

Niagara LSC LC Super Circuit & Distance Meet - 6/7/2025**Session Report**

Session: 1 Super Circuit

Day of Meet: 1 Starts at 08:45 AM Heat Interval: 20 Seconds / Back +15 Seconds

Round	Event	Starts at	
Finals	1 Mixed 50 Breaststroke	08:45 AM	_____
Finals	2 Mixed 200 Freestyle	09:02 AM	_____
Finals	3 Mixed 100 Backstroke	09:20 AM	_____
Finals	4 Mixed 50 Butterfly	09:35 AM	_____
Finals	5 Mixed 50 Freestyle	09:43 AM	_____
Finals	6 Mixed 50 Backstroke	10:02 AM	_____
Finals	7 Mixed 100 Breaststroke	10:19 AM	_____
Finals	8 Mixed 200 IM	10:35 AM	_____
Finals	9 Mixed 100 Butterfly	10:54 AM	_____
Finals	10 Mixed 100 Freestyle	11:01 AM	_____
Finals	11 Mixed 200 Breaststroke	11:28 AM	_____
	Swimmers Counts for Warm-ups: 289		
	Finish Time	11:39 AM	_____

Session: 2 Distance

Day of Meet: 1 Starts at 12:00 PM Heat Interval: 20 Seconds / Back +15 Seconds

Round	Event	Starts at	
Finals	12 Mixed 400 IM	12:00 PM	_____
Finals	13 Mixed 400 Freestyle	12:07 PM	_____
Finals	14 Mixed 800 Freestyle	12:41 PM	_____
	Swimmers Counts for Warm-ups: 64		
	Finish Time	01:11 PM	_____