

2023 12 & Under North Districts Championship, Sanction #: VS-23-70

Jeff Rouse Swim and Sport Center

Session Report

Session: 1 Friday (Distance)

Day of Meet: 1 Starts at 05:00 PM Heat Interval: 30 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at
Finals	1 Girls 11-12 500 Freestyle	27	4 u	05:00 PM
Finals	2 Boys 11-12 500 Freestyle	21	3 u	05:33 PM
Finals	3 Girls 10 & Under 500 Freestyle	5	1 u	05:55 PM
Finals	4 Boys 10 & Under 500 Freestyle	13	2 u	06:05 PM
Break: 10 Minutes:				
Finals	5 Girls 11-12 400 IM	6	1 u	06:34 PM
Finals	6 Boys 11-12 400 IM	2	1 u	06:41 PM
Finals	7 Girls 9-10 200 IM	11	2 u	06:48 PM
Finals	8 Boys 9-10 200 IM	8	1 u	06:56 PM
Finals	9 Girls 11-12 400 Freestyle Relay	5	1 u	07:00 PM
Finals	10 Boys 11-12 400 Freestyle Relay	5	1 u	07:06 PM
Swimmers Counts for Warm-ups: 83		=====	=====	
Entry / Heat Totals:		103	17	
Finish Time				07:12 PM
=====				
Team - #Entries - #Athletes				
=====				
PWSC	Prince William Swim Club	28	24	
STAT	Stafford Aquatics Team	2	2	
RAYS	Stingrays Swim Team	37	31	
TORP	Tsc Torpedoes	2	2	
TSU	Tsunami Swimming	19	12	
VSTP	Valley Swim Team Phoenix	10	9	
WST	Winchester Swim Team	5	3	

2023 12 & Under North Districts Championship, Sanction #: VS-23-70**Jeff Rouse Swim and Sport Center****Session Report**

Session: 2 Saturday Morning

Day of Meet: 2 Starts at 08:00 AM Heat Interval: 30 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Prelims	11 Girls 11-12 200 IM	16	2 u	08:00 AM	_____
Prelims	12 Boys 11-12 200 IM	17	3 u	08:08 AM	_____
Prelims	13 Girls 11-12 100 Freestyle	63	8 u	08:18 AM	_____
Prelims	14 Boys 11-12 100 Freestyle	53	7 u	08:33 AM	_____
Prelims	15 Girls 11-12 50 Butterfly	48	6 u	08:46 AM	_____
Prelims	16 Boys 11-12 50 Butterfly	32	4 u	08:53 AM	_____
Prelims	17 Girls 11-12 200 Breaststroke	18	3 u	08:58 AM	_____
Prelims	18 Boys 11-12 200 Breaststroke	11	2 u	09:10 AM	_____
Prelims	19 Girls 11-12 100 Backstroke	41	6 u	09:18 AM	_____
Prelims	20 Boys 11-12 100 Backstroke	38	5 u	09:32 AM	_____
Prelims	21 Girls 11-12 50 Breaststroke	57	8 u	09:43 AM	_____
Prelims	22 Boys 11-12 50 Breaststroke	47	6 u	09:54 AM	_____
Prelims	23 Girls 11-12 200 Butterfly	0	0	10:02 AM	_____
Prelims	24 Boys 11-12 200 Butterfly	3	1 u	10:02 AM	_____
Finals	25 Girls 11-12 200 Freestyle Relay	11	2 u	10:05 AM	_____
Finals	26 Boys 11-12 200 Freestyle Relay	7	1 u	10:11 AM	_____
	Swimmers Counts for Warm-ups: 150	=====	=====		
	Entry / Heat Totals:	462	64		
	Finish Time			10:14 AM	_____
	=====				
	Team - #Entries - #Athletes				
	=====				
PWSC	Prince William Swim Club	83	26		
STAT	Stafford Aquatics Team	43	14		
RAYS	Stingrays Swim Team	183	60		
TORP	Tsc Torpedoes	40	14		
TSU	Tsunami Swimming	54	17		
VSTP	Valley Swim Team Phoenix	37	12		
WST	Winchester Swim Team	22	7		

2023 12 & Under North Districts Championship, Sanction #: VS-23-70**Jeff Rouse Swim and Sport Center****Session Report**

