

Niagara LSC LC Championships - 7/18/2019 to 7/21/2019**2019 Niagara Long Course Championships****Hosted by STAR Swimming****Session Report**

Session: 1 Thursday PM Finals

Day of Meet: 1 Starts at 05:00 PM Heat Interval: 15 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	1 Girls 11-14 800 Freestyle Relay	6	1 u	05:00 PM	_____
Finals	2 Boys 11-14 800 Freestyle Relay	5	1 u	05:12 PM	_____
Finals	3 Girls 15 & Over 800 Freestyle Relay	5	1 u	05:24 PM	_____
Finals	4 Boys 15 & Over 800 Freestyle Relay	7	1 u	05:34 PM	_____
Finals	5 Girls 10 & Under 400 Freestyle	11	2 u	05:42 PM	_____
Finals	6 Boys 10 & Under 400 Freestyle	9	2 u	05:56 PM	_____
Finals	7 Girls 11-12 400 IM	8	1 u	06:10 PM	_____
Finals	8 Boys 11-12 400 IM	6	1 u	06:17 PM	_____
Finals	9 Girls 13 & Over 1500 Freestyle	24	3 u	06:24 PM	_____
Finals	10 Boys 13 & Over 1500 Freestyle	19	3 u	07:24 PM	_____
	Swimmers Counts for Warm-ups: 77	=====	=====		
	Entry / Heat Totals:	100	16		
	Finish Time			08:21 PM	_____

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Session: 2 Friday AM Prelims

Day of Meet: 2 Starts at 08:00 AM Heat Interval: 15 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals-S	11 Girls 11-12 200 Backstroke	12	2 u	08:00 AM	_____
Finals-S	12 Boys 11-12 200 Backstroke	1	1 u	08:08 AM	_____
Prelims	13 Girls 13 & Over 200 Backstroke	64	8 u	08:11 AM	_____
Prelims	14 Boys 13 & Over 200 Backstroke	47	6 u	08:37 AM	_____
Finals	15 Girls 10 & Under 50 Freestyle	30	4 u	08:54 AM	_____
Finals	16 Boys 10 & Under 50 Freestyle	38	5 u	08:58 AM	_____
Prelims	17 Girls 11-12 50 Freestyle	47	6 u	09:03 AM	_____
Prelims	18 Boys 11-12 50 Freestyle	32	4 u	09:08 AM	_____
Prelims	19 Girls 13 & Over 50 Freestyle	90	12 u	09:11 AM	_____
Prelims	20 Boys 13 & Over 50 Freestyle	63	8 u	09:20 AM	_____
Finals	21 Girls 10 & Under 100 Breaststroke	18	3 u	09:26 AM	_____
Finals	22 Boys 10 & Under 100 Breaststroke	15	2 u	09:33 AM	_____
Prelims	23 Girls 11-12 100 Breaststroke	22	3 u	09:37 AM	_____
Prelims	24 Boys 11-12 100 Breaststroke	14	2 u	09:43 AM	_____
Prelims	25 Girls 13 & Over 200 Breaststroke	54	7 u	09:47 AM	_____
Prelims	26 Boys 13 & Over 200 Breaststroke	42	6 u	10:10 AM	_____
Prelims	27 Girls 11-12 50 Butterfly	33	5 u	10:30 AM	_____
Prelims	28 Boys 11-12 50 Butterfly	23	3 u	10:34 AM	_____
Finals-S	29 Girls 11-14 400 Medley Relay	7	1 u	10:37 AM	_____
Finals-S	30 Boys 11-14 400 Medley Relay	3	1 u	10:43 AM	_____
Finals-S	31 Girls 15 & Over 400 Medley Relay	7	1 u	10:50 AM	_____
Finals-S	32 Boys 15 & Over 400 Medley Relay	5	1 u	10:55 AM	_____
Finals	33 Girls 10 & Under 200 IM	17	3 u	11:00 AM	_____
Finals	34 Boys 10 & Under 200 IM	16	2 u	11:12 AM	_____
Prelims	35 Girls 11-12 200 IM	15	2 u	11:20 AM	_____
Prelims	36 Boys 11-12 200 IM	13	2 u	11:27 AM	_____
Prelims	37 Girls 13 & Over 400 IM	61	8 u	11:34 AM	_____
Prelims	38 Boys 13 & Over 400 IM	40	5 u	12:22 PM	_____
	Swimmers Counts for Warm-ups: 486	=====	=====		
	Entry / Heat Totals:	829	113		
	Finish Time			12:50 PM	_____

