

**2019 VSI Long Course Age Group Championships - 7/25/2019 to 7/28/2019**  
**Session Report**

Session: 1 Thursday Distance / 800 Free Relay

Day of Meet: 1 Starts at 02:35 PM Heat Interval: 20 Seconds / Chase -30

<b>Round</b>	<b>Event</b>	<b>Entries</b>	<b>Heats</b>	<b>Starts at</b>	
Finals	1 Girls 11-14 1500 Freestyle	25	4 u	02:35 PM	_____
Finals	2 Boys 11-14 1500 Freestyle	39	5 u	03:53 PM	_____
	Break: 20 Minutes:				
Finals	3 Girls 11-12 400 Freestyle	25	4 u	05:46 PM	_____
Finals	4 Boys 11-12 400 Freestyle	33	5 u	06:06 PM	_____
Finals	5 Girls 10 & Under 400 Freestyle	16	2 u	06:31 PM	_____
Finals	6 Boys 10 & Under 400 Freestyle	22	3 u	06:43 PM	_____
	Break: 20 Minutes:				
Finals	7 Girls 13-14 800 Freestyle Relay	14	2 u	07:20 PM	_____
Finals	8 Boys 13-14 800 Freestyle Relay	13	2 u	07:40 PM	_____
	Swimmers Counts for Warm-ups: 159	=====	=====		
	Entry / Heat Totals:	187	27		
	Finish Time			07:58 PM	_____

**2019 VSI Long Course Age Group Championships - 7/25/2019 to 7/28/2019****Session Report**

Session: 2 Friday Preliminaries

Day of Meet: 2 Starts at 08:30 AM Heat Interval: 20 Seconds / Chase -30

Round	Event	Entries	Heats	Starts at	
Prelims	9 Girls 10 & Under 50 Breaststroke	31	4 u	08:30 AM	_____
Prelims	10 Boys 10 & Under 50 Breaststroke	26	4 u	08:35 AM	_____
Prelims	11 Girls 11-12 50 Breaststroke	27	4 u	08:39 AM	_____
Prelims	12 Boys 11-12 50 Breaststroke	36	5 u	08:43 AM	_____
Prelims	13 Girls 13-14 100 Breaststroke	33	5 u	08:48 AM	_____
Prelims	14 Boys 13-14 100 Breaststroke	32	4 u	08:54 AM	_____
Prelims	15 Girls 10 & Under 200 Freestyle	29	4 u	08:59 AM	_____
Prelims	16 Boys 10 & Under 200 Freestyle	23	3 u	09:10 AM	_____
Prelims	17 Girls 11-12 200 Freestyle	32	4 u	09:17 AM	_____
Prelims	18 Boys 11-12 200 Freestyle	33	5 u	09:26 AM	_____
Prelims	19 Girls 13-14 200 Freestyle	40	5 u	09:38 AM	_____
Prelims	20 Boys 13-14 200 Freestyle	44	6 u	09:48 AM	_____
Prelims	21 Girls 10 & Under 100 Butterfly	22	3 u	10:00 AM	_____
Prelims	22 Boys 10 & Under 100 Butterfly	19	3 u	10:04 AM	_____
Prelims	23 Girls 11-12 100 Butterfly	23	3 u	10:08 AM	_____
Prelims	24 Boys 11-12 100 Butterfly	36	5 u	10:12 AM	_____
Prelims	25 Girls 13-14 100 Butterfly	36	5 u	10:17 AM	_____
Prelims	26 Boys 13-14 100 Butterfly	41	6 u	10:22 AM	_____
Prelims	27 Girls 10 & Under 50 Backstroke	31	4 u	10:28 AM	_____
Prelims	28 Boys 10 & Under 50 Backstroke	27	4 u	10:32 AM	_____
Prelims	29 Girls 11-12 200 Backstroke	23	3 u	10:36 AM	_____
Prelims	30 Boys 11-12 200 Backstroke	28	4 u	10:43 AM	_____
Prelims	31 Girls 13-14 400 IM	34	5 u	10:54 AM	_____
Prelims	32 Boys 13-14 400 IM	33	5 u	11:20 AM	_____
Finals-S	33 Girls 11-12 400 IM	17	3 u	11:45 AM	_____
Finals-S	34 Boys 11-12 400 IM	4	1 u	12:02 PM	_____
Finals	35 Girls 10 & Under 400 Medley Relay	10	2 u	12:08 PM	_____
Finals	36 Boys 10 & Under 400 Medley Relay	7	1 u	12:22 PM	_____
Finals-S	37 Girls 13-14 400 Medley Relay	9	2 u	12:28 PM	_____
Finals-S	38 Boys 13-14 400 Medley Relay	6	1 u	12:39 PM	_____
Finals-S	39 Girls 11-12 400 Medley Relay	6	1 u	12:44 PM	_____
Finals-S	40 Boys 11-12 400 Medley Relay	4	1 u	12:50 PM	_____
	Swimmers Counts for Warm-ups: 392	=====	=====		
	Entry / Heat Totals:	802	115		
	Finish Time			12:55 PM	_____

