

2025 Niagara Long Course Championship - 7/17/2025 to 7/20/2025**Session Report**

Session: 1 Thursday PM - Timed Finals

Day of Meet: 1 Starts at 05:00 PM Heat Interval: 25 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	1 Girls 13 & Over 800 Freestyle Relay	11	2	05:00 PM	_____
Finals	2 Boys 13 & Over 800 Freestyle Relay	9	2	05:21 PM	_____
Finals	101 Girls 11-12 400 Freestyle	10	2	05:40 PM	_____
Finals	102 Boys 11-12 400 Freestyle	11	2	05:52 PM	_____
Finals	3 Girls 13 & Over 1500 Freestyle	16	2	06:05 PM	_____
Finals	4 Boys 13 & Over 1500 Freestyle	16	2	06:46 PM	_____
	Swimmers Counts for Warm-ups: 53	=====	=====		
	Entry / Heat Totals:	73	12		
	Finish Time			07:26 PM	_____

Session: 2 Friday AM - Prelims 13 and Over

Day of Meet: 2 Starts at 08:00 AM Heat Interval: 25 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals-S	5 Mixed 13 & Over 200 Freestyle Relay	18	3	08:00 AM	_____
	Break: 5 Minutes: break for swimmers in				
Prelims	7 Girls 13 & Over 100 Breaststroke	41	6	08:13 AM	_____
Prelims	8 Boys 13 & Over 100 Breaststroke	43	6	08:25 AM	_____
	Break: 2 Minutes: Timers to Far end				
Prelims	9 Girls 13 & Over 50 Backstroke	36	5	08:37 AM	_____
Prelims	10 Boys 13 & Over 50 Backstroke	32	4	08:47 AM	_____
Prelims	11 Girls 13 & Over 200 Freestyle	53	7	08:54 AM	_____
Prelims	12 Boys 13 & Over 200 Freestyle	53	7	09:15 AM	_____
Prelims	13 Girls 13 & Over 100 Butterfly	38	5	09:35 AM	_____
Prelims	14 Boys 13 & Over 100 Butterfly	47	6	09:44 AM	_____
	Break: 2 Minutes: Timers to Far end				
Prelims	15 Girls 13 & Over 50 Freestyle	75	10	09:56 AM	_____
Prelims	16 Boys 13 & Over 50 Freestyle	89	12	10:05 AM	_____
Prelims	17 Girls 13 & Over 400 IM	27	4	10:16 AM	_____
Prelims	18 Boys 13 & Over 400 IM	24	3	10:41 AM	_____
Finals-S	19 Girls 13 & Over 400 Medley Relay	10	2	11:00 AM	_____
Finals-S	20 Boys 13 & Over 400 Medley Relay	9	2	11:12 AM	_____
	Swimmers Counts for Warm-ups: 276	=====	=====		
	Entry / Heat Totals:	595	82		
	Finish Time			11:24 AM	_____

2025 Niagara Long Course Championship - 7/17/2025 to 7/20/2025**Session Report**

Session: 3 Friday Afternoon - 12 and Under
 Day of Meet: 2 Starts at 12:30 PM Heat Interval: 25 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	103 Girls 11-12 200 Backstroke	13	2	12:30 PM	_____
Finals	104 Boys 11-12 200 Backstroke	7	1	12:38 PM	_____
Finals	105 Girls 10 & Under 100 Breaststroke	18	3	12:42 PM	_____
Finals	106 Boys 10 & Under 100 Breaststroke	22	3	12:50 PM	_____
Prelims	107 Girls 11-12 100 Breaststroke	15	2	12:57 PM	_____
Prelims	108 Boys 11-12 100 Breaststroke	21	3	01:02 PM	_____
Break: 2 Minutes: Timers to Far end					
Finals	109 Girls 10 & Under 50 Freestyle	24	3	01:11 PM	_____
Finals	110 Boys 10 & Under 50 Freestyle	29	4	01:14 PM	_____
Prelims	111 Girls 11-12 50 Freestyle	29	4	01:19 PM	_____
Prelims	112 Boys 11-12 50 Freestyle	35	5	01:23 PM	_____
Finals	113 Girls 10 & Under 200 IM	14	2	01:28 PM	_____
Finals	114 Boys 10 & Under 200 IM	15	2	01:37 PM	_____
Prelims	115 Girls 11-12 200 IM	14	2	01:46 PM	_____
Prelims	116 Boys 11-12 200 IM	16	2	01:54 PM	_____
Finals	117 Girls 10 & Under 400 Medley Relay	6	1	02:01 PM	_____
Finals	118 Boys 10 & Under 400 Medley Relay	6	1	02:09 PM	_____
Finals	119 Girls 12 & Under 400 Medley Relay	11	2	02:18 PM	_____
Finals	120 Boys 12 & Under 400 Medley Relay	8	1	02:34 PM	_____
Swimmers Counts for Warm-ups: 161		=====	=====		
Entry / Heat Totals:		303	43		
Finish Time				02:43 PM	_____

