

2023 MW Midwestern Long Course Champs - 7/27/2023 to 7/30/2023**Lincoln NE Woods Park Pool - 50 m, Sanction #: MWS23038****Session Report**

Session: 1 Thursday Evening

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

Round	Event	Entries	Heats	Starts at	
Finals	1 Girls 13-14 800 Freestyle Relay	5	1 u	05:15 PM	_____
Finals	3 Girls 11 & Over 800 Freestyle Relay	7	1 u	05:26 PM	_____
Finals	2 Boys 13-14 800 Freestyle Relay	6	1 u	05:37 PM	_____
Finals	4 Boys 11 & Over 800 Freestyle Relay	7	1 u	05:49 PM	_____
Finals	5 Girls 11 & Over 1500 Freestyle	14	2 u	06:00 PM	_____
Finals	6 Boys 11 & Over 800 Freestyle	21	3 u	06:43 PM	_____
	Swimmers Counts for Warm-ups: 107	=====	=====		
	Entry / Heat Totals:	60	9		
	Finish Time			07:15 PM	_____

Session: 2 Friday Morning

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

Round	Event	Entries	Heats	Starts at	
Prelims	7 Girls 13-14 100 Butterfly	21	3 u	08:00 AM	_____
Prelims	8 Boys 13-14 100 Butterfly	11	2 u	08:05 AM	_____
Prelims	9 Girls 15 & Over 100 Butterfly	43	6 u	08:08 AM	_____
Prelims	10 Boys 15 & Over 100 Butterfly	44	6 u	08:17 AM	_____
Prelims	11 Girls 13-14 200 Breaststroke	16	2 u	08:25 AM	_____
Prelims	12 Boys 13-14 200 Breaststroke	11	2 u	08:32 AM	_____
Prelims	13 Girls 15 & Over 200 Breaststroke	30	4 u	08:39 AM	_____
Prelims	14 Boys 15 & Over 200 Breaststroke	22	3 u	08:53 AM	_____
Finals-S	15 Girls 13 & Over 400 Freestyle	19	3 u	09:02 AM	_____
Finals-S	16 Boys 13 & Over 400 Freestyle	21	3 u	09:18 AM	_____
Prelims	17 Girls 13-14 200 IM	37	5 u	09:33 AM	_____
Prelims	18 Boys 13-14 200 IM	23	3 u	09:49 AM	_____
Prelims	19 Girls 15 & Over 200 IM	41	6 u	09:58 AM	_____
Prelims	20 Boys 15 & Over 200 IM	52	7 u	10:17 AM	_____
Prelims	21 Girls 13 & Over 50 Backstroke	87	11 u	10:36 AM	_____
Prelims	22 Boys 13 & Over 50 Backstroke	76	10 u	10:49 AM	_____
Finals	23 Girls 13-14 400 Medley Relay	12	2 u	11:00 AM	_____
Finals	25 Girls 11 & Over 400 Medley Relay	17	3 u	11:12 AM	_____
Finals	24 Boys 13-14 400 Medley Relay	9	2 u	11:30 AM	_____
Finals	26 Boys 11 & Over 400 Medley Relay	17	3 u	11:42 AM	_____
	Swimmers Counts for Warm-ups: 324	=====	=====		
	Entry / Heat Totals:	609	86		
	Finish Time			11:59 AM	_____

2023 MW Midwestern Long Course Champs - 7/27/2023 to 7/30/2023**Lincoln NE Woods Park Pool - 50 m, Sanction #: MWS23038****Session Report**

