

2019 PNS 14&U Long Course Championship - 8/1/2019 to 8/4/2019**2019 PNS 14&U Long Course Championships****Hosted by Wave Aquatics****Session Report**

Session: 1 11-12,13-14 Timed Finals for 400 Free Relays and 1500 Free

Day of Meet: 1 Starts at 01:00 PM Heat Interval: 30 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	1 Girls 11-12 400 Freestyle Relay	14	2 u	01:00 PM	_____
Finals	2 Boys 11-12 400 Freestyle Relay	17	3 u	01:11 PM	_____
Finals	3 Girls 13-14 400 Freestyle Relay	18	3 u	01:27 PM	_____
Finals	4 Boys 13-14 400 Freestyle Relay	19	3 u	01:42 PM	_____
Finals	5 Girls 11-12 1500 Freestyle	23	3 u	01:56 PM	_____
Finals	6 Boys 11-12 1500 Freestyle	18	3 u	03:03 PM	_____
Finals	7 Girls 13-14 1500 Freestyle	38	5 u	04:10 PM	_____
Finals	8 Boys 13-14 1500 Freestyle	36	5 u	05:55 PM	_____
	Swimmers Counts for Warm-ups: 235	=====	=====		
	Entry / Heat Totals:	183	27		
	Finish Time			07:37 PM	_____

2019 PNS 14&U Long Course Championship - 8/1/2019 to 8/4/2019**2019 PNS 14&U Long Course Championships****Hosted by Wave Aquatics****Session Report**

Session: 2 Prelims 11-12 and 13-14 Timed Finals 10U and Relays

Day of Meet: 2 Starts at 09:00 AM Heat Interval: -20 Seconds / Back +30 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	9 Girls 10 & Under 200 Freestyle Relay	15	2 u	09:00 AM	_____
Finals	10 Boys 10 & Under 200 Freestyle Relay	15	2 u	09:07 AM	_____
Finals	11 Girls 11-12 400 IM	19	3 u	09:13 AM	_____
Finals	12 Boys 11-12 400 IM	19	3 u	09:30 AM	_____
Prelims	13 Girls 13-14 400 IM	38	5 u	09:47 AM	_____
Prelims	14 Boys 13-14 400 IM	28	4 u	10:14 AM	_____
	Break: 5 Minutes: Change to 50's				
Finals	15 Girls 10 & Under 50 Backstroke	19	3 u	10:39 AM	_____
Finals	16 Boys 10 & Under 50 Backstroke	23	3 u	10:44 AM	_____
Prelims	17 Girls 11-12 50 Backstroke	34	5 u	10:49 AM	_____
Prelims	18 Boys 11-12 50 Backstroke	34	5 u	10:58 AM	_____
	Break: 5 Minutes: Change from 50's				
Prelims	19 Girls 11-12 200 Butterfly	25	4 u	11:11 AM	_____
Prelims	20 Boys 11-12 200 Butterfly	22	3 u	11:22 AM	_____
Prelims	21 Girls 13-14 200 Butterfly	26	4 u	11:30 AM	_____
Prelims	22 Boys 13-14 200 Butterfly	35	5 u	11:39 AM	_____
Finals	23 Girls 10 & Under 100 Freestyle	24	3 u	11:51 AM	_____
Finals	24 Boys 10 & Under 100 Freestyle	22	3 u	11:54 AM	_____
Prelims	25 Girls 11-12 100 Freestyle	36	5 u	11:57 AM	_____
Prelims	26 Boys 11-12 100 Freestyle	30	4 u	12:01 AM	_____
Prelims	27 Girls 13-14 100 Freestyle	42	6 u	12:05 AM	_____
Prelims	28 Boys 13-14 100 Freestyle	36	5 u	12:09 AM	_____
Prelims	29 Girls 11-12 200 Breaststroke	27	4 u	12:13 AM	_____
Prelims	30 Boys 11-12 200 Breaststroke	40	5 u	12:24 PM	_____
Prelims	31 Girls 13-14 200 Breaststroke	35	5 u	12:39 PM	_____
Prelims	32 Boys 13-14 200 Breaststroke	30	4 u	12:53 PM	_____
Finals	33 Girls 10 & Under 400 Freestyle	15	2 u	01:03 PM	_____
Finals	34 Boys 10 & Under 400 Freestyle	11	2 u	01:16 PM	_____
	Swimmers Counts for Warm-ups: 493	=====	=====		
	Entry / Heat Totals:	700	99		
	Finish Time			01:28 PM	_____