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Session: 3 Friday PM Finals

Day of Meet: 2 Starts at 05:00 PM Heat Interval: 55 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals-1	11 Girls 11-12 200 Backstroke	8	1 u	05:00 PM	_____
Finals-1	12 Boys 11-12 200 Backstroke	8	1 u	05:05 PM	_____
Finals	13 Girls 13 & Over 200 Backstroke	32	4 u	05:09 PM	_____
Finals	14 Boys 13 & Over 200 Backstroke	32	4 u	05:24 PM	_____
Finals	35 Girls 11-12 200 IM	15	2 u	05:38 PM	_____
Finals	36 Boys 11-12 200 IM	13	2 u	05:46 PM	_____
Finals	37 Girls 13 & Over 400 IM	32	4 u	05:54 PM	_____
Finals	38 Boys 13 & Over 400 IM	32	4 u	06:20 PM	_____
Finals	17 Girls 11-12 50 Freestyle	16	2 u	06:44 PM	_____
Finals	18 Boys 11-12 50 Freestyle	16	2 u	06:47 PM	_____
Finals	19 Girls 13 & Over 50 Freestyle	32	4 u	06:49 PM	_____
Finals	20 Boys 13 & Over 50 Freestyle	32	4 u	06:55 PM	_____
Finals	23 Girls 11-12 100 Breaststroke	16	2 u	07:00 PM	_____
Finals	24 Boys 11-12 100 Breaststroke	14	2 u	07:05 PM	_____
Finals	25 Girls 13 & Over 200 Breaststroke	32	4 u	07:10 PM	_____
Finals	26 Boys 13 & Over 200 Breaststroke	32	4 u	07:26 PM	_____
Finals	27 Girls 11-12 50 Butterfly	16	2 u	07:40 PM	_____
Finals	28 Boys 11-12 50 Butterfly	16	2 u	07:43 PM	_____
Finals-1	29 Girls 11-14 400 Medley Relay	8	1 u	07:46 PM	_____
Finals-1	30 Boys 11-14 400 Medley Relay	8	1 u	07:53 PM	_____
Finals-1	31 Girls 15 & Over 400 Medley Relay	8	1 u	08:00 PM	_____
Finals-1	32 Boys 15 & Over 400 Medley Relay	8	1 u	08:06 PM	_____
	Swimmers Counts for Warm-ups: 270	=====	=====		
	Entry / Heat Totals:	426	54		
	Finish Time			08:12 PM	_____

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Session: 4 Saturday AM Prelims