**2019 VSI Long Course Age Group Championships - 7/25/2019 to 7/28/2019**  
**Session Report**

Session: 3 Friday Finals

Day of Meet: 2 Starts at 05:00 PM Heat Interval: 60 Seconds / Back +15 Seconds

<b>Round</b>	<b>Event</b>	<b>Entries</b>	<b>Heats</b>	<b>Starts at</b>	
Finals	9 Girls 10 & Under 50 Breaststroke	8	1 u	05:00 PM	_____
Finals	10 Boys 10 & Under 50 Breaststroke	8	1 u	05:02 PM	_____
Finals	11 Girls 11-12 50 Breaststroke	16	2 u	05:04 PM	_____
Finals	12 Boys 11-12 50 Breaststroke	16	2 u	05:07 PM	_____
Finals	13 Girls 13-14 100 Breaststroke	16	2 u	05:10 PM	_____
Finals	14 Boys 13-14 100 Breaststroke	16	2 u	05:15 PM	_____
Finals	15 Girls 10 & Under 200 Freestyle	8	1 u	05:20 PM	_____
Finals	16 Boys 10 & Under 200 Freestyle	8	1 u	05:23 PM	_____
Finals	17 Girls 11-12 200 Freestyle	16	2 u	05:27 PM	_____
Finals	18 Boys 11-12 200 Freestyle	16	2 u	05:34 PM	_____
Finals	19 Girls 13-14 200 Freestyle	16	2 u	05:40 PM	_____
Finals	20 Boys 13-14 200 Freestyle	16	2 u	05:47 PM	_____
Finals	21 Girls 10 & Under 100 Butterfly	8	1 u	05:53 PM	_____
Finals	22 Boys 10 & Under 100 Butterfly	8	1 u	05:55 PM	_____
Finals	23 Girls 11-12 100 Butterfly	16	2 u	05:58 PM	_____
Finals	24 Boys 11-12 100 Butterfly	16	2 u	06:02 PM	_____
Finals	25 Girls 13-14 100 Butterfly	16	2 u	06:07 PM	_____
Finals	26 Boys 13-14 100 Butterfly	16	2 u	06:11 PM	_____
Finals	27 Girls 10 & Under 50 Backstroke	8	1 u	06:15 PM	_____
Finals	28 Boys 10 & Under 50 Backstroke	8	1 u	06:17 PM	_____
Finals	29 Girls 11-12 200 Backstroke	16	2 u	06:19 PM	_____
Finals	30 Boys 11-12 200 Backstroke	16	2 u	06:27 PM	_____
Finals	31 Girls 13-14 400 IM	16	2 u	06:34 PM	_____
Finals	32 Boys 13-14 400 IM	16	2 u	06:47 PM	_____
Finals-1	33 Girls 11-12 400 IM	8	1 u	06:59 PM	_____
Finals-1	34 Boys 11-12 400 IM	8	1 u	07:06 PM	_____
	Break: 5 Minutes:				
Finals-1	37 Girls 13-14 400 Medley Relay	8	1 u	07:18 PM	_____
Finals-1	38 Boys 13-14 400 Medley Relay	8	1 u	07:24 PM	_____
Finals-1	39 Girls 11-12 400 Medley Relay	8	1 u	07:30 PM	_____
Finals-1	40 Boys 11-12 400 Medley Relay	8	1 u	07:36 PM	_____
	Swimmers Counts for Warm-ups: 215	=====	=====		
	Entry / Heat Totals:	368	46		
	Finish Time			07:43 PM	_____