2019 PNS 14&U Long Course Championship - 8/1/2019 to 8/4/2019**2019 PNS 14&U Long Course Championships****Hosted by Wave Aquatics****Session Report**

Session: 3 Finals

Day of Meet: 2 Starts at 04:30 PM Heat Interval: 45 Seconds / Back +30 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	13 Girls 13-14 400 IM	8	1 u	04:30 PM	_____
Finals	14 Boys 13-14 400 IM	8	1 u	04:37 PM	_____
	Break: 5 Minutes: Change to 50's				
Finals	17 Girls 11-12 50 Backstroke	16	2 u	04:48 PM	_____
Finals	18 Boys 11-12 50 Backstroke	16	2 u	04:51 PM	_____
	Break: 8 Minutes: Change from 50's and Awards				
Finals	19 Girls 11-12 200 Butterfly	16	2 u	05:03 PM	_____
Finals	20 Boys 11-12 200 Butterfly	16	2 u	05:10 PM	_____
Finals	21 Girls 13-14 200 Butterfly	16	2 u	05:17 PM	_____
Finals	22 Boys 13-14 200 Butterfly	16	2 u	05:24 PM	_____
	Break: 8 Minutes: Awards				
Finals	25 Girls 11-12 100 Freestyle	16	2 u	05:38 PM	_____
Finals	26 Boys 11-12 100 Freestyle	16	2 u	05:42 PM	_____
Finals	27 Girls 13-14 100 Freestyle	16	2 u	05:46 PM	_____
Finals	28 Boys 13-14 100 Freestyle	16	2 u	05:49 PM	_____
	Break: 8 Minutes: Awards				
Finals	29 Girls 11-12 200 Breaststroke	16	2 u	06:01 PM	_____
Finals	30 Boys 11-12 200 Breaststroke	16	2 u	06:08 PM	_____
Finals	31 Girls 13-14 200 Breaststroke	16	2 u	06:16 PM	_____
Finals	32 Boys 13-14 200 Breaststroke	16	2 u	06:23 PM	_____
	Swimmers Counts for Warm-ups: 189	=====	=====		
	Entry / Heat Totals:	240	30		
	Finish Time			06:30 PM	_____

2019 PNS 14&U Long Course Championship - 8/1/2019 to 8/4/2019**2019 PNS 14&U Long Course Championships****Hosted by Wave Aquatics****Session Report**

Session: 4 Prelims 11-12 and 13-14 Timed Finals 10U and Relays

Day of Meet: 3 Starts at 09:00 AM Heat Interval: -20 Seconds / Back +30 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	35 Girls 10 & Under 50 Freestyle	19	3 u	09:00 AM	_____
Finals	36 Boys 10 & Under 50 Freestyle	22	3 u	09:04 AM	_____
Prelims	37 Girls 11-12 50 Freestyle	37	5 u	09:07 AM	_____
Prelims	38 Boys 11-12 50 Freestyle	36	5 u	09:12 AM	_____
Prelims	39 Girls 13-14 50 Freestyle	43	6 u	09:18 AM	_____
Prelims	40 Boys 13-14 50 Freestyle	37	5 u	09:24 AM	_____
Finals	41 Girls 10 & Under 50 Butterfly	21	3 u	09:28 AM	_____
Finals	42 Boys 10 & Under 50 Butterfly	18	3 u	09:32 AM	_____
Prelims	43 Girls 11-12 50 Butterfly	38	5 u	09:35 AM	_____
Prelims	44 Boys 11-12 50 Butterfly	36	5 u	09:41 AM	_____
	Break: 5 Minutes: Change from 50's				
Finals	45 Girls 10 & Under 200 IM	16	2 u	09:51 AM	_____
Finals	46 Boys 10 & Under 200 IM	14	2 u	09:57 AM	_____
Prelims	47 Girls 11-12 200 IM	34	5 u	10:03 AM	_____
Prelims	48 Boys 11-12 200 IM	26	4 u	10:16 AM	_____
Prelims	49 Girls 13-14 200 IM	41	6 u	10:26 AM	_____
Prelims	50 Boys 13-14 200 IM	34	5 u	10:41 AM	_____
Finals	51 Girls 10 & Under 100 Backstroke	16	2 u	10:52 AM	_____
Finals	52 Boys 10 & Under 100 Backstroke	16	2 u	10:55 AM	_____
Prelims	53 Girls 11-12 100 Backstroke	34	5 u	10:59 AM	_____
Prelims	54 Boys 11-12 100 Backstroke	30	4 u	11:06 AM	_____
Prelims	55 Girls 13-14 100 Backstroke	42	6 u	11:13 AM	_____
Prelims	56 Boys 13-14 100 Backstroke	36	5 u	11:21 AM	_____
Finals	57 Girls 10 & Under 100 Breaststroke	16	2 u	11:28 AM	_____
Finals	58 Boys 10 & Under 100 Breaststroke	15	2 u	11:30 AM	_____
Prelims	59 Girls 11-12 100 Breaststroke	28	4 u	11:33 AM	_____
Prelims	60 Boys 11-12 100 Breaststroke	43	6 u	11:38 AM	_____
Prelims	61 Girls 13-14 100 Breaststroke	39	5 u	11:46 AM	_____
Prelims	62 Boys 13-14 100 Breaststroke	36	5 u	11:51 AM	_____
Finals	63 Girls 11-12 400 Freestyle	24	3 u	11:56 AM	_____
Finals	64 Boys 11-12 400 Freestyle	33	5 u	12:11 AM	_____
Prelims	65 Girls 13-14 400 Freestyle	40	5 u	12:37 PM	_____
Prelims	66 Boys 13-14 400 Freestyle	29	4 u	01:00 PM	_____
	Swimmers Counts for Warm-ups: 480	=====	=====		
	Entry / Heat Totals:	949	132		
	Finish Time			01:18 PM	_____

