	40	5	11:36 AM	_____
Prelims	57 Girls 13-14 400 Freestyle	54	7u	11:42 AM	_____
Prelims	58 Boys 13-14 400 Freestyle	56	7u	12:19 PM	_____
Prelims	59 Girls 11-12 200 IM	64	8	12:55 PM	_____
Prelims	60 Boys 11-12 200 IM	38	5	01:20 PM	_____
Finals-S	61 Girls 13-14 200 Freestyle Relay	14	2u	01:36 PM	_____
Finals-S	62 Boys 13-14 200 Freestyle Relay	10	2u	01:41 PM	_____
Finals-S	63 Girls 11-12 200 Freestyle Relay	13	2u	01:46 PM	_____
Finals-S	64 Boys 11-12 200 Freestyle Relay	4	1u	01:51 PM	_____
	Swimmers Counts for Warm-ups: 436	=====	=====		
	Entry / Heat Totals:	996	136		
	Finish Time			01:53 PM	_____

**2012 VSI LC AG Champs- CAC - 7/19/2012 to 7/22/2012****Session Report**

Session: 6 Saturday 10&amp;Under Timed Finals

Day of Meet: 3 Starts at 02:30 PM Heat Interval: 30 Seconds / Back +15 Seconds

<b>Round</b>	<b>Event</b>	<b>Entries</b>	<b>Heats</b>	<b>Starts at</b>	
Finals	65 Girls 10 & Under 200 Medley Relay	15	2u	02:30 PM	_____
Finals	66 Boys 10 & Under 200 Medley Relay	16	2u	02:38 PM	_____
	Break: 10 Minutes				
Finals	67 Girls 10 & Under 50 Freestyle	48	6	02:55 PM	_____
Finals	68 Boys 10 & Under 50 Freestyle	52	7	03:02 PM	_____
	Break: 10 Minutes				
Finals	69 Girls 10 & Under 100 Breaststroke	58	8	03:19 PM	_____
Finals	70 Boys 10 & Under 100 Breaststroke	28	4	03:37 PM	_____
	Break: 10 Minutes				
Finals	71 Girls 10 & Under 200 IM	52	7	03:56 PM	_____
Finals	72 Boys 10 & Under 200 IM	47	6	04:22 PM	_____
	Break: 10 Minutes				
Finals	73 Girls 10 & Under 200 Freestyle Relay	15	2u	04:54 PM	_____
Finals	74 Boys 10 & Under 200 Freestyle Relay	16	2u	05:00 PM	_____
	Swimmers Counts for Warm-ups: 157	=====	=====		
	Entry / Heat Totals:	347	46		
	Finish Time			05:06 PM	_____