**2019 VSI Long Course Age Group Championships - 7/25/2019 to 7/28/2019****Session Report**

Session: 4 Saturday Preliminaries

Day of Meet: 3 Starts at 08:30 AM Heat Interval: 20 Seconds / Chase -30

Round	Event	Entries	Heats	Starts at	
Finals-S	41 Girls 13-14 200 Medley Relay	10	2 u	08:30 AM	_____
Finals-S	42 Boys 13-14 200 Medley Relay	6	1 u	08:41 AM	_____
Finals-S	43 Girls 11-12 200 Medley Relay	5	1 u	08:46 AM	_____
Finals-S	44 Boys 11-12 200 Medley Relay	5	1 u	08:49 AM	_____
Finals	45 Girls 10 & Under 200 Medley Relay	11	2 u	08:52 AM	_____
Finals	46 Boys 10 & Under 200 Medley Relay	7	1 u	08:58 AM	_____
Prelims	47 Girls 11-12 200 Butterfly	20	3 u	09:01 AM	_____
Prelims	48 Boys 11-12 200 Butterfly	16	2 u	09:09 AM	_____
Prelims	49 Girls 13-14 200 Butterfly	23	3 u	09:15 AM	_____
Prelims	50 Boys 13-14 200 Butterfly	34	5 u	09:22 AM	_____
Prelims	51 Girls 10 & Under 50 Freestyle	33	5 u	09:34 AM	_____
Prelims	52 Boys 10 & Under 50 Freestyle	29	4 u	09:38 AM	_____
Prelims	53 Girls 11-12 50 Freestyle	41	6 u	09:42 AM	_____
Prelims	54 Boys 11-12 50 Freestyle	43	6 u	09:47 AM	_____
Prelims	55 Girls 13-14 50 Freestyle	50	7 u	09:52 AM	_____
Prelims	56 Boys 13-14 50 Freestyle	41	6 u	09:58 AM	_____
Prelims	57 Girls 10 & Under 100 Breaststroke	26	4 u	10:03 AM	_____
Prelims	58 Boys 10 & Under 100 Breaststroke	15	2 u	10:09 AM	_____
Prelims	59 Girls 11-12 100 Breaststroke	26	4 u	10:12 AM	_____
Prelims	60 Boys 11-12 100 Breaststroke	21	3 u	10:17 AM	_____
Prelims	61 Girls 13-14 200 Breaststroke	36	5 u	10:21 AM	_____
Prelims	62 Boys 13-14 200 Breaststroke	33	5 u	10:35 AM	_____
Prelims	63 Girls 10 & Under 200 IM	24	3 u	10:48 AM	_____
Prelims	64 Boys 10 & Under 200 IM	29	4 u	10:57 AM	_____
Prelims	65 Girls 11-12 200 IM	28	4 u	11:09 AM	_____
Prelims	66 Boys 11-12 200 IM	32	4 u	11:19 AM	_____
Prelims	67 Girls 13-14 100 Backstroke	39	5 u	11:30 AM	_____
Prelims	68 Boys 13-14 100 Backstroke	25	4 u	11:35 AM	_____
Prelims	69 Girls 11-12 50 Backstroke	31	4 u	11:38 AM	_____
Prelims	70 Boys 11-12 50 Backstroke	28	4 u	11:42 AM	_____
Prelims	71 Girls 13-14 400 Freestyle	44	6 u	11:46 AM	_____
Prelims	72 Boys 13-14 400 Freestyle	52	7 u	12:14 PM	_____
Finals	73 Girls 10 & Under 200 Freestyle Relay	11	2 u	12:45 PM	_____
Finals	74 Boys 10 & Under 200 Freestyle Relay	7	1 u	12:51 PM	_____
Finals-S	75 Girls 11-12 200 Freestyle Relay	5	1 u	12:54 PM	_____
Finals-S	76 Boys 11-12 200 Freestyle Relay	5	1 u	12:56 PM	_____
Finals-S	77 Girls 13-14 200 Freestyle Relay	10	2 u	12:58 PM	_____
Finals-S	78 Boys 13-14 200 Freestyle Relay	6	1 u	01:03 PM	_____
	Swimmers Counts for Warm-ups: 414	=====	=====		
	Entry / Heat Totals:	907	131		
	Finish Time			01:05 PM	_____