2019 PNS 14&U Long Course Championship - 8/1/2019 to 8/4/2019**2019 PNS 14&U Long Course Championships****Hosted by Wave Aquatics****Session Report**

Session: 5 Finals

Day of Meet: 3 Starts at 04:30 PM Heat Interval: 45 Seconds / Back +30 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	37 Girls 11-12 50 Freestyle	16	2 u	04:30 PM	_____
Finals	38 Boys 11-12 50 Freestyle	16	2 u	04:33 PM	_____
Finals	39 Girls 13-14 50 Freestyle	16	2 u	04:35 PM	_____
Finals	40 Boys 13-14 50 Freestyle	16	2 u	04:38 PM	_____
Finals	43 Girls 11-12 50 Butterfly	16	2 u	04:40 PM	_____
Finals	44 Boys 11-12 50 Butterfly	16	2 u	04:43 PM	_____
	Break: 12 Minutes: Change from 50's and Awards				
Finals	47 Girls 11-12 200 IM	16	2 u	04:58 PM	_____
Finals	48 Boys 11-12 200 IM	16	2 u	05:04 PM	_____
Finals	49 Girls 13-14 200 IM	16	2 u	05:11 PM	_____
Finals	50 Boys 13-14 200 IM	16	2 u	05:18 PM	_____
	Break: 8 Minutes: Awards				
Finals	53 Girls 11-12 100 Backstroke	16	2 u	05:32 PM	_____
Finals	54 Boys 11-12 100 Backstroke	16	2 u	05:37 PM	_____
Finals	55 Girls 13-14 100 Backstroke	16	2 u	05:42 PM	_____
Finals	56 Boys 13-14 100 Backstroke	16	2 u	05:47 PM	_____
Finals	59 Girls 11-12 100 Breaststroke	16	2 u	05:52 PM	_____
Finals	60 Boys 11-12 100 Breaststroke	16	2 u	05:56 PM	_____
Finals	61 Girls 13-14 100 Breaststroke	16	2 u	06:01 PM	_____
Finals	62 Boys 13-14 100 Breaststroke	16	2 u	06:05 PM	_____
	Break: 12 Minutes: Awards				
Finals	65 Girls 13-14 400 Freestyle	8	1 u	06:21 PM	_____
Finals	66 Boys 13-14 400 Freestyle	8	1 u	06:26 PM	_____
	Swimmers Counts for Warm-ups: 198	=====	=====		
	Entry / Heat Totals:	304	38		
	Finish Time			06:32 PM	_____

2019 PNS 14&U Long Course Championship - 8/1/2019 to 8/4/2019**2019 PNS 14&U Long Course Championships****Hosted by Wave Aquatics****Session Report**