Session: 3 Saturday Afternoon

Day of Meet: 2 Starts at 11:45 AM Heat Interval: 30 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	27 Girls 8 & Under 100 IM	17	3 u	11:45 AM	_____
Finals	28 Boys 8 & Under 100 IM	17	3 u	11:54 AM	_____
Prelims	29 Girls 9-10 100 Freestyle	50	7 u	12:02 PM	_____
Prelims	30 Boys 9-10 100 Freestyle	36	5 u	12:16 PM	_____
Finals	31 Girls 8 & Under 200 Freestyle	0	0	12:27 PM	_____
Finals	32 Boys 8 & Under 200 Freestyle	2	1 u	12:27 PM	_____
Finals	33 Girls 8 & Under 25 Freestyle	43	6 u	12:32 PM	_____
Finals	34 Boys 8 & Under 25 Freestyle	30	4 u	12:37 PM	_____
Prelims	35 Girls 9-10 50 Butterfly	33	5 u	12:41 PM	_____
Prelims	36 Boys 9-10 50 Butterfly	24	3 u	12:47 PM	_____
Finals	37 Girls 8 & Under 50 Butterfly	3	1 u	12:51 PM	_____
Finals	38 Boys 8 & Under 50 Butterfly	4	1 u	12:53 PM	_____
Finals	39 Girls 8 & Under 25 Butterfly	33	5 u	12:54 PM	_____
Finals	40 Boys 8 & Under 25 Butterfly	22	3 u	12:59 PM	_____
Finals	41 Girls 8 & Under 100 Freestyle	20	3 u	01:02 PM	_____
Finals	42 Boys 8 & Under 100 Freestyle	12	2 u	01:10 PM	_____
Prelims	43 Girls 9-10 100 Backstroke	35	5 u	01:14 PM	_____
Prelims	44 Boys 9-10 100 Backstroke	26	4 u	01:28 PM	_____
Finals	45 Girls 8 & Under 100 Backstroke	11	2 u	01:37 PM	_____
Finals	46 Boys 8 & Under 100 Backstroke	8	1 u	01:44 PM	_____
Prelims	47 Girls 9-10 50 Breaststroke	39	5 u	01:47 PM	_____
Prelims	48 Boys 9-10 50 Breaststroke	24	3 u	01:54 PM	_____
Finals	49 Girls 8 & Under 50 Breaststroke	15	2 u	01:58 PM	_____
Finals	50 Boys 8 & Under 50 Breaststroke	8	1 u	02:01 PM	_____
Finals	51 Girls 9-10 200 Freestyle Relay	7	1 u	02:02 PM	_____
Finals	52 Boys 9-10 200 Freestyle Relay	6	1 u	02:06 PM	_____
Finals	53 Girls 8 & Under 100 Freestyle Relay	6	1 u	02:09 PM	_____
Finals	54 Boys 8 & Under 100 Freestyle Relay	5	1 u	02:11 PM	_____
	Swimmers Counts for Warm-ups: 171	=====	=====		
	Entry / Heat Totals:	536	79		
	Finish Time			02:13 PM	_____
	=====				
	Team - #Entries - #Athletes				
	=====				
PWSC	Prince William Swim Club	107	33		
STAT	Stafford Aquatics Team	21	9		
RAYS	Stingrays Swim Team	226	70		
TORP	Tsc Torpedoes	49	19		
TSU	Tsunami Swimming	52	16		
VSTP	Valley Swim Team Phoenix	41	13		
WST	Winchester Swim Team	40	11		

2023 12 & Under North Districts Championship, Sanction #: VS-23-70**Jeff Rouse Swim and Sport Center****Session Report**

Session: 4 Saturday Finals

Day of Meet: 2 Starts at 05:00 PM Heat Interval: 90 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	11 Girls 11-12 200 IM	16	2 u	05:00 PM	_____
Finals	12 Boys 11-12 200 IM	16	2 u	05:09 PM	_____
Finals	13 Girls 11-12 100 Freestyle	16	2 u	05:18 PM	_____
Finals	14 Boys 11-12 100 Freestyle	16	2 u	05:23 PM	_____
Finals	29 Girls 9-10 100 Freestyle	8	1 u	05:29 PM	_____
Finals	30 Boys 9-10 100 Freestyle	8	1 u	05:31 PM	_____
Finals	15 Girls 11-12 50 Butterfly	16	2 u	05:34 PM	_____
Finals	16 Boys 11-12 50 Butterfly	16	2 u	05:38 PM	_____
Finals	35 Girls 9-10 50 Butterfly	8	1 u	05:43 PM	_____
Finals	36 Boys 9-10 50 Butterfly	8	1 u	05:45 PM	_____
Finals	17 Girls 11-12 200 Breaststroke	8	1 u	05:47 PM	_____
Finals	18 Boys 11-12 200 Breaststroke	8	1 u	05:52 PM	_____
Finals	19 Girls 11-12 100 Backstroke	16	2 u	05:57 PM	_____
Finals	20 Boys 11-12 100 Backstroke	16	2 u	06:03 PM	_____
Finals	43 Girls 9-10 100 Backstroke	8	1 u	06:09 PM	_____
Finals	44 Boys 9-10 100 Backstroke	8	1 u	06:12 PM	_____
Finals	21 Girls 11-12 50 Breaststroke	16	2 u	06:15 PM	_____
Finals	22 Boys 11-12 50 Breaststroke	16	2 u	06:19 PM	_____
Finals	47 Girls 9-10 50 Breaststroke	8	1 u	06:24 PM	_____
Finals	48 Boys 9-10 50 Breaststroke	8	1 u	06:26 PM	_____
Finals	23 Girls 11-12 200 Butterfly	0	1 u	06:28 PM	_____
Finals	24 Boys 11-12 200 Butterfly	3	1 u	06:33 PM	_____
	Swimmers Counts for Warm-ups: 118	=====	=====		
	Entry / Heat Totals:	243	32		
	Finish Time			06:38 PM	_____