**2012 VSI LC AG Champs- CAC - 7/19/2012 to 7/22/2012****Session Report**

Session: 7 Saturday Finals 11-14

Day of Meet: 3 Starts at 06:00 PM Heat Interval: 90 Seconds / Back +15 Seconds

<b>Round</b>	<b>Event</b>	<b>Entries</b>	<b>Heats</b>	<b>Starts at</b>	
Finals-1	37 Girls 13-14 200 Medley Relay	8	1u	06:00 PM	_____
Finals-1	38 Boys 13-14 200 Medley Relay	8	1u	06:07 PM	_____
Finals-1	39 Girls 11-12 200 Medley Relay	8	1u	06:14 PM	_____
Finals-1	40 Boys 11-12 200 Medley Relay	8	1u	06:18 PM	_____
Finals	41 Girls 13-14 200 Butterfly	16	2u	06:22 PM	_____
Finals	42 Boys 13-14 200 Butterfly	16	2u	06:31 PM	_____
Finals	43 Girls 11-12 200 Butterfly	16	2u	06:39 PM	_____
Finals	44 Boys 11-12 200 Butterfly	16	2u	06:47 PM	_____
Finals	45 Girls 13-14 50 Freestyle	16	2u	06:56 PM	_____
Finals	46 Boys 13-14 50 Freestyle	16	2u	07:00 PM	_____
Finals	47 Girls 11-12 50 Freestyle	16	2u	07:03 PM	_____
Finals	48 Boys 11-12 50 Freestyle	16	2u	07:07 PM	_____
Finals	49 Girls 13-14 200 Breaststroke	16	2u	07:11 PM	_____
Finals	50 Boys 13-14 200 Breaststroke	16	2u	07:20 PM	_____
Finals	51 Girls 11-12 100 Breaststroke	16	2u	07:29 PM	_____
Finals	52 Boys 11-12 100 Breaststroke	16	2u	07:35 PM	_____
Finals	53 Girls 13-14 100 Backstroke	16	2u	07:41 PM	_____
Finals	54 Boys 13-14 100 Backstroke	16	2u	07:47 PM	_____
Finals	55 Girls 11-12 50 Backstroke	16	2u	07:52 PM	_____
Finals	56 Boys 11-12 50 Backstroke	16	2u	07:57 PM	_____
Finals	57 Girls 13-14 400 Freestyle	16	2u	08:02 PM	_____
Finals	58 Boys 13-14 400 Freestyle	16	2u	08:14 PM	_____
Finals	59 Girls 11-12 200 IM	16	2u	08:26 PM	_____
Finals	60 Boys 11-12 200 IM	16	2u	08:35 PM	_____
Finals-1	61 Girls 13-14 200 Freestyle Relay	8	1u	08:43 PM	_____
Finals-1	62 Boys 13-14 200 Freestyle Relay	8	1u	08:46 PM	_____
Finals-1	63 Girls 11-12 200 Freestyle Relay	8	1u	08:50 PM	_____
Finals-1	64 Boys 11-12 200 Freestyle Relay	8	1u	08:54 PM	_____
	Swimmers Counts for Warm-ups: 202	=====	=====		
	Entry / Heat Totals:	384	48		
	Finish Time			08:57 PM	_____

**2012 VSI LC AG Champs- CAC - 7/19/2012 to 7/22/2012****Session Report**

Session: 8 Sunday Preliminaries 11-14

Day of Meet: 4 Starts at 08:15 AM Heat Interval: 20 Seconds / Back +15 Seconds

<b>Round</b>	<b>Event</b>	<b>Entries</b>	<b>Heats</b>	<b>Starts at</b>	
Prelims	75 Girls 11-12 200 Breaststroke	47	6	08:15 AM	_____
Prelims	76 Boys 11-12 200 Breaststroke	20	3	08:37 AM	_____
Prelims	77 Girls 13-14 200 Backstroke	76	10	08:48 AM	_____
Prelims	78 Boys 13-14 200 Backstroke	57	8	09:21 AM	_____
Prelims	79 Girls 11-12 100 Backstroke	75	10	09:46 AM	_____
Prelims	80 Boys 11-12 100 Backstroke	43	6	10:06 AM	_____
Prelims	81 Girls 13-14 100 Freestyle	51	7	10:17 AM	_____
Prelims	82 Boys 13-14 100 Freestyle	49	7	10:27 AM	_____
Prelims	83 Girls 11-12 100 Freestyle	56	7	10:37 AM	_____
Prelims	84 Boys 11-12 100 Freestyle	37	5	10:47 AM	_____
Prelims	85 Girls 13-14 200 IM	57	8	10:55 AM	_____
Prelims	86 Boys 13-14 200 IM	70	9	11:19 AM	_____
Prelims	87 Girls 11-12 50 Butterfly	54	7	11:45 AM	_____
Prelims	88 Boys 11-12 50 Butterfly	42	6	11:52 AM	_____
Finals	89 Girls 13-14 400 Freestyle Relay	20	3u	11:57 AM	_____
Finals	90 Boys 13-14 400 Freestyle Relay	18	3u	12:11 PM	_____
Finals	91 Girls 11-12 400 Freestyle Relay	22	3u	12:25 PM	_____
Finals	92 Boys 11-12 400 Freestyle Relay	12	2u	12:41 PM	_____
	Swimmers Counts for Warm-ups: 379	=====	=====		
	Entry / Heat Totals:	806	110		
	Finish Time			12:51 PM	_____