Session: 5 Saturday AM - Prelims 13 and Over
 Day of Meet: 3 Starts at 08:00 AM Heat Interval: 25 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals-S	21 Girls 13 & Over 200 Freestyle Relay	10	2	08:00 AM	_____
Finals-S	22 Boys 13 & Over 200 Freestyle Relay	12	2	08:06 AM	_____
Prelims	23 Girls 13 & Over 200 IM	42	6	08:11 AM	_____
Prelims	24 Boys 13 & Over 200 IM	50	7	08:30 AM	_____
Prelims	25 Girls 13 & Over 200 Breaststroke	32	4	08:52 AM	_____
Prelims	26 Boys 13 & Over 200 Breaststroke	33	5	09:08 AM	_____
Break: 2 Minutes: Timers to Far end					
Prelims	27 Girls 13 & Over 50 Butterfly	57	8	09:28 AM	_____
Prelims	28 Boys 13 & Over 50 Butterfly	55	7	09:37 AM	_____
Break: 2 Minutes: Timers to Near end					
Prelims	29 Girls 13 & Over 100 Backstroke	57	8	09:48 AM	_____
Prelims	30 Boys 13 & Over 100 Backstroke	64	8	10:04 AM	_____
Prelims	31 Girls 13 & Over 400 Freestyle	37	5	10:19 AM	_____
Prelims	32 Boys 13 & Over 400 Freestyle	42	6	10:47 AM	_____
Swimmers Counts for Warm-ups: 262		=====	=====		
Entry / Heat Totals:		491	68		
Finish Time				11:19 AM	_____

2025 Niagara Long Course Championship - 7/17/2025 to 7/20/2025**Session Report**

Session: 6 Saturday Afternoon - 12 and Under
 Day of Meet: 3 Starts at 12:30 PM Heat Interval: 25 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	121 Girls 10 & Under 200 Medley Relay	7	1	12:30 PM	_____
Finals	122 Boys 10 & Under 200 Medley Relay	5	1	12:34 PM	_____
Finals	123 Girls 12 & Under 200 Medley Relay	10	2	12:40 PM	_____
Finals	124 Boys 12 & Under 200 Medley Relay	8	1	12:46 PM	_____
Finals	125 Girls 11-12 200 Breaststroke	10	2	12:50 PM	_____
Finals	126 Boys 11-12 200 Breaststroke	12	2	12:59 PM	_____
Finals	127 Girls 10 & Under 100 Butterfly	11	2	01:07 PM	_____
Finals	128 Boys 10 & Under 100 Butterfly	5	1	01:12 PM	_____
Prelims	129 Girls 11-12 100 Butterfly	16	2	01:15 PM	_____
Prelims	130 Boys 11-12 100 Butterfly	17	3	01:19 PM	_____
Finals	131 Girls 10 & Under 100 Freestyle	28	4	01:25 PM	_____
Finals	132 Boys 10 & Under 100 Freestyle	24	3	01:34 PM	_____
Prelims	133 Girls 11-12 100 Freestyle	28	4	01:40 PM	_____
Prelims	134 Boys 11-12 100 Freestyle	32	4	01:47 PM	_____
Break: 2 Minutes: Timers to Far end					
Finals	135 Girls 10 & Under 50 Backstroke	26	4	01:56 PM	_____
Finals	136 Boys 10 & Under 50 Backstroke	22	3	02:02 PM	_____
Prelims	137 Girls 11-12 50 Backstroke	26	4	02:07 PM	_____
Prelims	138 Boys 11-12 50 Backstroke	28	4	02:12 PM	_____
Finals	139 Girls 10 & Under 200 Freestyle Relay	7	1	02:18 PM	_____
Finals	140 Boys 10 & Under 200 Freestyle Relay	4	1	02:21 PM	_____
Finals	141 Girls 12 & Under 200 Freestyle Relay	10	2	02:24 PM	_____
Finals	142 Boys 12 & Under 200 Freestyle Relay	9	2	02:30 PM	_____
Swimmers Counts for Warm-ups: 158		=====	=====		
Entry / Heat Totals:		345	53		
Finish Time				02:37 PM	_____

