

**GSCY 2023 Long Course Cup - 6/2/2023 to 6/4/2023
Session Report**

Session: 1A 11/Over 200 Back & Breast

Day of Meet: 1 Starts at 05:10 PM Heat Interval: 15 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	Actual
Finals	1 Girls 11 & Over 200 Backstroke	79	8 u	05:10 PM	NA
Finals	2 Boys 11 & Over 200 Backstroke	94	10 u	05:36 PM	NA
Finals	3 Girls 11 & Over 200 Breaststroke	72	8 u	06:08 PM	NA
	Swimmers Counts for Warm-ups: 245	=====	=====		
	Entry / Heat Totals:	245	26		
	Finish Time			06:35 PM	e06:35 PM
	=====				
	Team - #Entries - #Athletes				
	=====				
FSPY	Fanwood-Scotch Plains YMCA	23	23		
GSCY	Greater Somerset County YMCA S	105	105		
LHY	Lakeland Hills YMCA	36	36		
RY	Ridgewood YMCA Breakers Swim T	9	9		
SAY	Summit Area YMCA	18	18		
WFY	Wyckoff YMCA Sharks	24	24		
GMNY	Y Greater Monmouth Swim Team	30	30		

**GSCY 2023 Long Course Cup - 6/2/2023 to 6/4/2023
Session Report**

Session: 1B 11 & Over 200 Fly and 400 Freestyle

Day of Meet: 1 Starts at 07:25 PM Heat Interval: 15 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	Actual
Finals	4 Boys 11 & Over 200 Breaststroke	59	6 u	07:25 PM	NA
Finals	5 Girls 11 & Over 200 Butterfly	25	3 u	07:44 PM	NA
Finals	6 Boys 11 & Over 200 Butterfly	35	4 u	07:54 PM	NA
Finals	7 Girls 11 & Over 400 Freestyle	60	6 u	08:06 PM	NA
Finals	8 Boys 11 & Over 400 Freestyle	55	6 u	08:38 PM	NA
	Swimmers Counts for Warm-ups: 234	=====	=====		
	Entry / Heat Totals:	234	25		
	Finish Time			09:10 PM	e09:10 PM
	=====				
	Team - #Entries - #Athletes				
	=====				
FSPY	Fanwood-Scotch Plains YMCA	21	21		
GSCY	Greater Somerset County YMCA S	67	67		
LHY	Lakeland Hills YMCA	46	46		
RY	Ridgewood YMCA Breakers Swim T	14	14		
SAY	Summit Area YMCA	14	14		
WFY	Wyckoff YMCA Sharks	27	27		
GMNY	Y Greater Monmouth Swim Team	45	45		

**GSCY 2023 Long Course Cup - 6/2/2023 to 6/4/2023
Session Report**

Session: 2 Session 2 10/u girls and boys, 11/12 girls
Day of Meet: 2 Starts at 08:40 AM Heat Interval: 15 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	Actual
Finals	101 Girls 10 & Under 200 Freestyle Relay	5	1 u	08:40 AM	NA
Finals	102 Boys 10 & Under 200 Freestyle Relay	4	1 u	08:44 AM	NA
Finals	103 Girls 11-12 200 Freestyle Relay	8	1 u	08:47 AM	NA
Finals	105 Girls 11-12 50 Freestyle	70	7 u	08:50 AM	NA
Finals	107 Girls 10 & Under 50 Freestyle	24	3 u	08:56 AM	NA
Finals	108 Boys 10 & Under 50 Freestyle	36	4 u	08:59 AM	NA
Finals	109 Girls 11-12 100 Butterfly	25	3 u	09:03 AM	NA
Finals	111 Girls 10 & Under 100 Butterfly	9	1 u	09:08 AM	NA
Finals	112 Boys 10 & Under 100 Butterfly	10	1 u	09:10 AM	NA
Finals	113 Girls 11-12 50 Breaststroke	44	5 u	09:12 AM	NA
Finals	115 Girls 10 & Under 50 Breaststroke	18	2 u	09:18 AM	NA
Finals	116 Boys 10 & Under 50 Breaststroke	23	3 u	09:21 AM	NA
Finals	117 Girls 11-12 100 Backstroke	59	6 u	09:25 AM	NA
Finals	119 Girls 10 & Under 100 Backstroke	24	3 u	09:37 AM	NA
Finals	120 Boys 10 & Under 100 Backstroke	28	3 u	09:44 AM	NA
Finals	121 Girls 11-12 200 Freestyle	41	5 u	09:51 AM	NA
	Swimmers Counts for Warm-ups: 147	====	====		
	Entry / Heat Totals:	428	49		
	Finish Time			10:07 AM	e10:07 AM
	=====				
	Team - #Entries - #Athletes				
	=====				
FSPY	Fanwood-Scotch Plains YMCA	33	12		
GSCY	Greater Somerset County YMCA S	199	64		
LHY	Lakeland Hills YMCA	47	16		
RY	Ridgewood YMCA Breakers Swim T	10	4		
SAY	Summit Area YMCA	25	8		
WFY	Wyckoff YMCA Sharks	48	18		
GMNY	Y Greater Monmouth Swim Team	66	25		

