

Florida Gold Coast Senior Championship, Sanction #: 072310-FGSR-50**Hosted By: The Coral Springs Swim Club****Session Report**

Session: 1 Friday - Prelims

Day of Meet: 1 Starts at 08:30 AM Heat Interval: 15 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Prelims	3 Women 15-16 200 Backstroke	36	5	08:30 AM	_____
Prelims	4 Men 15-16 200 Backstroke	41	6	08:47 AM	_____
Prelims	5 Women 200 Backstroke	41	6	09:05 AM	_____
Prelims	6 Men 200 Backstroke	31	4	09:24 AM	_____
Prelims	7 Women 15-16 100 Freestyle	83	11	09:36 AM	_____
Prelims	8 Men 15-16 100 Freestyle	105	14	09:51 AM	_____
Prelims	9 Women 100 Freestyle	121	16	10:08 AM	_____
Prelims	10 Men 100 Freestyle	121	16	10:30 AM	_____
Prelims	11 Women 15-16 200 Butterfly	15	2	10:50 AM	_____
Prelims	12 Men 15-16 200 Butterfly	29	4	10:56 AM	_____
Prelims	13 Women 200 Butterfly	28	4	11:07 AM	_____
Prelims	14 Men 200 Butterfly	33	5	11:18 AM	_____
Prelims	15 Women 15-16 50 Breaststroke	20	3	11:32 AM	_____
Prelims	16 Men 15-16 50 Breaststroke	29	4	11:35 AM	_____
Prelims	17 Women 50 Breaststroke	35	5	11:38 AM	_____
Prelims	18 Men 50 Breaststroke	45	6	11:43 AM	_____
Prelims	19 Women 15-16 400 Freestyle	29	4u	11:48 AM	_____
Prelims	20 Men 15-16 400 Freestyle	40	5u	12:08 PM	_____
Prelims	21 Women 400 Freestyle	37	5u	12:31 PM	_____
Prelims	22 Men 400 Freestyle	44	6u	12:56 PM	_____
	Swimmer Count for Warm-ups: 529	=====	=====		
	Entry / Heat Totals:	963	131		
	Finish Time			01:24 PM	_____

Florida Gold Coast Senior Championship, Sanction #: 072310-FGSR-50**Hosted By: The Coral Springs Swim Club****Session Report**

Session: 2 Friday - Finals

Day of Meet: 1 Starts at 05:00 PM Heat Interval: 45 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	1 Women 200 Freestyle Relay	19	3u	05:00 PM	_____
Finals	2 Men 200 Freestyle Relay	25	4u	05:09 PM	_____
Finals	3 Women 15-16 200 Backstroke	16	2u	05:19 PM	_____
Finals	4 Men 15-16 200 Backstroke	16	2u	05:26 PM	_____
Finals	5 Women 200 Backstroke	16	2u	05:32 PM	_____
Finals	6 Men 200 Backstroke	16	2u	05:39 PM	_____
Finals	7 Women 15-16 100 Freestyle	16	2u	05:46 PM	_____
Finals	8 Men 15-16 100 Freestyle	16	2u	05:49 PM	_____
Finals	9 Women 100 Freestyle	16	2u	05:53 PM	_____
Finals	10 Men 100 Freestyle	16	2u	05:56 PM	_____
Finals	11 Women 15-16 200 Butterfly	15	2u	05:59 PM	_____
Finals	12 Men 15-16 200 Butterfly	16	2u	06:06 PM	_____
Finals	13 Women 200 Butterfly	16	2u	06:12 PM	_____
Finals	14 Men 200 Butterfly	16	2u	06:18 PM	_____
Finals	15 Women 15-16 50 Breaststroke	16	2u	06:24 PM	_____
Finals	16 Men 15-16 50 Breaststroke	16	2u	06:27 PM	_____
Finals	17 Women 50 Breaststroke	16	2u	06:30 PM	_____
Finals	18 Men 50 Breaststroke	16	2u	06:32 PM	_____
Finals	19 Women 15-16 400 Freestyle	16	2u	06:35 PM	_____
Finals	20 Men 15-16 400 Freestyle	16	2u	06:46 PM	_____
Finals	21 Women 400 Freestyle	16	2u	06:56 PM	_____
Finals	22 Men 400 Freestyle	16	2u	07:07 PM	_____
	Break: 5 Minutes				
Finals	23 Women 400 Freestyle Relay	19	3u	07:21 PM	_____
Finals	24 Men 400 Freestyle Relay	23	3u	07:36 PM	_____
	Swimmer Count for Warm-ups: 230	=====	=====		
	Entry / Heat Totals:	405	53		
	Finish Time			07:50 PM	_____