Session: 3 Friday Afternoon

Day of Meet: 2 Starts at 01:15 PM Heat Interval: 15 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	31 Girls 11-12 200 Backstroke	21	3 u	01:15 PM	_____
Finals	32 Boys 11-12 200 Backstroke	16	2 u	01:27 PM	_____
Finals	33 Girls 10 & Under 50 Butterfly	19	3 u	01:34 PM	_____
Finals	34 Boys 10 & Under 50 Butterfly	15	2 u	01:37 PM	_____
Finals	35 Girls 11-12 50 Butterfly	20	3 u	01:39 PM	_____
Finals	36 Boys 11-12 50 Butterfly	13	2 u	01:42 PM	_____
	Break: 5 Minutes: Awards				
Finals	37 Girls 10 & Under 200 Freestyle	26	4 u	01:49 PM	_____
Finals	38 Boys 10 & Under 200 Freestyle	17	3 u	02:03 PM	_____
Finals	39 Girls 11-12 200 Freestyle	21	3 u	02:14 PM	_____
Finals	40 Boys 11-12 200 Freestyle	25	4 u	02:24 PM	_____
	Break: 10 Minutes: Awards				
Finals	41 Girls 10 & Under 100 Breaststroke	18	3 u	02:46 PM	_____
Finals	42 Boys 10 & Under 100 Breaststroke	16	2 u	02:53 PM	_____
Finals	43 Girls 11-12 100 Breaststroke	19	3 u	02:58 PM	_____
Finals	44 Boys 11-12 100 Breaststroke	14	2 u	03:04 PM	_____
	Break: 10 Minutes: Awards				
Finals	45 Girls 11-12 400 Medley Relay	10	2 u	03:17 PM	_____
Finals	46 Boys 11-12 400 Medley Relay	6	1 u	03:31 PM	_____
Finals	47 Girls 11-12 400 IM	11	2 u	03:38 PM	_____
Finals	48 Boys 11-12 400 IM	4	1 u	03:52 PM	_____
	Break: 10 Minutes: Awards				
	Swimmers Counts for Warm-ups: 152	====	====		
	Entry / Heat Totals:	291	45		
	Finish Time			04:09 PM	_____

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Session: 5 Saturday Morning

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

Round	Event	Entries	Heats	Starts at	
Prelims	49 Girls 13-14 200 Freestyle	33	5 u	08:00 AM	_____
Prelims	50 Boys 13-14 200 Freestyle	31	4 u	08:15 AM	_____
Prelims	51 Girls 15 & Over 200 Freestyle	64	8 u	08:25 AM	_____
Prelims	52 Boys 15 & Over 200 Freestyle	65	9 u	08:47 AM	_____
Prelims	53 Girls 13-14 100 Backstroke	26	4 u	09:10 AM	_____
Prelims	54 Boys 13-14 100 Backstroke	15	2 u	09:17 AM	_____
Prelims	55 Girls 15 & Over 100 Backstroke	42	6 u	09:21 AM	_____
Prelims	56 Boys 15 & Over 100 Backstroke	38	5 u	09:31 AM	_____
Finals-S	57 Girls 13 & Over 400 IM	7	1 u	09:40 AM	_____
Finals-S	58 Boys 13 & Over 400 IM	11	2 u	09:46 AM	_____
Prelims	59 Girls 13-14 50 Freestyle	53	7 u	09:58 AM	_____
Prelims	60 Boys 13-14 50 Freestyle	39	5 u	10:03 AM	_____
Prelims	61 Girls 15 & Over 50 Freestyle	83	11 u	10:07 AM	_____
Prelims	62 Boys 15 & Over 50 Freestyle	87	11 u	10:15 AM	_____
Prelims	63 Girls 13 & Over 50 Breaststroke	81	11 u	10:23 AM	_____
Prelims	64 Boys 13 & Over 50 Breaststroke	68	9 u	10:35 AM	_____
Finals	65 Girls 11 & Over 800 Freestyle	21	3 u	10:43 AM	_____
	Swimmers Counts for Warm-ups: 342	=====	=====		
	Entry / Heat Totals:	764	103		
	Finish Time			11:17 AM	_____

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Session: 6 Saturday Afternoon