**2012 VSI LC AG Champs- CAC - 7/19/2012 to 7/22/2012****Session Report**

Session: 9 Sunday 10&amp;Under Timed Finals

Day of Meet: 4 Starts at 01:10 PM Heat Interval: 30 Seconds / Back +15 Seconds

<b>Round</b>	<b>Event</b>	<b>Entries</b>	<b>Heats</b>	<b>Starts at</b>	
Finals	95 Girls 10 & Under 100 Backstroke	65	9	01:10 PM	_____
Finals	96 Boys 10 & Under 100 Backstroke	57	8	01:31 PM	_____
	Break: 10 Minutes				
Finals	97 Girls 10 & Under 100 Freestyle	56	7	01:59 PM	_____
Finals	98 Boys 10 & Under 100 Freestyle	59	8	02:12 PM	_____
	Break: 10 Minutes				
Finals	99 Girls 10 & Under 50 Butterfly	47	6	02:36 PM	_____
Finals	100 Boys 10 & Under 50 Butterfly	46	6	02:43 PM	_____
	Break: 10 Minutes				
Finals	101 Girls 10 & Under 400 Freestyle Relay	13	2u	03:00 PM	_____
Finals	102 Boys 10 & Under 400 Freestyle Relay	14	2u	03:12 PM	_____
	Swimmers Counts for Warm-ups: 163	=====	=====		
	Entry / Heat Totals:	357	48		
	Finish Time			03:25 PM	_____

**2012 VSI LC AG Champs- CAC - 7/19/2012 to 7/22/2012****Session Report**

Session: 10 Sunday 13/14 800 Free

Day of Meet: 4 Starts at 03:30 PM Heat Interval: 30 Seconds / Back +15 Seconds

<b>Round</b>	<b>Event</b>	<b>Entries</b>	<b>Heats</b>	<b>Starts at</b>
Finals	93 Girls 13-14 800 Freestyle	26	4u	03:30 PM _____
Finals	94 Boys 13-14 800 Freestyle	31	4u	04:13 PM _____
	Swimmers Counts for Warm-ups: 57	=====	=====	
	Entry / Heat Totals:	57	8	
	Finish Time			04:55 PM _____

**2012 VSI LC AG Champs- CAC - 7/19/2012 to 7/22/2012****Session Report**

Session: 11 Sunday Finals 11-14

Day of Meet: 4 Starts at 06:00 PM Heat Interval: 90 Seconds / Back +15 Seconds

<b>Round</b>	<b>Event</b>	<b>Entries</b>	<b>Heats</b>	<b>Starts at</b>
Finals	75 Girls 11-12 200 Breaststroke	16	2u	06:00 PM _____
Finals	76 Boys 11-12 200 Breaststroke	16	2u	06:10 PM _____
Finals	77 Girls 13-14 200 Backstroke	16	2u	06:19 PM _____
Finals	78 Boys 13-14 200 Backstroke	16	2u	06:27 PM _____
Finals	79 Girls 11-12 100 Backstroke	16	2u	06:36 PM _____
Finals	80 Boys 11-12 100 Backstroke	16	2u	06:42 PM _____
Finals	81 Girls 13-14 100 Freestyle	16	2u	06:48 PM _____
Finals	82 Boys 13-14 100 Freestyle	16	2u	06:53 PM _____
Finals	83 Girls 11-12 100 Freestyle	16	2u	06:58 PM _____
Finals	84 Boys 11-12 100 Freestyle	16	2u	07:03 PM _____
Finals	85 Girls 13-14 200 IM	16	2u	07:08 PM _____
Finals	86 Boys 13-14 200 IM	16	2u	07:16 PM _____
Finals	87 Girls 11-12 50 Butterfly	16	2u	07:24 PM _____
Finals	88 Boys 11-12 50 Butterfly	16	2u	07:28 PM _____
	Swimmers Counts for Warm-ups: 142	=====	=====	
	Entry / Heat Totals:	224	28	
	Finish Time			07:32 PM _____