Florida Gold Coast Senior Championship, Sanction #: 072310-FGSR-50**Hosted By: The Coral Springs Swim Club****Session Report**

Session: 3 Saturday - Prelims

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

Round	Event	Entries	Heats	Starts at	
Prelims	25 Women 15-16 200 Freestyle	67	9	08:30 AM	_____
Prelims	26 Men 15-16 200 Freestyle	66	9	08:54 AM	_____
Prelims	27 Women 200 Freestyle	77	10	09:16 AM	_____
Prelims	28 Men 200 Freestyle	85	11	09:42 AM	_____
Prelims	29 Women 15-16 50 Backstroke	34	5	10:08 AM	_____
Prelims	30 Men 15-16 50 Backstroke	36	5	10:13 AM	_____
Prelims	31 Women 50 Backstroke	37	5	10:18 AM	_____
Prelims	32 Men 50 Backstroke	43	6	10:24 AM	_____
Prelims	33 Women 15-16 200 Breaststroke	23	3	10:30 AM	_____
Prelims	34 Men 15-16 200 Breaststroke	34	5	10:40 AM	_____
Prelims	35 Women 200 Breaststroke	33	5	10:56 AM	_____
Prelims	36 Men 200 Breaststroke	38	5	11:13 AM	_____
Prelims	37 Women 15-16 100 Butterfly	51	7	11:28 AM	_____
Prelims	38 Men 15-16 100 Butterfly	61	8	11:39 AM	_____
Prelims	39 Women 100 Butterfly	72	9	11:50 AM	_____
Prelims	40 Men 100 Butterfly	93	12	12:03 PM	_____
Prelims	41 Women 15-16 400 IM	15	2u	12:18 PM	_____
Prelims	42 Men 15-16 400 IM	23	3u	12:30 PM	_____
Prelims	43 Women 400 IM	22	3u	12:46 PM	_____
Prelims	44 Men 400 IM	26	4u	01:03 PM	_____
	Swimmer Count for Warm-ups: 505	=====	=====		
	Entry / Heat Totals:	936	126		
	Finish Time			01:24 PM	_____

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Session: 4 Saturday - Finals

Day of Meet: 2 Starts at 05:00 PM Heat Interval: 45 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	25 Women 15-16 200 Freestyle	16	2u	05:00 PM	_____
Finals	26 Men 15-16 200 Freestyle	16	2u	05:06 PM	_____
Finals	27 Women 200 Freestyle	16	2u	05:12 PM	_____
Finals	28 Men 200 Freestyle	16	2u	05:18 PM	_____
Finals	29 Women 15-16 50 Backstroke	16	2u	05:23 PM	_____
Finals	30 Men 15-16 50 Backstroke	16	2u	05:26 PM	_____
Finals	31 Women 50 Backstroke	16	2u	05:29 PM	_____
Finals	32 Men 50 Backstroke	16	2u	05:32 PM	_____
Finals	33 Women 15-16 200 Breaststroke	16	2u	05:35 PM	_____
Finals	34 Men 15-16 200 Breaststroke	16	2u	05:43 PM	_____
Finals	35 Women 200 Breaststroke	16	2u	05:49 PM	_____
Finals	36 Men 200 Breaststroke	16	2u	05:56 PM	_____
Finals	37 Women 15-16 100 Butterfly	16	2u	06:03 PM	_____
Finals	38 Men 15-16 100 Butterfly	16	2u	06:07 PM	_____
Finals	39 Women 100 Butterfly	16	2u	06:10 PM	_____
Finals	40 Men 100 Butterfly	16	2u	06:14 PM	_____
Finals	41 Women 15-16 400 IM	15	2u	06:17 PM	_____
Finals	42 Men 15-16 400 IM	16	2u	06:30 PM	_____
Finals	43 Women 400 IM	16	2u	06:41 PM	_____
Finals	44 Men 400 IM	16	2u	06:54 PM	_____
	Break: 5 Minutes				
Finals	45 Women 800 Freestyle Relay	15	2u	07:10 PM	_____
Finals	46 Men 800 Freestyle Relay	17	3u	07:29 PM	_____
	Swimmer Count for Warm-ups: 238	=====	=====		
	Entry / Heat Totals:	351	45		
	Finish Time			07:56 PM	_____