2023 12 & Under North Districts Championship, Sanction #: VS-23-70

Jeff Rouse Swim and Sport Center

Session Report

Session: 5 Sunday Morning

Day of Meet: 3 Starts at 08:00 AM Heat Interval: 30 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at
Prelims	55 Girls 11-12 200 Freestyle	17	3 u	08:00 AM
Prelims	56 Boys 11-12 200 Freestyle	18	3 u	08:10 AM
Prelims	57 Girls 11-12 50 Backstroke	49	7 u	08:20 AM
Prelims	58 Boys 11-12 50 Backstroke	35	5 u	08:30 AM
Prelims	59 Girls 11-12 100 Butterfly	13	2 u	08:38 AM
Prelims	60 Boys 11-12 100 Butterfly	9	2 u	08:42 AM
Prelims	61 Girls 11-12 100 Breaststroke	31	4 u	08:47 AM
Prelims	62 Boys 11-12 100 Breaststroke	31	4 u	08:55 AM
Prelims	63 Girls 11-12 200 Backstroke	8	1 u	09:04 AM
Prelims	64 Boys 11-12 200 Backstroke	8	1 u	09:08 AM
Prelims	65 Girls 11-12 100 IM	47	6 u	09:12 AM
Prelims	66 Boys 11-12 100 IM	28	4 u	09:24 AM
Prelims	67 Girls 11-12 50 Freestyle	61	8 u	09:33 AM
Prelims	68 Boys 11-12 50 Freestyle	45	6 u	09:42 AM
Finals	69 Girls 11-12 200 Medley Relay	10	2 u	09:48 AM
Finals	70 Boys 11-12 200 Medley Relay	7	1 u	09:56 AM
	Swimmers Counts for Warm-ups: 136	====	====	
	Entry / Heat Totals:	417	59	
	Finish Time			10:00 AM
	=====			
	Team - #Entries - #Athletes			
	=====			
PWSC	Prince William Swim Club	77	24	
STAT	Stafford Aquatics Team	42	15	
RAYS	Stingrays Swim Team	160	53	
TORP	Tsc Torpedoes	34	11	
TSU	Tsunami Swimming	39	12	
VSTP	Valley Swim Team Phoenix	40	13	
WST	Winchester Swim Team	25	8	

2023 12 & Under North Districts Championship, Sanction #: VS-23-70**Jeff Rouse Swim and Sport Center****Session Report**