Day of Meet: 3 Starts at 01:15 PM Heat Interval: 15 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	71 Girls 11-12 200 Freestyle Relay	10	2 u	01:15 PM	_____
Finals	72 Boys 11-12 200 Freestyle Relay	6	1 u	01:21 PM	_____
Finals	73 Girls 10 & Under 200 Freestyle Relay	9	2 u	01:24 PM	_____
Finals	74 Boys 10 & Under 200 Freestyle Relay	7	1 u	01:31 PM	_____
Finals	75 Girls 11-12 200 Butterfly	5	1 u	01:34 PM	_____
Finals	76 Boys 11-12 200 Butterfly	2	1 u	01:38 PM	_____
	Break: 10 Minutes: Awards				
Finals	77 Girls 10 & Under 100 Freestyle	28	4 u	01:51 PM	_____
Finals	78 Boys 10 & Under 100 Freestyle	30	4 u	01:58 PM	_____
Finals	79 Girls 11-12 100 Freestyle	38	5 u	02:05 PM	_____
Finals	80 Boys 11-12 100 Freestyle	30	4 u	02:13 PM	_____
	Break: 5 Minutes: Awards				
Finals	81 Girls 10 & Under 50 Backstroke	37	5 u	02:24 PM	_____
Finals	82 Boys 10 & Under 50 Backstroke	35	5 u	02:31 PM	_____
Finals	83 Girls 11-12 50 Backstroke	24	3 u	02:38 PM	_____
Finals	84 Boys 11-12 50 Backstroke	20	3 u	02:41 PM	_____
	Break: 10 Minutes: Awards				
Finals	85 Girls 10 & Under 200 IM	19	3 u	02:55 PM	_____
Finals	86 Boys 10 & Under 200 IM	17	3 u	03:07 PM	_____
Finals	87 Girls 11-12 200 IM	27	4 u	03:20 PM	_____
Finals	88 Boys 11-12 200 IM	18	3 u	03:34 PM	_____
	Break: 10 Minutes: Awards				
Finals	89 Girls 11-12 400 Freestyle	7	1 u	03:54 PM	_____
Finals	90 Boys 11-12 400 Freestyle	8	1 u	04:00 PM	_____
	Break: 10 Minutes:				
	Swimmers Counts for Warm-ups: 189	=====	=====		
	Entry / Heat Totals:	377	56		
	Finish Time			04:16 PM	_____

2023 MW Midwestern Long Course Champs - 7/27/2023 to 7/30/2023**Lincoln NE Woods Park Pool - 50 m, Sanction #: MWS23038****Session Report**

Session: 8 Sunday Morning

Day of Meet: 4 Starts at 08:00 AM Heat Interval: 15 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Prelims	91 Girls 13-14 200 Butterfly	6	1 u	08:00 AM	_____
Prelims	92 Boys 13-14 200 Butterfly	6	1 u	08:04 AM	_____
Prelims	93 Girls 15 & Over 200 Butterfly	8	1 u	08:07 AM	_____
Prelims	94 Boys 15 & Over 200 Butterfly	17	3 u	08:10 AM	_____
Prelims	95 Girls 13-14 100 Freestyle	45	6 u	08:18 AM	_____
Prelims	96 Boys 13-14 100 Freestyle	35	5 u	08:27 AM	_____
Prelims	97 Girls 15 & Over 100 Freestyle	78	10 u	08:34 AM	_____
Prelims	98 Boys 15 & Over 100 Freestyle	83	11 u	08:47 AM	_____
Prelims	99 Girls 13-14 100 Breaststroke	18	3 u	09:01 AM	_____
Prelims	100 Boys 13-14 100 Breaststroke	15	2 u	09:07 AM	_____
Prelims	101 Girls 15 & Over 100 Breaststroke	37	5 u	09:10 AM	_____
Prelims	102 Boys 15 & Over 100 Breaststroke	36	5 u	09:19 AM	_____
Prelims	103 Girls 13-14 200 Backstroke	20	3 u	09:27 AM	_____
Prelims	104 Boys 13-14 200 Backstroke	16	2 u	09:37 AM	_____
Prelims	105 Girls 15 & Over 200 Backstroke	30	4 u	09:43 AM	_____
Prelims	106 Boys 15 & Over 200 Backstroke	24	3 u	09:56 AM	_____
Prelims	107 Girls 13 & Over 50 Butterfly	119	15 u	10:05 AM	_____
Prelims	108 Boys 13 & Over 50 Butterfly	92	12 u	10:18 AM	_____
Finals	114 Boys 11 & Over 1500 Freestyle	17	3 u	10:28 AM	_____
	Swimmers Counts for Warm-ups: 343	====	====		
	Entry / Heat Totals:	702	95		
	Finish Time			11:31 AM	_____