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Session: 5 Sunday - Prelims

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

Round	Event	Entries	Heats	Starts at	
Prelims	49 Women 15-16 100 Backstroke	53	7	08:30 AM	_____
Prelims	50 Men 15-16 100 Backstroke	47	6	08:43 AM	_____
Prelims	51 Women 100 Backstroke	59	8	08:53 AM	_____
Prelims	52 Men 100 Backstroke	48	6	09:07 AM	_____
Prelims	53 Women 15-16 50 Butterfly	53	7	09:17 AM	_____
Prelims	54 Men 15-16 50 Butterfly	60	8	09:23 AM	_____
Prelims	55 Women 50 Butterfly	67	9	09:29 AM	_____
Prelims	56 Men 50 Butterfly	82	11	09:36 AM	_____
Prelims	57 Women 15-16 100 Breaststroke	28	4	09:44 AM	_____
Prelims	58 Men 15-16 100 Breaststroke	38	5	09:51 AM	_____
Prelims	59 Women 100 Breaststroke	40	5	09:59 AM	_____
Prelims	60 Men 100 Breaststroke	46	6	10:07 AM	_____
Prelims	61 Women 15-16 50 Freestyle	84	11	10:16 AM	_____
Prelims	62 Men 15-16 50 Freestyle	99	13	10:25 AM	_____
Prelims	63 Women 50 Freestyle	108	14	10:34 AM	_____
Prelims	64 Men 50 Freestyle	111	14	10:45 AM	_____
Prelims	65 Women 15-16 200 IM	33	5	10:55 AM	_____
Prelims	66 Men 15-16 200 IM	38	5	11:09 AM	_____
Prelims	67 Women 200 IM	56	7	11:23 AM	_____
Prelims	68 Men 200 IM	58	8	11:44 AM	_____
	Break: 10 Minutes				
Finals-S	69 Women 1500 Freestyle	12	2u	12:15 PM	_____
Finals-S	70 Men 1500 Freestyle	24	3u	12:53 PM	_____
	Swimmer Count for Warm-ups: 582	=====	=====		
	Entry / Heat Totals:	1,244	164		
	Finish Time			01:47 PM	_____

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Session: 6 Sunday - Finals

Day of Meet: 3 Starts at 05:00 PM Heat Interval: 45 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	47 Women 200 Medley Relay	18	3u	05:00 PM	_____
Finals	48 Men 200 Medley Relay	25	4u	05:10 PM	_____
Finals	49 Women 15-16 100 Backstroke	16	2u	05:22 PM	_____
Finals	50 Men 15-16 100 Backstroke	16	2u	05:26 PM	_____
Finals	51 Women 100 Backstroke	16	2u	05:30 PM	_____
Finals	52 Men 100 Backstroke	16	2u	05:35 PM	_____
Finals-1	69 Women 1500 Freestyle	8	1u	05:39 PM	_____
Finals	53 Women 15-16 50 Butterfly	16	2u	05:58 PM	_____
Finals	54 Men 15-16 50 Butterfly	16	2u	06:01 PM	_____
Finals	55 Women 50 Butterfly	16	2u	06:03 PM	_____
Finals	56 Men 50 Butterfly	16	2u	06:06 PM	_____
Finals	57 Women 15-16 100 Breaststroke	16	2u	06:08 PM	_____
Finals	58 Men 15-16 100 Breaststroke	16	2u	06:12 PM	_____
Finals	59 Women 100 Breaststroke	16	2u	06:16 PM	_____
Finals	60 Men 100 Breaststroke	16	2u	06:20 PM	_____
Finals-1	70 Men 1500 Freestyle	8	1u	06:24 PM	_____
Finals	61 Women 15-16 50 Freestyle	16	2u	06:42 PM	_____
Finals	62 Men 15-16 50 Freestyle	16	2u	06:45 PM	_____
Finals	63 Women 50 Freestyle	16	2u	06:47 PM	_____
Finals	64 Men 50 Freestyle	16	2u	06:50 PM	_____
Finals	65 Women 15-16 200 IM	16	2u	06:52 PM	_____
Finals	66 Men 15-16 200 IM	16	2u	06:59 PM	_____
Finals	67 Women 200 IM	16	2u	07:05 PM	_____
Finals	68 Men 200 IM	16	2u	07:11 PM	_____
	Break: 5 Minutes				
Finals	71 Women 400 Medley Relay	17	3u	07:22 PM	_____
Finals	72 Men 400 Medley Relay	22	3u	07:39 PM	_____
	Swimmer Count for Warm-ups: 258	=====	=====		
	Entry / Heat Totals:	418	55		
	Finish Time			07:55 PM	_____