Session: 6 Sunday Afternoon

Day of Meet: 3 Starts at 11:45 AM Heat Interval: 30 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Prelims	71 Girls 9-10 200 Freestyle	12	2 u	11:45 AM	_____
Prelims	72 Boys 9-10 200 Freestyle	7	1 u	11:53 AM	_____
Prelims	73 Girls 9-10 50 Backstroke	44	6 u	11:57 AM	_____
Prelims	74 Boys 9-10 50 Backstroke	34	5 u	12:06 PM	_____
Finals	75 Girls 8 & Under 50 Backstroke	24	3 u	12:15 PM	_____
Finals	76 Boys 8 & Under 50 Backstroke	24	3 u	12:20 PM	_____
Finals	77 Girls 8 & Under 25 Backstroke	39	5 u	12:25 PM	_____
Finals	78 Boys 8 & Under 25 Backstroke	33	5 u	12:31 PM	_____
Prelims	79 Girls 9-10 100 Butterfly	5	1 u	12:37 PM	_____
Prelims	80 Boys 9-10 100 Butterfly	7	1 u	12:40 PM	_____
Finals	81 Girls 8 & Under 100 Butterfly	1	1 u	12:42 PM	_____
Finals	82 Boys 8 & Under 100 Butterfly	2	1 u	12:45 PM	_____
Prelims	83 Girls 9-10 100 Breaststroke	21	3 u	12:47 PM	_____
Prelims	84 Boys 9-10 100 Breaststroke	10	2 u	12:54 PM	_____
Finals	85 Girls 8 & Under 100 Breaststroke	4	1 u	01:00 PM	_____
Finals	86 Boys 8 & Under 100 Breaststroke	4	1 u	01:03 PM	_____
Finals	87 Girls 8 & Under 25 Breaststroke	33	5 u	01:05 PM	_____
Finals	88 Boys 8 & Under 25 Breaststroke	32	4 u	01:10 PM	_____
Prelims	89 Girls 9-10 100 IM	27	4 u	01:15 PM	_____
Prelims	90 Boys 9-10 100 IM	30	4 u	01:24 PM	_____
Finals	91 Girls 8 & Under 200 IM	1	1 u	01:33 PM	_____
Finals	92 Boys 8 & Under 200 IM	0	0	01:38 PM	_____
Prelims	93 Girls 9-10 50 Freestyle	47	6 u	01:38 PM	_____
Prelims	94 Boys 9-10 50 Freestyle	39	5 u	01:45 PM	_____
Finals	95 Girls 8 & Under 50 Freestyle	36	5 u	01:51 PM	_____
Finals	96 Boys 8 & Under 50 Freestyle	36	5 u	01:59 PM	_____
Finals	97 Girls 9-10 200 Medley Relay	7	1 u	02:06 PM	_____
Finals	98 Boys 9-10 200 Medley Relay	9	2 u	02:11 PM	_____
Finals	99 Girls 8 & Under 100 Medley Relay	4	1 u	02:19 PM	_____
Finals	100 Boys 8 & Under 100 Medley Relay	6	1 u	02:21 PM	_____
	Swimmers Counts for Warm-ups: 177	====	====		
	Entry / Heat Totals:	578	85		
	Finish Time			02:24 PM	_____
	=====				
	Team - #Entries - #Athletes				
	=====				
PWSC	Prince William Swim Club	124	36		
STAT	Stafford Aquatics Team	22	8		
RAYS	Stingrays Swim Team	198	61		
TORP	Tsc Torpedoes	97	31		
TSU	Tsunami Swimming	59	17		
VSTP	Valley Swim Team Phoenix	42	13		
WST	Winchester Swim Team	36	11		

2023 12 & Under North Districts Championship, Sanction #: VS-23-70**Jeff Rouse Swim and Sport Center****Session Report**

Session: 7 Sunday Finals

Day of Meet: 3 Starts at 05:00 PM Heat Interval: 90 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	55 Girls 11-12 200 Freestyle	16	2 u	05:00 PM	_____
Finals	56 Boys 11-12 200 Freestyle	16	2 u	05:09 PM	_____
Finals	71 Girls 9-10 200 Freestyle	8	1 u	05:17 PM	_____
Finals	72 Boys 9-10 200 Freestyle	7	1 u	05:22 PM	_____
Finals	57 Girls 11-12 50 Backstroke	16	2 u	05:26 PM	_____
Finals	58 Boys 11-12 50 Backstroke	16	2 u	05:31 PM	_____
Finals	73 Girls 9-10 50 Backstroke	8	1 u	05:36 PM	_____
Finals	74 Boys 9-10 50 Backstroke	8	1 u	05:38 PM	_____
Finals	59 Girls 11-12 100 Butterfly	13	2 u	05:41 PM	_____
Finals	60 Boys 11-12 100 Butterfly	9	2 u	05:46 PM	_____
Finals	79 Girls 9-10 100 Butterfly	5	1 u	05:52 PM	_____
Finals	80 Boys 9-10 100 Butterfly	7	1 u	05:56 PM	_____
Finals	61 Girls 11-12 100 Breaststroke	16	2 u	05:59 PM	_____
Finals	62 Boys 11-12 100 Breaststroke	16	2 u	06:05 PM	_____
Finals	83 Girls 9-10 100 Breaststroke	8	1 u	06:11 PM	_____
Finals	84 Boys 9-10 100 Breaststroke	8	1 u	06:14 PM	_____
Finals	63 Girls 11-12 200 Backstroke	8	1 u	06:17 PM	_____
Finals	64 Boys 11-12 200 Backstroke	8	1 u	06:22 PM	_____
Finals	65 Girls 11-12 100 IM	16	2 u	06:27 PM	_____
Finals	66 Boys 11-12 100 IM	16	2 u	06:32 PM	_____
Finals	89 Girls 9-10 100 IM	8	1 u	06:38 PM	_____
Finals	90 Boys 9-10 100 IM	8	1 u	06:41 PM	_____
Finals	67 Girls 11-12 50 Freestyle	16	2 u	06:44 PM	_____
Finals	68 Boys 11-12 50 Freestyle	16	2 u	06:48 PM	_____
Finals	93 Girls 9-10 50 Freestyle	8	1 u	06:52 PM	_____
Finals	94 Boys 9-10 50 Freestyle	8	1 u	06:54 PM	_____
	Swimmers Counts for Warm-ups: 140	=====	=====		
	Entry / Heat Totals:	289	38		
	Finish Time			06:56 PM	_____