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

Round	Event	Entries	Heats	Starts at	
Finals	39B Boys 10 & Under 200 Medley Relay	3	1 u	08:00 AM	_____
Finals	39G Girls 10 & Under 200 Medley Relay	3	1 u	08:04 AM	_____
Finals	39X Mixed 10 & Under 200 Medley Relay	8	1 u	08:08 AM	_____
Finals-S	41 Girls 11-14 200 Medley Relay	7	1 u	08:12 AM	_____
Finals-S	42 Boys 11-14 200 Medley Relay	2	1 u	08:15 AM	_____
Finals-S	43 Girls 15 & Over 200 Medley Relay	8	1 u	08:18 AM	_____
Finals-S	44 Boys 15 & Over 200 Medley Relay	9	2 u	08:21 AM	_____
Finals-S	45 Girls 11-12 200 Butterfly	0	0	08:26 AM	_____
Finals-S	46 Boys 11-12 200 Butterfly	0	0	08:26 AM	_____
Prelims	47 Girls 13 & Over 100 Butterfly	77	10 u	08:26 AM	_____
Prelims	48 Boys 13 & Over 100 Butterfly	70	9 u	08:41 AM	_____
Finals	49 Girls 10 & Under 100 Freestyle	28	4 u	08:53 AM	_____
Finals	50 Boys 10 & Under 100 Freestyle	32	4 u	09:00 AM	_____
Prelims	51 Girls 11-12 100 Freestyle	31	4 u	09:07 AM	_____
Prelims	52 Boys 11-12 100 Freestyle	25	4 u	09:14 AM	_____
Prelims	53 Girls 13 & Over 100 Freestyle	73	10 u	09:20 AM	_____
Prelims	54 Boys 13 & Over 100 Freestyle	80	10 u	09:34 AM	_____
Finals	55 Girls 10 & Under 50 Backstroke	29	4 u	09:46 AM	_____
Finals	56 Boys 10 & Under 50 Backstroke	35	5 u	09:52 AM	_____
Prelims	57 Girls 11-12 100 Backstroke	13	2 u	09:58 AM	_____
Prelims	58 Boys 11-12 100 Backstroke	16	2 u	10:02 AM	_____
Prelims	59 Girls 13 & Over 200 IM	78	10 u	10:06 AM	_____
Prelims	60 Boys 13 & Over 200 IM	67	9 u	10:36 AM	_____
Finals	61 Girls 10 & Under 100 Butterfly	15	2 u	11:01 AM	_____
Finals	62 Boys 10 & Under 100 Butterfly	13	2 u	11:05 AM	_____
Finals-S	63 Girls 11-14 200 Freestyle Relay	7	1 u	11:09 AM	_____
Finals-S	64 Boys 11-14 200 Freestyle Relay	2	1 u	11:11 AM	_____
Finals-S	65 Girls 15 & Over 200 Freestyle Relay	8	1 u	11:14 AM	_____
Finals-S	66 Boys 15 & Over 200 Freestyle Relay	9	2 u	11:16 AM	_____
Finals-S	67 Girls 11-12 400 Freestyle	8	1 u	11:21 AM	_____
Finals-S	68 Boys 11-12 400 Freestyle	4	1 u	11:26 AM	_____
Prelims	69 Girls 13 & Over 400 Freestyle	58	8 u	11:33 AM	_____
Prelims	70 Boys 13 & Over 400 Freestyle	58	8 u	12:15 PM	_____
	Swimmers Counts for Warm-ups: 478	=====	=====		
	Entry / Heat Totals:	876	122		
	Finish Time			12:55 PM	_____

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Session: 5 Saturday PM Finals

Day of Meet: 3 Starts at 05:00 PM Heat Interval: 55 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals-1	41 Girls 11-14 200 Medley Relay	8	1 u	05:00 PM	_____
Finals-1	42 Boys 11-14 200 Medley Relay	8	1 u	05:04 PM	_____
Finals-1	43 Girls 15 & Over 200 Medley Relay	8	1 u	05:08 PM	_____
Finals-1	44 Boys 15 & Over 200 Medley Relay	8	1 u	05:12 PM	_____
Finals-1	67 Girls 11-12 400 Freestyle	8	1 u	05:15 PM	_____
Finals-1	68 Boys 11-12 400 Freestyle	8	1 u	05:21 PM	_____
Finals	69 Girls 13 & Over 400 Freestyle	32	4 u	05:28 PM	_____
Finals	70 Boys 13 & Over 400 Freestyle	32	4 u	05:51 PM	_____
Finals-1	45 Girls 11-12 200 Butterfly	7	1 u	06:13 PM	_____
Finals-1	46 Boys 11-12 200 Butterfly	4	1 u	06:17 PM	_____
Finals	47 Girls 13 & Over 100 Butterfly	32	4 u	06:22 PM	_____
Finals	48 Boys 13 & Over 100 Butterfly	32	4 u	06:30 PM	_____
Finals	51 Girls 11-12 100 Freestyle	16	2 u	06:37 PM	_____
Finals	52 Boys 11-12 100 Freestyle	16	2 u	06:42 PM	_____
Finals	53 Girls 13 & Over 100 Freestyle	32	4 u	06:46 PM	_____
Finals	54 Boys 13 & Over 100 Freestyle	32	4 u	06:54 PM	_____
Finals	57 Girls 11-12 100 Backstroke	13	2 u	07:01 PM	_____
Finals	58 Boys 11-12 100 Backstroke	16	2 u	07:06 PM	_____
Finals	59 Girls 13 & Over 200 IM	32	4 u	07:11 PM	_____
Finals	60 Boys 13 & Over 200 IM	32	4 u	07:25 PM	_____
Finals-1	63 Girls 11-14 200 Freestyle Relay	8	1 u	07:38 PM	_____
Finals-1	64 Boys 11-14 200 Freestyle Relay	8	1 u	07:41 PM	_____
Finals-1	65 Girls 15 & Over 200 Freestyle Relay	8	1 u	07:44 PM	_____
Finals-1	66 Boys 15 & Over 200 Freestyle Relay	8	1 u	07:47 PM	_____
	Swimmers Counts for Warm-ups: 233	=====	=====		
	Entry / Heat Totals:	408	52		
	Finish Time			07:50 PM	_____

