

Niagara LSC LC Super Circuit & Distance Meet - 7/1/2023**Session Report**

Session: 1 Super Circuit

Day of Meet: 1 Starts at 09:00 AM Heat Interval: 15 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	Actual
Finals	1 Mixed 50 Breaststroke	79	12	09:00 AM	e09:00 AM
	Break: 2 Minutes:				
Finals	2 Mixed 200 Freestyle	68	10	09:17 AM	e09:17 AM
Finals	3 Mixed 100 Backstroke	58	9	09:48 AM	e09:48 AM
	Break: 2 Minutes:				
Finals	4 Mixed 50 Butterfly	41	6	10:08 AM	e10:08 AM
Finals	5 Mixed 50 Freestyle	159	23	10:15 AM	e10:15 AM
Finals	6 Mixed 50 Backstroke	70	10	10:36 AM	e10:36 AM
	Break: 2 Minutes:				
Finals	7 Mixed 100 Breaststroke	84	12	10:52 AM	e10:52 AM
Finals	8 Mixed 200 Backstroke	25	4	11:15 AM	e11:15 AM
Finals	9 Mixed 100 Butterfly	37	6	11:30 AM	e11:30 AM
Finals	10 Mixed 100 Freestyle	140	20	11:40 AM	e11:40 AM
Finals	11 Mixed 200 Butterfly	8	2	12:13 PM	e12:13 PM
	Swimmers Counts for Warm-ups: 266	=====	=====		
	Entry / Heat Totals:	769	114		
	Finish Time			12:19 PM	e12:19 PM

Session: 2 Distance

Day of Meet: 1 Starts at 12:35 PM Heat Interval: 15 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	Actual
Finals	12 Mixed 400 IM	14	2 u	12:35 PM	e12:35 PM
Finals	13 Mixed 400 Freestyle	55	8 u	12:48 PM	e12:48 PM
Finals	14 Mixed 1500 Freestyle	8	2 u	01:33 PM	e01:33 PM
	Swimmers Counts for Warm-ups: 76	=====	=====		
	Entry / Heat Totals:	77	12		
	Finish Time			02:19 PM	e02:19 PM