Session: 6 Prelims 11-12 and 13-14 Timed Finals 10U and Relays

Day of Meet: 4 Starts at 09:00 AM Heat Interval: -20 Seconds / Back +30 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	67 Girls 10 & Under 200 Medley Relay	11	2 u	09:00 AM	_____
Finals	68 Boys 10 & Under 200 Medley Relay	16	2 u	09:08 AM	_____
Finals	69 Girls 11-12 400 Medley Relay	18	3 u	09:16 AM	_____
Finals	70 Boys 11-12 400 Medley Relay	21	3 u	09:36 AM	_____
Finals	71 Girls 13-14 400 Medley Relay	19	3 u	09:55 AM	_____
Finals	72 Boys 13-14 400 Medley Relay	22	3 u	10:13 AM	_____
	Break: 5 Minutes: Change to 50's				
Finals	73 Girls 10 & Under 50 Breaststroke	21	3 u	10:35 AM	_____
Finals	74 Boys 10 & Under 50 Breaststroke	21	3 u	10:39 AM	_____
Prelims	75 Girls 11-12 50 Breaststroke	33	5 u	10:43 AM	_____
Prelims	76 Boys 11-12 50 Breaststroke	45	6 u	10:49 AM	_____
	Break: 5 Minutes: Change from 50's				
Finals	77 Girls 10 & Under 200 Freestyle	18	3 u	11:01 AM	_____
Finals	78 Boys 10 & Under 200 Freestyle	16	2 u	11:09 AM	_____
Prelims	79 Girls 11-12 200 Freestyle	42	6 u	11:14 AM	_____
Prelims	80 Boys 11-12 200 Freestyle	33	5 u	11:28 AM	_____
Prelims	81 Girls 13-14 200 Freestyle	50	7 u	11:39 AM	_____
Prelims	82 Boys 13-14 200 Freestyle	36	5 u	11:53 AM	_____
Finals	83 Girls 10 & Under 100 Butterfly	22	3 u	12:03 AM	_____
Finals	84 Boys 10 & Under 100 Butterfly	17	3 u	12:07 AM	_____
Prelims	85 Girls 11-12 100 Butterfly	33	5 u	12:11 AM	_____
Prelims	86 Boys 11-12 100 Butterfly	42	6 u	12:16 AM	_____
Prelims	87 Girls 13-14 100 Butterfly	42	6 u	12:22 AM	_____
Prelims	88 Boys 13-14 100 Butterfly	40	5 u	12:27 PM	_____
Prelims	89 Girls 11-12 200 Backstroke	33	5 u	12:31 PM	_____
Prelims	90 Boys 11-12 200 Backstroke	42	6 u	12:47 PM	_____
Prelims	91 Girls 13-14 200 Backstroke	38	5 u	01:06 PM	_____
Prelims	92 Boys 13-14 200 Backstroke	45	6 u	01:20 PM	_____
	Swimmers Counts for Warm-ups: 534	=====	=====		
	Entry / Heat Totals:	776	111		
	Finish Time			01:36 PM	_____

2019 PNS 14&U Long Course Championship - 8/1/2019 to 8/4/2019**2019 PNS 14&U Long Course Championships****Hosted by Wave Aquatics****Session Report**

Session: 7 Finals

Day of Meet: 4 Starts at 04:30 PM Heat Interval: 45 Seconds / Back +20 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	75 Girls 11-12 50 Breaststroke	16	2 u	04:30 PM	_____
Finals	76 Boys 11-12 50 Breaststroke	16	2 u	04:33 PM	_____
	Break: 8 Minutes: Change from 50's and Awards				
Finals	79 Girls 11-12 200 Freestyle	16	2 u	04:44 PM	_____
Finals	80 Boys 11-12 200 Freestyle	16	2 u	04:50 PM	_____
Finals	81 Girls 13-14 200 Freestyle	16	2 u	04:57 PM	_____
Finals	82 Boys 13-14 200 Freestyle	16	2 u	05:03 PM	_____
	Break: 8 Minutes: Awards				
Finals	85 Girls 11-12 100 Butterfly	16	2 u	05:16 PM	_____
Finals	86 Boys 11-12 100 Butterfly	16	2 u	05:20 PM	_____
Finals	87 Girls 13-14 100 Butterfly	16	2 u	05:24 PM	_____
Finals	88 Boys 13-14 100 Butterfly	16	2 u	05:28 PM	_____
	Break: 8 Minutes: Awards				
Finals	89 Girls 11-12 200 Backstroke	16	2 u	05:40 PM	_____
Finals	90 Boys 11-12 200 Backstroke	16	2 u	05:47 PM	_____
Finals	91 Girls 13-14 200 Backstroke	16	2 u	05:55 PM	_____
Finals	92 Boys 13-14 200 Backstroke	16	2 u	06:02 PM	_____
	Break: 8 Minutes: Awards				
	Swimmers Counts for Warm-ups: 166	=====	=====		
	Entry / Heat Totals:	224	28		
	Finish Time			06:17 PM	_____