2023 MW Midwestern Long Course Champs - 7/27/2023 to 7/30/2023**Lincoln NE Woods Park Pool - 50 m, Sanction #: MWS23038****Session Report**

Session: 9 Sunday Afternoon

Day of Meet: 4 Starts at 01:15 PM Heat Interval: 15 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	115 Girls 11-12 200 Medley Relay	9	2 u	01:15 PM	_____
Finals	116 Boys 11-12 200 Medley Relay	5	1 u	01:22 PM	_____
Finals	117 Girls 10 & Under 200 Medley Relay	9	2 u	01:26 PM	_____
Finals	118 Boys 10 & Under 200 Medley Relay	6	1 u	01:35 PM	_____
Finals	119 Girls 11-12 200 Breaststroke	13	2 u	01:39 PM	_____
Finals	120 Boys 11-12 200 Breaststroke	8	1 u	01:47 PM	_____
	Break: 10 Minutes: Awards				
Finals	121 Girls 10 & Under 100 Backstroke	31	4 u	02:01 PM	_____
Finals	122 Boys 10 & Under 100 Backstroke	22	3 u	02:10 PM	_____
Finals	123 Girls 11-12 100 Backstroke	31	4 u	02:17 PM	_____
Finals	124 Boys 11-12 100 Backstroke	20	3 u	02:25 PM	_____
	Break: 5 Minutes: Awards				
Finals	125 Girls 10 & Under 50 Freestyle	33	5 u	02:36 PM	_____
Finals	126 Boys 10 & Under 50 Freestyle	27	4 u	02:41 PM	_____
Finals	127 Girls 11-12 50 Freestyle	41	6 u	02:45 PM	_____
Finals	128 Boys 11-12 50 Freestyle	34	5 u	02:50 PM	_____
	Break: 10 Minutes: Awards				
Finals	129 Girls 10 & Under 100 Butterfly	5	1 u	03:04 PM	_____
Finals	130 Boys 10 & Under 100 Butterfly	5	1 u	03:06 PM	_____
Finals	131 Girls 11-12 100 Butterfly	13	2 u	03:08 PM	_____
Finals	132 Boys 11-12 100 Butterfly	9	2 u	03:12 PM	_____
	Break: 10 Minutes: Awards				
Finals	133 Girls 10 & Under 50 Breaststroke	26	4 u	03:25 PM	_____
Finals	134 Boys 10 & Under 50 Breaststroke	17	3 u	03:30 PM	_____
Finals	135 Girls 11-12 50 Breaststroke	23	3 u	03:34 PM	_____
Finals	136 Boys 11-12 50 Breaststroke	13	2 u	03:37 PM	_____
	Break: 10 Minutes: Awards				
Finals	137 Girls 11-12 400 Freestyle Relay	9	2 u	03:49 PM	_____
Finals	138 Boys 11-12 400 Freestyle Relay	5	1 u	04:01 PM	_____
	Break: 10 Minutes: Awards				
	Swimmers Counts for Warm-ups: 188	=====	=====		
	Entry / Heat Totals:	414	64		
	Finish Time			04:17 PM	_____