GSCY 2023 Long Course Cup - 6/2/2023 to 6/4/2023**Session Report**

Session: 3 Session 3 13/14 girls and boys, 11/12 boys

Day of Meet: 2 Starts at 11:55 AM Heat Interval: 15 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	Actual
Finals	122 Boys 11-12 200 Freestyle Relay	6	1 u	11:55 AM	NA
Finals	123 Girls 13-14 200 Freestyle Relay	10	1 u	11:58 AM	NA
Finals	124 Boys 13-14 200 Freestyle Relay	11	2 u	12:01 PM	NA
Finals	126 Boys 11-12 50 Freestyle	52	6 u	12:06 PM	NA
Finals	127 Girls 13-14 50 Freestyle	75	8 u	12:12 PM	NA
Finals	128 Boys 13-14 50 Freestyle	94	10 u	12:18 PM	NA
Finals	130 Boys 11-12 100 Butterfly	15	2 u	12:26 PM	NA
Finals	131 Girls 13-14 100 Butterfly	39	4 u	12:29 PM	NA
Finals	132 Boys 13-14 100 Butterfly	55	6 u	12:36 PM	NA
Finals	134 Boys 11-12 50 Breaststroke	38	4 u	12:45 PM	NA
Finals	135 Girls 13-14 50 Breaststroke	15	2 u	12:49 PM	NA
Finals	136 Boys 13-14 50 Breaststroke	23	3 u	12:51 PM	NA
Finals	138 Boys 11-12 100 Backstroke	42	5 u	12:55 PM	NA
Finals	139 Girls 13-14 100 Backstroke	66	7 u	01:05 PM	NA
Finals	140 Boys 13-14 100 Backstroke	68	7 u	01:18 PM	NA
Finals	142 Boys 11-12 200 Freestyle	28	3 u	01:31 PM	NA
Finals	143 Girls 13-14 200 Freestyle	63	7 u	01:41 PM	NA
Finals	144 Boys 13-14 200 Freestyle	79	8 u	02:01 PM	NA
	Swimmers Counts for Warm-ups: 272	=====	=====		
	Entry / Heat Totals:	779	86		
	Finish Time			02:22 PM	e02:22 PM
	=====				
	Team - #Entries - #Athletes				
	=====				
FSPY	Fanwood-Scotch Plains YMCA	60	24		
GSCY	Greater Somerset County YMCA S	306	102		
LHY	Lakeland Hills YMCA	116	38		
RY	Ridgewood YMCA Breakers Swim T	31	12		
SAY	Summit Area YMCA	52	20		
WFY	Wyckoff YMCA Sharks	85	29		
GMNY	Y Greater Monmouth Swim Team	129	47		