**2019 VSI Long Course Age Group Championships - 7/25/2019 to 7/28/2019**  
**Session Report**

Session: 5 Saturday Finals

Day of Meet: 3 Starts at 05:00 PM Heat Interval: 60 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals-1	41 Girls 13-14 200 Medley Relay	8	1 u	05:00 PM	_____
Finals-1	42 Boys 13-14 200 Medley Relay	8	1 u	05:07 PM	_____
Finals-1	43 Girls 11-12 200 Medley Relay	8	1 u	05:13 PM	_____
Finals-1	44 Boys 11-12 200 Medley Relay	8	1 u	05:16 PM	_____
	Break: 5 Minutes:				
Finals	47 Girls 11-12 200 Butterfly	16	2 u	05:25 PM	_____
Finals	48 Boys 11-12 200 Butterfly	16	2 u	05:33 PM	_____
Finals	49 Girls 13-14 200 Butterfly	16	2 u	05:40 PM	_____
Finals	50 Boys 13-14 200 Butterfly	16	2 u	05:47 PM	_____
Finals	51 Girls 10 & Under 50 Freestyle	8	1 u	05:54 PM	_____
Finals	52 Boys 10 & Under 50 Freestyle	8	1 u	05:56 PM	_____
Finals	53 Girls 11-12 50 Freestyle	16	2 u	05:57 PM	_____
Finals	54 Boys 11-12 50 Freestyle	16	2 u	06:00 PM	_____
Finals	55 Girls 13-14 50 Freestyle	16	2 u	06:03 PM	_____
Finals	56 Boys 13-14 50 Freestyle	16	2 u	06:06 PM	_____
Finals	57 Girls 10 & Under 100 Breaststroke	8	1 u	06:09 PM	_____
Finals	58 Boys 10 & Under 100 Breaststroke	8	1 u	06:11 PM	_____
Finals	59 Girls 11-12 100 Breaststroke	16	2 u	06:14 PM	_____
Finals	60 Boys 11-12 100 Breaststroke	16	2 u	06:19 PM	_____
Finals	61 Girls 13-14 200 Breaststroke	16	2 u	06:24 PM	_____
Finals	62 Boys 13-14 200 Breaststroke	16	2 u	06:31 PM	_____
Finals	63 Girls 10 & Under 200 IM	8	1 u	06:39 PM	_____
Finals	64 Boys 10 & Under 200 IM	8	1 u	06:43 PM	_____
Finals	65 Girls 11-12 200 IM	16	2 u	06:47 PM	_____
Finals	66 Boys 11-12 200 IM	16	2 u	06:54 PM	_____
Finals	67 Girls 13-14 100 Backstroke	16	2 u	07:02 PM	_____
Finals	68 Boys 13-14 100 Backstroke	16	2 u	07:06 PM	_____
Finals	69 Girls 11-12 50 Backstroke	16	2 u	07:11 PM	_____
Finals	70 Boys 11-12 50 Backstroke	16	2 u	07:15 PM	_____
Finals	71 Girls 13-14 400 Freestyle	16	2 u	07:18 PM	_____
Finals	72 Boys 13-14 400 Freestyle	16	2 u	07:30 PM	_____
	Break: 5 Minutes:				
Finals-1	75 Girls 11-12 200 Freestyle Relay	8	1 u	07:46 PM	_____
Finals-1	76 Boys 11-12 200 Freestyle Relay	8	1 u	07:49 PM	_____
Finals-1	77 Girls 13-14 200 Freestyle Relay	8	1 u	07:52 PM	_____
Finals-1	78 Boys 13-14 200 Freestyle Relay	8	1 u	07:55 PM	_____
	Swimmers Counts for Warm-ups: 227	=====	=====		
	Entry / Heat Totals:	432	54		
	Finish Time			07:58 PM	_____

**2019 VSI Long Course Age Group Championships - 7/25/2019 to 7/28/2019**  
**Session Report**

Session: 6 Sunday Preliminaries

Day of Meet: 4 Starts at 08:30 AM Heat Interval: 20 Seconds / Chase -30

Round	Event	Entries	Heats	Starts at	
Prelims	79 Girls 11-12 200 Breaststroke	20	3 u	08:30 AM	_____
Prelims	80 Boys 11-12 200 Breaststroke	19	3 u	08:39 AM	_____
Prelims	81 Girls 13-14 200 Backstroke	40	5 u	08:48 AM	_____
Prelims	82 Boys 13-14 200 Backstroke	27	4 u	09:00 AM	_____
Prelims	83 Girls 10 & Under 100 Backstroke	24	3 u	09:09 AM	_____
Prelims	84 Boys 10 & Under 100 Backstroke	27	4 u	09:13 AM	_____
Prelims	85 Girls 11-12 100 Backstroke	30	4 u	09:18 AM	_____
Prelims	86 Boys 11-12 100 Backstroke	30	4 u	09:22 AM	_____
Prelims	87 Girls 13-14 100 Freestyle	46	6 u	09:27 AM	_____
Prelims	88 Boys 13-14 100 Freestyle	41	6 u	09:32 AM	_____
Prelims	89 Girls 10 & Under 100 Freestyle	28	4 u	09:37 AM	_____
Prelims	90 Boys 10 & Under 100 Freestyle	27	4 u	09:41 AM	_____
Prelims	91 Girls 11-12 100 Freestyle	45	6 u	09:46 AM	_____
Prelims	92 Boys 11-12 100 Freestyle	41	6 u	09:52 AM	_____
Prelims	93 Girls 13-14 200 IM	39	5 u	09:57 AM	_____
Prelims	94 Boys 13-14 200 IM	47	6 u	10:09 AM	_____
Prelims	95 Girls 10 & Under 50 Butterfly	30	4 u	10:23 AM	_____
Prelims	96 Boys 10 & Under 50 Butterfly	28	4 u	10:27 AM	_____
Prelims	97 Girls 11-12 50 Butterfly	40	5 u	10:31 AM	_____
Prelims	98 Boys 11-12 50 Butterfly	54	7 u	10:35 AM	_____
	Break: 5 Minutes:				
Finals	99 Girls 10 & Under 400 Freestyle Relay	11	2 u	10:47 AM	_____
Finals	100 Boys 10 & Under 400 Freestyle Relay	7	1 u	10:59 AM	_____
Finals	101 Girls 11-12 400 Freestyle Relay	14	2 u	11:05 AM	_____
Finals	102 Boys 11-12 400 Freestyle Relay	11	2 u	11:15 AM	_____
Finals	103 Girls 13-14 400 Freestyle Relay	15	2 u	11:25 AM	_____
Finals	104 Boys 13-14 400 Freestyle Relay	14	2 u	11:35 AM	_____
	Swimmers Counts for Warm-ups: 373	=====	=====		
	Entry / Heat Totals:	755	104		
	Finish Time			11:44 AM	_____

