

2025 MN NSAC 10&U LC State Championship - 7/23/2025 to 7/24/2025 10&U**LC State Championship****Hosted by: North Suburban Aquatic Center****Session Report**

Session: 1 Wednesday Timed Finals

Day of Meet: 1 Starts at 03:30 PM Heat Interval: 30 Seconds / Back +15 Seconds

Deck Access 2:30PM - Warmups 2:45-3:25PM

Round	Event	Entries	Heats	Starts at	
Finals	1 Girls 10 & Under 200 Freestyle Relay	39	5	03:30 PM	_____
Finals	2 Boys 10 & Under 200 Freestyle Relay	25	4	03:47 PM	_____
	Break: 5 Minutes: Relay Break				
Finals	3 Girls 9-10 50 Freestyle	46	6	04:06 PM	_____
Finals	4 Boys 9-10 50 Freestyle	43	6	04:12 PM	_____
Finals	5 Girls 8 & Under 50 Freestyle	41	6	04:19 PM	_____
Finals	6 Boys 8 & Under 50 Freestyle	46	6	04:27 PM	_____
	Break: 12 Minutes: 200 Freestyle Relay Awards				
Finals	7 Girls 10 & Under 100 Butterfly	25	4	04:47 PM	_____
Finals	8 Boys 10 & Under 100 Butterfly	26	4	04:55 PM	_____
	Break: 8 Minutes: 50 Freestyle Awards				
Finals	9 Girls 8 & Under 50 Breaststroke	38	5	05:13 PM	_____
Finals	10 Boys 8 & Under 50 Breaststroke	35	5	05:21 PM	_____
Finals	11 Girls 9-10 50 Breaststroke	54	7	05:29 PM	_____
Finals	12 Boys 9-10 50 Breaststroke	43	6	05:38 PM	_____
	Break: 8 Minutes: 100 Butterfly Awards				
Finals	13 Girls 10 & Under 100 Backstroke	35	5	05:54 PM	_____
Finals	14 Boys 10 & Under 100 Backstroke	34	5	06:06 PM	_____
	Break: 10 Minutes: 50 Breaststroke Awards				
Finals	15 Girls 10 & Under 400 Freestyle	23	3	06:28 PM	_____
Finals	16 Boys 10 & Under 400 Freestyle	27	4	06:48 PM	_____
	Break: 8 Minutes: 100 Backstroke Awards				
	Swimmers Counts for Warm-ups: 348	=====	=====		
	Entry / Heat Totals:	580	81		
	Finish Time			07:24 PM	_____

Relay cards are due at 3:10 PM.**Time Trials are due at the start of E15 Girls 10 & U 400 Freestyle.****Awards for E15 and E16 Girls/Boys 10 & U 400 Freestyle will be on Thursday at 3:20PM.**

2025 MN NSAC 10&U LC State Championship - 7/23/2025 to 7/24/2025 10&U**LC State Championship****Hosted by: North Suburban Aquatic Center****Session Report**

Session: 2 Thursday Timed Finals

Day of Meet: 2 Starts at 03:30 PM Heat Interval: 30 Seconds / Back +15 Seconds

Deck Access 2:30PM - Warmups 2:45-3:20PM**Awards for E15 and E16 Girls/Boys 400 Freestyle 3:20PM**

Round	Event	Entries	Heats	Starts at	
Finals	17 Girls 10 & Under 200 Medley Relay	37	5	03:30 PM	_____
Finals	18 Boys 10 & Under 200 Medley Relay	25	4	03:51 PM	_____
	Break: 5 Minutes: Relay Break				
Finals	19 Girls 10 & Under 200 IM	31	4	04:13 PM	_____
Finals	20 Boys 10 & Under 200 IM	30	4	04:28 PM	_____
	Break: 12 Minutes: 200 Medley Relay Awards				
Finals	21 Girls 8 & Under 50 Backstroke	48	6	04:56 PM	_____
Finals	22 Boys 8 & Under 50 Backstroke	44	6	05:06 PM	_____
Finals	23 Girls 9-10 50 Backstroke	36	5	05:16 PM	_____
Finals	24 Boys 9-10 50 Backstroke	41	6	05:23 PM	_____
	Break: 8 Minutes: 200IM Awards				
Finals	25 Girls 8 & Under 100 Freestyle	41	6	05:40 PM	_____
Finals	26 Boys 8 & Under 100 Freestyle	45	6	05:54 PM	_____
Finals	27 Girls 9-10 100 Freestyle	42	6	06:08 PM	_____
Finals	28 Boys 9-10 100 Freestyle	31	4	06:19 PM	_____
	Break: 8 Minutes: 50 Backstroke Awards				
Finals	29 Girls 10 & Under 100 Breaststroke	55	7	06:35 PM	_____
Finals	30 Boys 10 & Under 100 Breaststroke	35	5	06:51 PM	_____
	Break: 8 Minutes: 100 Freestyle Awards				
Finals	31 Girls 8 & Under 50 Butterfly	37	5	07:11 PM	_____
Finals	32 Boys 8 & Under 50 Butterfly	34	5	07:19 PM	_____
Finals	33 Girls 9-10 50 Butterfly	39	5	07:27 PM	_____
Finals	34 Boys 9-10 50 Butterfly	37	5	07:33 PM	_____
	Break: 8 Minutes: 100 Breaststroke Awards				
Finals	35 Girls 10 & Under 200 Freestyle	28	4	07:47 PM	_____
Finals	36 Boys 10 & Under 200 Freestyle	40	5	08:01 PM	_____
	Break: 15 Minutes: 50 Butterfly and 200 Freestyle Awards				
	Awards	=====	=====		
	Swimmers Counts for Warm-ups: 351	756	103		
	Entry / Heat Totals:			08:33 PM	_____
	Finish Time				

Relay cards are due by 3:10 PM.