Niagara LSC LC Championships - 7/18/2019 to 7/21/2019**2019 Niagara Long Course Championships****Hosted by STAR Swimming****Session Report**

Session: 6 Sunday AM Prelims

Day of Meet: 4 Starts at 08:00 AM Heat Interval: 15 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	71 Girls 10 & Under 200 Freestyle	20	3 u	08:00 AM	_____
Finals	72 Boys 10 & Under 200 Freestyle	23	3 u	08:11 AM	_____
Prelims	73 Girls 11-12 200 Freestyle	25	4 u	08:21 AM	_____
Prelims	74 Boys 11-12 200 Freestyle	20	3 u	08:34 AM	_____
Prelims	75 Girls 13 & Over 200 Freestyle	71	9 u	08:43 AM	_____
Prelims	76 Boys 13 & Over 200 Freestyle	66	9 u	09:06 AM	_____
Finals	77 Girls 10 & Under 50 Breaststroke	21	3 u	09:28 AM	_____
Finals	78 Boys 10 & Under 50 Breaststroke	14	2 u	09:31 AM	_____
Prelims	79 Girls 11-12 50 Breaststroke	22	3 u	09:34 AM	_____
Prelims	80 Boys 11-12 50 Breaststroke	14	2 u	09:37 AM	_____
Prelims	81 Girls 13 & Over 100 Breaststroke	55	7 u	09:39 AM	_____
Prelims	82 Boys 13 & Over 100 Breaststroke	49	7 u	09:51 AM	_____
Finals	83 Girls 10 & Under 100 Backstroke	21	3 u	10:01 AM	_____
Finals	84 Boys 10 & Under 100 Backstroke	24	3 u	10:08 AM	_____
Prelims	85 Girls 11-12 50 Backstroke	24	3 u	10:15 AM	_____
Prelims	86 Boys 11-12 50 Backstroke	21	3 u	10:18 AM	_____
Prelims	87 Girls 13 & Over 100 Backstroke	67	9 u	10:22 AM	_____
Prelims	88 Boys 13 & Over 100 Backstroke	51	7 u	10:37 AM	_____
Finals	89 Girls 10 & Under 50 Butterfly	22	3 u	10:49 AM	_____
Finals	90 Boys 10 & Under 50 Butterfly	13	2 u	10:52 AM	_____
Prelims	91 Girls 11-12 100 Butterfly	16	2 u	10:54 AM	_____
Prelims	92 Boys 11-12 100 Butterfly	12	2 u	10:58 AM	_____
Prelims	93 Girls 13 & Over 200 Butterfly	45	6 u	11:01 AM	_____
Prelims	94 Boys 13 & Over 200 Butterfly	24	3 u	11:19 AM	_____
Finals-S	95 Girls 11-12 200 Breaststroke	11	2 u	11:27 AM	_____
Finals-S	96 Boys 11-12 200 Breaststroke	3	1 u	11:35 AM	_____
Finals	97B Boys 10 & Under 200 Freestyle Relay	3	1 u	11:39 AM	_____
Finals	97G Girls 10 & Under 200 Freestyle Relay	3	1 u	11:42 AM	_____
Finals	97X Mixed 10 & Under 200 Freestyle Relay	7	1 u	11:45 AM	_____
Finals-S	99 Girls 11-14 400 Freestyle Relay	7	1 u	11:48 AM	_____
Finals-S	100 Boys 11-14 400 Freestyle Relay	3	1 u	11:53 AM	_____
Finals-S	101 Girls 15 & Over 400 Freestyle Relay	7	1 u	11:59 AM	_____
Finals-S	102 Boys 15 & Over 400 Freestyle Relay	7	1 u	12:04 PM	_____
Finals-S	103 Girls 13 & Over 800 Freestyle	23	3 u	12:08 PM	_____
Finals-S	104 Boys 13 & Over 800 Freestyle	25	4 u	12:40 PM	_____
	Swimmers Counts for Warm-ups: 476	=====	=====		
	Entry / Heat Totals:	839	118		
	Finish Time			01:20 PM	_____