**2019 VSI Long Course Age Group Championships - 7/25/2019 to 7/28/2019**  
**Session Report**

Session: 7 Sunday 800 Free

Day of Meet: 4 Starts at 12:25 PM Heat Interval: 20 Seconds

<b>Round</b>	<b>Event</b>	<b>Entries</b>	<b>Heats</b>	<b>Starts at</b>	
Finals	105 Girls 11-14 800 Freestyle	31	4 u	12:25 PM	_____
Finals	106 Boys 11-14 800 Freestyle	56	7 u	01:07 PM	_____
	Swimmers Counts for Warm-ups: 87	=====	=====		
	Entry / Heat Totals:	87	11		
	Finish Time			02:17 PM	_____

**2019 VSI Long Course Age Group Championships - 7/25/2019 to 7/28/2019**  
**Session Report**

Session: 8 Sunday Finals

Day of Meet: 4 Starts at 05:00 PM Heat Interval: 60 Seconds / Back +15 Seconds

<b>Round</b>	<b>Event</b>	<b>Entries</b>	<b>Heats</b>	<b>Starts at</b>	
Finals	79 Girls 11-12 200 Breaststroke	16	2 u	05:00 PM	_____
Finals	80 Boys 11-12 200 Breaststroke	16	2 u	05:09 PM	_____
Finals	81 Girls 13-14 200 Backstroke	16	2 u	05:17 PM	_____
Finals	82 Boys 13-14 200 Backstroke	16	2 u	05:24 PM	_____
Finals	83 Girls 10 & Under 100 Backstroke	8	1 u	05:31 PM	_____
Finals	84 Boys 10 & Under 100 Backstroke	8	1 u	05:34 PM	_____
Finals	85 Girls 11-12 100 Backstroke	16	2 u	05:36 PM	_____
Finals	86 Boys 11-12 100 Backstroke	16	2 u	05:41 PM	_____
Finals	87 Girls 13-14 100 Freestyle	16	2 u	05:46 PM	_____
Finals	88 Boys 13-14 100 Freestyle	16	2 u	05:50 PM	_____
Finals	89 Girls 10 & Under 100 Freestyle	8	1 u	05:54 PM	_____
Finals	90 Boys 10 & Under 100 Freestyle	8	1 u	05:57 PM	_____
Finals	91 Girls 11-12 100 Freestyle	16	2 u	05:59 PM	_____
Finals	92 Boys 11-12 100 Freestyle	16	2 u	06:03 PM	_____
Finals	93 Girls 13-14 200 IM	16	2 u	06:07 PM	_____
Finals	94 Boys 13-14 200 IM	16	2 u	06:14 PM	_____
Finals	95 Girls 10 & Under 50 Butterfly	8	1 u	06:21 PM	_____
Finals	96 Boys 10 & Under 50 Butterfly	8	1 u	06:22 PM	_____
Finals	97 Girls 11-12 50 Butterfly	16	2 u	06:24 PM	_____
Finals	98 Boys 11-12 50 Butterfly	16	2 u	06:27 PM	_____
	Swimmers Counts for Warm-ups: 188	=====	=====		
	Entry / Heat Totals:	272	34		
	Finish Time			06:30 PM	_____