GSCY 2023 Long Course Cup - 6/2/2023 to 6/4/2023
Session Report

Session: 4 Session 4 15/Over

Day of Meet: 2 Starts at 04:05 PM Heat Interval: 15 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	Actual
Finals	145 Girls 15 & Over 200 Freestyle Relay	10	1 u	04:05 PM	NA
Finals	146 Boys 15 & Over 200 Freestyle Relay	11	2 u	04:08 PM	NA
Finals	147 Girls 15 & Over 100 Freestyle	109	11 u	04:13 PM	NA
Finals	148 Boys 15 & Over 100 Freestyle	138	14 u	04:28 PM	NA
Finals	149 Girls 15 & Over 50 Breaststroke	27	3 u	04:45 PM	NA
Finals	150 Boys 15 & Over 50 Breaststroke	24	3 u	04:48 PM	NA
Finals	151 Girls 15 & Over 100 Butterfly	70	7 u	04:51 PM	NA
Finals	152 Boys 15 & Over 100 Butterfly	96	10 u	05:01 PM	NA
Finals	153 Girls 15 & Over 50 Backstroke	36	4 u	05:15 PM	NA
Finals	154 Boys 15 & Over 50 Backstroke	34	4 u	05:19 PM	NA
Finals	155 Girls 15 & Over 200 IM	82	9 u	05:24 PM	NA
Finals	156 Boys 15 & Over 200 IM	93	10 u	05:50 PM	NA
	Swimmers Counts for Warm-ups: 273	====	====		
	Entry / Heat Totals:	730	78		
	Finish Time			06:17 PM	e06:17 PM
	=====				
	Team - #Entries - #Athletes				
	=====				
FSPY	Fanwood-Scotch Plains YMCA	94	39		
GSCY	Greater Somerset County YMCA S	240	89		
LHY	Lakeland Hills YMCA	124	41		
RY	Ridgewood YMCA Breakers Swim T	38	13		
SAY	Summit Area YMCA	52	20		
WFY	Wyckoff YMCA Sharks	77	25		
GMNY	Y Greater Monmouth Swim Team	105	46		

**GSCY 2023 Long Course Cup - 6/2/2023 to 6/4/2023
Session Report**

Session: 5 Session 5 10/u girls and boys, 11/12 girls
Day of Meet: 3 Starts at 08:40 AM Heat Interval: 15 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	Actual
Finals	201 Girls 10 & Under 200 Medley Relay	4	1 u	08:40 AM	NA
Finals	202 Boys 10 & Under 200 Medley Relay	4	1 u	08:44 AM	NA
Finals	203 Girls 11-12 200 Medley Relay	8	1 u	08:48 AM	NA
Finals	205 Girls 10 & Under 100 Freestyle	21	3 u	08:51 AM	NA
Finals	206 Boys 10 & Under 100 Freestyle	30	3 u	08:57 AM	NA
Finals	207 Girls 11-12 100 Freestyle	60	6 u	09:02 AM	NA
Finals	209 Girls 10 & Under 50 Butterfly	17	2 u	09:12 AM	NA
Finals	210 Boys 10 & Under 50 Butterfly	17	2 u	09:14 AM	NA
Finals	211 Girls 11-12 50 Butterfly	37	4 u	09:17 AM	NA
Finals	213 Girls 10 & Under 100 Breaststroke	14	2 u	09:21 AM	NA
Finals	214 Boys 10 & Under 100 Breaststroke	9	1 u	09:25 AM	NA
Finals	215 Girls 11-12 100 Breaststroke	40	4 u	09:28 AM	NA
Finals	217 Girls 10 & Under 50 Backstroke	23	3 u	09:36 AM	NA
Finals	218 Boys 10 & Under 50 Backstroke	31	4 u	09:40 AM	NA
Finals	219 Girls 11-12 50 Backstroke	48	5 u	09:45 AM	NA
Finals	221 Girls 10 & Under 200 IM	10	1 u	09:52 AM	NA
Finals	222 Boys 10 & Under 200 IM	14	2 u	09:56 AM	NA
Finals	223 Girls 11-12 200 IM	34	4 u	10:04 AM	NA
	Swimmers Counts for Warm-ups: 149	=====	=====		
	Entry / Heat Totals:	421	49		
	Finish Time			10:18 AM	e10:18 AM
	=====				
	Team - #Entries - #Athletes				
	=====				
FSPY	Fanwood-Scotch Plains YMCA	36	13		
GSCY	Greater Somerset County YMCA S	199	64		
LHY	Lakeland Hills YMCA	41	14		
RY	Ridgewood YMCA Breakers Swim T	10	5		
SAY	Summit Area YMCA	22	11		
WFY	Wyckoff YMCA Sharks	42	16		
GMNY	Y Greater Monmouth Swim Team	71	26		