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Session: 7 Sunday PM Finals

Day of Meet: 4 Starts at 05:00 PM Heat Interval: 55 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals-1	103 Girls 13 & Over 800 Freestyle	8	1 u	05:00 PM	_____
Finals-1	104 Boys 13 & Over 800 Freestyle	8	1 u	05:12 PM	_____
Finals	73 Girls 11-12 200 Freestyle	16	2 u	05:22 PM	_____
Finals	74 Boys 11-12 200 Freestyle	16	2 u	05:29 PM	_____
Finals	75 Girls 13 & Over 200 Freestyle	32	4 u	05:37 PM	_____
Finals	76 Boys 13 & Over 200 Freestyle	32	4 u	05:49 PM	_____
Finals	79 Girls 11-12 50 Breaststroke	16	2 u	06:01 PM	_____
Finals	80 Boys 11-12 50 Breaststroke	14	2 u	06:04 PM	_____
Finals	81 Girls 13 & Over 100 Breaststroke	32	4 u	06:08 PM	_____
Finals	82 Boys 13 & Over 100 Breaststroke	32	4 u	06:17 PM	_____
Finals	85 Girls 11-12 50 Backstroke	16	2 u	06:25 PM	_____
Finals	86 Boys 11-12 50 Backstroke	16	2 u	06:29 PM	_____
Finals	87 Girls 13 & Over 100 Backstroke	32	4 u	06:32 PM	_____
Finals	88 Boys 13 & Over 100 Backstroke	32	4 u	06:41 PM	_____
Finals	91 Girls 11-12 100 Butterfly	16	2 u	06:50 PM	_____
Finals	92 Boys 11-12 100 Butterfly	12	2 u	06:55 PM	_____
Finals	93 Girls 13 & Over 200 Butterfly	32	4 u	07:00 PM	_____
Finals	94 Boys 13 & Over 200 Butterfly	24	4 u	07:14 PM	_____
Finals-1	95 Girls 11-12 200 Breaststroke	8	1 u	07:27 PM	_____
Finals-1	96 Boys 11-12 200 Breaststroke	8	1 u	07:31 PM	_____
Finals-1	99 Girls 11-14 400 Freestyle Relay	8	1 u	07:36 PM	_____
Finals-1	100 Boys 11-14 400 Freestyle Relay	8	1 u	07:42 PM	_____
Finals-1	101 Girls 15 & Over 400 Freestyle Relay	8	1 u	07:48 PM	_____
Finals-1	102 Boys 15 & Over 400 Freestyle Relay	8	1 u	07:53 PM	_____
	Swimmers Counts for Warm-ups: 302	=====	=====		
	Entry / Heat Totals:	434	56		
	Finish Time			07:58 PM	_____