

23 2023 CAL Champs - 7/23/2023 to 7/24/2023**Session Report**

Session: 1 8 and Unders

Day of Meet: 1 Starts at 09:30 AM Heat Interval: 30 Seconds / Back +15 Seconds

Round	Event	Starts at	
Finals	1 Mixed 8 & Under 100 Medley Relay	09:30 AM	_____
	Break: 5 Minutes:		
Finals	2 Boys 6 & Under 25 Freestyle	09:54 AM	_____
Finals	3 Girls 6 & Under 25 Freestyle	10:06 AM	_____
Finals	4 Boys 7-8 25 Freestyle	10:16 AM	_____
Finals	5 Girls 7-8 25 Freestyle	10:28 AM	_____
Finals	6 Boys 6 & Under 25 Backstroke	10:45 AM	_____
Finals	7 Girls 6 & Under 25 Backstroke	10:56 AM	_____
Finals	8 Boys 7-8 25 Backstroke	11:08 AM	_____
Finals	9 Girls 7-8 25 Backstroke	11:22 AM	_____
	Break: 15 Minutes:		
Finals	10 Boys 8 & Under 25 Butterfly	12:02 PM	_____
Finals	11 Girls 8 & Under 25 Butterfly	12:07 PM	_____
	Break: 5 Minutes:		
Finals	12 Boys 8 & Under 25 Breaststroke	12:20 PM	_____
Finals	13 Girls 8 & Under 25 Breaststroke	12:26 PM	_____
	Break: 5 Minutes:		
Finals	14 Mixed 8 & Under 100 Freestyle Relay	12:42 PM	_____
	Swimmers Counts for Warm-ups: 482		
	Finish Time	01:01 PM	_____

23 2023 CAL Champs - 7/23/2023 to 7/24/2023**Session Report**

Session: 2 9-10 year olds

Day of Meet: 1 Starts at 02:30 PM Heat Interval: 20 Seconds / Back +15 Seconds

Round	Event	Starts at	
Finals	15 Boys 10 & Under 100 IM	02:30 PM	_____
Finals	16 Girls 10 & Under 100 IM	02:41 PM	_____
	Break: 5 Minutes:		
Finals	17 Mixed 9-10 200 Medley Relay	02:56 PM	_____
	Break: 5 Minutes:		
Finals	18 Boys 9-10 50 Freestyle	03:32 PM	_____
Finals	19 Girls 9-10 50 Freestyle	03:47 PM	_____
	Break: 10 Minutes:		
Finals	20 Boys 9-10 50 Backstroke	04:14 PM	_____
Finals	21 Girls 9-10 50 Backstroke	04:35 PM	_____
	Break: 15 Minutes:		
Finals	22 Boys 9-10 50 Butterfly	05:11 PM	_____
Finals	23 Girls 9-10 50 Butterfly	05:17 PM	_____
	Break: 15 Minutes:		
Finals	24 Boys 9-10 50 Breaststroke	05:39 PM	_____
Finals	25 Girls 9-10 50 Breaststroke	05:51 PM	_____
	Break: 10 Minutes:		
Finals	26 Mixed 9-10 200 Freestyle Relay	06:17 PM	_____
	Swimmers Counts for Warm-ups: 326		
	Finish Time	06:42 PM	_____

23 2023 CAL Champs - 7/23/2023 to 7/24/2023**Session Report**

Session: 3 11-12 year olds

Day of Meet: 2 Starts at 09:15 AM Heat Interval: 20 Seconds / Back +15 Seconds

Round	Event	Starts at	
Finals	27 Boys 11-12 100 IM	09:15 AM	_____
Finals	28 Girls 11-12 100 IM	09:24 AM	_____
	Break: 5 Minutes:		
Finals	29 Mixed 11-12 200 Medley Relay	09:42 AM	_____
	Break: 10 Minutes:		
Finals	30 Boys 11-12 50 Freestyle	10:15 AM	_____
Finals	31 Girls 11-12 50 Freestyle	10:24 AM	_____
	Break: 10 Minutes:		
Finals	32 Boys 11-12 50 Backstroke	10:45 AM	_____
Finals	33 Girls 11-12 50 Backstroke	10:57 AM	_____
	Break: 15 Minutes:		
Finals	34 Boys 11-12 50 Butterfly	11:27 AM	_____
Finals	35 Girls 11-12 50 Butterfly	11:32 AM	_____
	Break: 10 Minutes:		
Finals	36 Boys 11-12 50 Breaststroke	11:49 AM	_____
Finals	37 Girls 11-12 50 Breaststroke	11:57 AM	_____
	Break: 5 Minutes:		
Finals	38 Mixed 11-12 200 Freestyle Relay	12:13 PM	_____
	Swimmers Counts for Warm-ups: 262		
	Finish Time	12:30 PM	_____

23 2023 CAL Champs - 7/23/2023 to 7/24/2023**Session Report**

Session: 4 13-18 year olds

Day of Meet: 2 Starts at 02:00 PM Heat Interval: 20 Seconds / Back +15 Seconds

Round	Event	Starts at	
Finals	39 Boys 13-14 100 IM	02:00 PM	_____
Finals	40 Girls 13-14 100 IM	02:12 PM	_____
Finals	41 Boys 15-18 100 IM	02:21 PM	_____
Finals	42 Girls 15-18 100 IM	02:28 PM	_____
	Break: 5 Minutes:		
Finals	43 Mixed 13-14 200 Medley Relay	02:43 PM	_____
Finals	44 Mixed 15-18 200 Medley Relay	02:58 PM	_____
	Break: 5 Minutes:		
Finals	45 Boys 13-14 50 Freestyle	03:17 PM	_____
Finals	46 Girls 13-14 50 Freestyle	03:24 PM	_____
Finals	47 Boys 15-18 50 Freestyle	03:31 PM	_____
Finals	48 Girls 15-18 50 Freestyle	03:37 PM	_____
Finals	49 Boys 13-14 50 Backstroke	03:42 PM	_____
Finals	50 Girls 13-14 50 Backstroke	03:50 PM	_____
Finals	51 Boys 15-18 50 Backstroke	03:59 PM	_____
Finals	52 Girls 15-18 50 Backstroke	04:05 PM	_____
	Break: 20 Minutes:		
Finals	53 Boys 13-14 50 Butterfly	04:32 PM	_____
Finals	54 Girls 13-14 50 Butterfly	04:37 PM	_____
Finals	55 Boys 15-18 50 Butterfly	04:42 PM	_____
Finals	56 Girls 15-18 50 Butterfly	04:47 PM	_____
Finals	57 Boys 13-14 50 Breaststroke	04:53 PM	_____
Finals	58 Girls 13-14 50 Breaststroke	05:00 PM	_____
Finals	59 Boys 15-18 50 Breaststroke	05:07 PM	_____
Finals	60 Girls 15-18 50 Breaststroke	05:12 PM	_____
	Break: 5 Minutes:		
Finals	61 Mixed 13-14 200 Freestyle Relay	05:23 PM	_____
Finals	62 Mixed 15-18 200 Freestyle Relay	05:36 PM	_____
	Swimmers Counts for Warm-ups: 368		
	Finish Time	05:47 PM	_____