GSCY 2023 Long Course Cup - 6/2/2023 to 6/4/2023
Session Report

Session: 6 Session 6 13/14 girls & boys, 11/12 boys
 Day of Meet: 3 Starts at 11:55 AM Heat Interval: 15 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	Actual
Finals	226 Boys 11-12 200 Medley Relay	6	1 u	11:55 AM	NA
Finals	227 Girls 13-14 200 Medley Relay	10	1 u	11:59 AM	NA
Finals	228 Boys 13-14 200 Medley Relay	12	2 u	12:02 PM	NA
Finals	230 Boys 11-12 100 Freestyle	48	5 u	12:08 PM	NA
Finals	231 Girls 13-14 100 Freestyle	80	8 u	12:16 PM	NA
Finals	232 Boys 13-14 100 Freestyle	108	11 u	12:28 PM	NA
Finals	234 Boys 11-12 50 Butterfly	30	3 u	12:43 PM	NA
Finals	235 Girls 13-14 50 Butterfly	37	4 u	12:46 PM	NA
Finals	236 Boys 13-14 50 Butterfly	32	4 u	12:49 PM	NA
Finals	238 Boys 11-12 100 Breaststroke	21	3 u	12:53 PM	NA
Finals	239 Girls 13-14 100 Breaststroke	48	5 u	12:59 PM	NA
Finals	240 Boys 13-14 100 Breaststroke	59	6 u	01:08 PM	NA
Finals	242 Boys 11-12 50 Backstroke	43	5 u	01:18 PM	NA
Finals	243 Girls 13-14 50 Backstroke	37	4 u	01:24 PM	NA
Finals	244 Boys 13-14 50 Backstroke	26	3 u	01:29 PM	NA
Finals	246 Boys 11-12 200 IM	19	2 u	01:33 PM	NA
Finals	247 Girls 13-14 200 IM	62	7 u	01:40 PM	NA
Finals	248 Boys 13-14 200 IM	98	10 u	02:02 PM	NA
	Swimmers Counts for Warm-ups: 267	====	====		
	Entry / Heat Totals:	776	84		
	Finish Time			02:31 PM	e02:31 PM
	=====				
	Team - #Entries - #Athletes				
	=====				
FSPY	Fanwood-Scotch Plains YMCA	60	23		
GSCY	Greater Somerset County YMCA S	312	104		
LHY	Lakeland Hills YMCA	118	39		
RY	Ridgewood YMCA Breakers Swim T	28	11		
SAY	Summit Area YMCA	45	15		
WFY	Wyckoff YMCA Sharks	84	28		
GMNY	Y Greater Monmouth Swim Team	129	47		

**GSCY 2023 Long Course Cup - 6/2/2023 to 6/4/2023
Session Report**

Session: 7 Session 7 15/Over

Day of Meet: 3 Starts at 04:05 PM Heat Interval: 15 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	Actual
Finals	249 Girls 15 & Over 200 Medley Relay	11	2 u	04:05 PM	NA
Finals	250 Boys 15 & Over 200 Medley Relay	13	2 u	04:12 PM	NA
Finals	251 Girls 15 & Over 50 Butterfly	49	5 u	04:18 PM	NA
Finals	252 Boys 15 & Over 50 Butterfly	45	5 u	04:22 PM	NA
Finals	253 Girls 15 & Over 100 Breaststroke	55	6 u	04:26 PM	NA
Finals	254 Boys 15 & Over 100 Breaststroke	70	7 u	04:36 PM	NA
Finals	255 Girls 15 & Over 50 Freestyle	89	9 u	04:47 PM	NA
Finals	256 Boys 15 & Over 50 Freestyle	108	11 u	04:54 PM	NA
Finals	257 Girls 15 & Over 100 Backstroke	61	7 u	05:02 PM	NA
Finals	258 Boys 15 & Over 100 Backstroke	62	7 u	05:14 PM	NA
Finals	259 Girls 15 & Over 200 Freestyle	93	10 u	05:25 PM	NA
Finals	260 Boys 15 & Over 200 Freestyle	90	9 u	05:51 PM	NA
Finals	261 Girls 15 & Over 400 IM	14	2 u	06:14 PM	NA
Finals	262 Boys 15 & Over 400 IM	29	3 u	06:26 PM	NA
	Swimmers Counts for Warm-ups: 282	=====	=====		
	Entry / Heat Totals:	789	85		
	Finish Time			06:42 PM	e06:42 PM
	=====				
	Team - #Entries - #Athletes				
	=====				
FSPY	Fanwood-Scotch Plains YMCA	116	44		
GSCY	Greater Somerset County YMCA S	252	91		
LHY	Lakeland Hills YMCA	122	40		
RY	Ridgewood YMCA Breakers Swim T	41	13		
SAY	Summit Area YMCA	49	17		
WFY	Wyckoff YMCA Sharks	80	26		
GMNY	Y Greater Monmouth Swim Team	129	51		