2025 Niagara Long Course Championship - 7/17/2025 to 7/20/2025**Session Report**

Session: 8 Sunday AM - Prelims 13 and Over
 Day of Meet: 4 Starts at 08:00 AM Heat Interval: 25 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	35 Girls 13 & Over 200 Medley Relay	16	2	08:00 AM	_____
Finals	36 Boys 13 & Over 200 Medley Relay	17	3	08:12 AM	_____
Prelims	37 Girls 13 & Over 200 Backstroke	43	6	08:28 AM	_____
Prelims	38 Boys 13 & Over 200 Backstroke	36	5	08:50 AM	_____
	Break: 2 Minutes: Timers to Far end				
Prelims	39 Girls 13 & Over 50 Breaststroke	28	4	09:09 AM	_____
Prelims	40 Boys 13 & Over 50 Breaststroke	28	4	09:14 AM	_____
	Break: 2 Minutes: Timers to Near end				
Prelims	41 Girls 13 & Over 100 Freestyle	59	8	09:22 AM	_____
Prelims	42 Boys 13 & Over 100 Freestyle	68	9	09:35 AM	_____
Prelims	43 Girls 13 & Over 200 Butterfly	23	3	09:48 AM	_____
Prelims	44 Boys 13 & Over 200 Butterfly	28	4	09:59 AM	_____
Finals	45 Girls 13 & Over 400 Freestyle Relay	16	2	10:12 AM	_____
Finals	46 Boys 13 & Over 400 Freestyle Relay	16	2	10:22 AM	_____
	Swimmers Counts for Warm-ups: 222	=====	=====		
	Entry / Heat Totals:	378	52		
	Finish Time			10:31 AM	_____

2025 Niagara Long Course Championship - 7/17/2025 to 7/20/2025**Session Report**

Session: 9 Sunday Afternoon - 12 and Under
 Day of Meet: 4 Starts at 11:40 AM Heat Interval: 25 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	143 Mixed 10 & Under 200 Freestyle Relay	9	2	11:40 AM	_____
Finals	144 Mixed 12 & Under 200 Freestyle Relay	15	2	11:47 AM	_____
Break: 5 Minutes: Break for swimmers in					
Finals	145 Girls 10 & Under 200 Freestyle	23	3	11:58 AM	_____
Finals	146 Boys 10 & Under 200 Freestyle	19	3	12:09 PM	_____
Prelims	147 Girls 11-12 200 Freestyle	23	3	12:20 PM	_____
Prelims	148 Boys 11-12 200 Freestyle	22	3	12:31 PM	_____
Finals	149 Girls 11-12 200 Butterfly	0	0	12:41 PM	_____
Finals	150 Boys 11-12 200 Butterfly	2	1	12:41 PM	_____
Break: 2 Minutes: Timers to Far end					
Finals	151 Girls 10 & Under 50 Breaststroke	13	2	12:46 PM	_____
Finals	152 Boys 10 & Under 50 Breaststroke	25	4	12:49 PM	_____
Prelims	153 Girls 11-12 50 Breaststroke	17	3	12:54 PM	_____
Prelims	154 Boys 11-12 50 Breaststroke	15	2	12:58 PM	_____
Break: 2 Minutes: Timers to Near end					
Finals	155 Girls 10 & Under 100 Backstroke	24	3	01:03 PM	_____
Finals	156 Boys 10 & Under 100 Backstroke	22	3	01:11 PM	_____
Prelims	157 Girls 11-12 100 Backstroke	15	2	01:18 PM	_____
Prelims	158 Boys 11-12 100 Backstroke	19	3	01:23 PM	_____
Break: 2 Minutes: Timers to Far end					
Finals	159 Girls 10 & Under 50 Butterfly	13	2	01:32 PM	_____
Finals	160 Boys 10 & Under 50 Butterfly	16	2	01:34 PM	_____
Prelims	161 Girls 11-12 50 Butterfly	24	3	01:37 PM	_____
Prelims	162 Boys 11-12 50 Butterfly	17	3	01:40 PM	_____
Finals	163 Girls 10 & Under 400 Freestyle Relay	7	1	01:44 PM	_____
Finals	164 Boys 10 & Under 400 Freestyle Relay	5	1	01:50 PM	_____
Finals	165 Girls 12 & Under 400 Freestyle Relay	10	2	01:57 PM	_____
Finals	166 Boys 12 & Under 400 Freestyle Relay	11	2	02:11 PM	_____
Swimmers Counts for Warm-ups: 166		=====	=====		
Entry / Heat Totals:		366	55		
Finish Time				02:25 PM	_____

Session: 10 Sunday Distance
 Day of Meet: 4 Starts at 02:50 PM Heat Interval: 25 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals-S	33 Girls 13 & Over 800 Freestyle	18	3	02:50 PM	_____
Finals-S	34 Boys 13 & Over 800 Freestyle	27	4	03:25 PM	_____
Swimmers Counts for Warm-ups: 45		=====	=====		
Entry / Heat Totals:		45	7		
Finish Time				04:00 PM	_____