

2024 VA LC Senior Champs - 7/18/2024 to 7/21/2024**Session Report****Session: 1 Thursday Prelims**

Day of Meet: 1 Starts at 08:30 AM Heat Interval: 20 Seconds / Back +30 Seconds

Round	Event	Entries	Heats	Starts at	
Prelims	1 Women 200 IM	91	12 u	08:30 AM	_____
Prelims	2 Men 200 IM	104	13 u	09:05 AM	_____
Prelims	3 Women 100 Freestyle	121	16 u	09:40 AM	_____
Prelims	4 Men 100 Freestyle	122	16 u	10:02 AM	_____
Prelims	5 Women 100 Breaststroke	73	10 u	10:23 AM	_____
Prelims	6 Men 100 Breaststroke	102	13 u	10:40 AM	_____
Finals-S	7 Women 800 Freestyle Relay	0	0	11:00 AM	_____
Finals-S	8 Men 800 Freestyle Relay	1	1 u	11:00 AM	_____
	Swimmers Counts for Warm-ups: 425	=====	=====		
	Entry / Heat Totals:	614	81		
	Finish Time			11:09 AM	_____

Session: 2 800's and 1500's

Day of Meet: 1 Starts at 02:00 PM Heat Interval: 20 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals-S	9 Women 800 Freestyle	56	8 u	02:00 PM	_____
Finals-S	10 Men 1500 Freestyle	23	3 u	03:36 PM	_____
	Swimmers Counts for Warm-ups: 97	=====	=====		
	Entry / Heat Totals:	79	11		
	Finish Time			04:30 PM	_____

Session: 3 Thursday Finals

Day of Meet: 1 Starts at 05:45 PM Heat Interval: 45 Seconds / Back +30 Seconds

Round	Event	Entries	Heats	Starts at	
Finals-1	9 Women 800 Freestyle	9	1 u	05:45 PM	_____
Finals-1	10 Men 1500 Freestyle	9	1 u	05:58 PM	_____
Finals	1 Women 200 IM	32	4 u	06:16 PM	_____
Finals	2 Men 200 IM	32	4 u	06:29 PM	_____
Finals	3 Women 100 Freestyle	32	4 u	06:41 PM	_____
Finals	4 Men 100 Freestyle	32	4 u	06:48 PM	_____
Finals	5 Women 100 Breaststroke	32	4 u	06:54 PM	_____
Finals	6 Men 100 Breaststroke	32	4 u	07:02 PM	_____
	Break: 10 Minutes:				
Finals-2	7 Women 800 Freestyle Relay	16	2 u	07:20 PM	_____
Finals-2	8 Men 800 Freestyle Relay	16	2 u	07:39 PM	_____
	Swimmers Counts for Warm-ups: 232	=====	=====		
	Entry / Heat Totals:	242	30		
	Finish Time			07:58 PM	_____

2024 VA LC Senior Champs - 7/18/2024 to 7/21/2024**Session Report****Session: 4 Friday Prelims**

Day of Meet: 2 Starts at 08:30 AM Heat Interval: 20 Seconds / Back +30 Seconds

Round	Event	Entries	Heats	Starts at	
Finals-S	11 Women 200 Freestyle Relay	4	1 u	08:30 AM	_____
Finals-S	12 Men 200 Freestyle Relay	8	1 u	08:33 AM	_____
	Break: 10 Minutes:				
Prelims	13 Women 200 Freestyle	122	16 u	08:45 AM	_____
Prelims	14 Men 200 Freestyle	116	15 u	09:26 AM	_____
Prelims	15 Women 100 Butterfly	104	13 u	10:02 AM	_____
Prelims	16 Men 100 Butterfly	122	16 u	10:21 AM	_____
	Break: 10 Minutes:				
Prelims	17 Women 400 IM	47	6 u	10:53 AM	_____
Prelims	18 Men 400 IM	63	8 u	11:27 AM	_____
Finals-S	19 Women 400 Medley Relay	4	1 u	12:09 PM	_____
Finals-S	20 Men 400 Medley Relay	8	1 u	12:15 PM	_____
	Swimmers Counts for Warm-ups: 418	=====	=====		
	Entry / Heat Totals:	598	78		
	Finish Time			12:20 PM	_____

Session: 5 Friday Finals

Day of Meet: 2 Starts at 05:45 PM Heat Interval: 45 Seconds / Back +30 Seconds

Round	Event	Entries	Heats	Starts at	
Finals-2	11 Women 200 Freestyle Relay	16	2 u	05:45 PM	_____
Finals-2	12 Men 200 Freestyle Relay	16	2 u	05:51 PM	_____
	Break: 10 Minutes:				
Finals	13 Women 200 Freestyle	32	4 u	06:06 PM	_____
Finals	14 Men 200 Freestyle	32	4 u	06:17 PM	_____
Finals	15 Women 100 Butterfly	32	4 u	06:28 PM	_____
Finals	16 Men 100 Butterfly	32	4 u	06:35 PM	_____
Finals	17 Women 400 IM	32	4 u	06:42 PM	_____
Finals	18 Men 400 IM	32	4 u	07:06 PM	_____
	Break: 10 Minutes:				
Finals-2	19 Women 400 Medley Relay	16	2 u	07:38 PM	_____
Finals-2	20 Men 400 Medley Relay	16	2 u	07:50 PM	_____
	Swimmers Counts for Warm-ups: 159	=====	=====		
	Entry / Heat Totals:	256	32		
	Finish Time			08:01 PM	_____

2024 VA LC Senior Champs - 7/18/2024 to 7/21/2024**Session Report****Session: 6 Saturday Prelims**

Day of Meet: 3 Starts at 08:30 AM Heat Interval: 20 Seconds / Back +30 Seconds

Round	Event	Entries	Heats	Starts at	
Prelims	21 Women 200 Butterfly	58	8 u	08:30 AM	_____
Prelims	22 Men 200 Butterfly	57	8 u	08:54 AM	_____
Prelims	23 Women 100 Backstroke	105	14 u	09:15 AM	_____
Prelims	24 Men 100 Backstroke	105	14 u	09:43 AM	_____
	Break: 10 Minutes:				
Prelims	25 Women 400 Freestyle	70	9 u	10:20 AM	_____
Prelims	26 Men 400 Freestyle	61	8 u	11:05 AM	_____
Finals-S	27 Women 400 Freestyle Relay	4	1 u	11:42 AM	_____
Finals-S	28 Men 400 Freestyle Relay	6	1 u	11:46 AM	_____
	Swimmers Counts for Warm-ups: 362	=====	=====		
	Entry / Heat Totals:	466	63		
	Finish Time			11:51 AM	_____

Session: 7 Saturday Finals

Day of Meet: 3 Starts at 05:45 PM Heat Interval: 45 Seconds / Back +30 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	21 Women 200 Butterfly	32	4 u	05:45 PM	_____
Finals	22 Men 200 Butterfly	32	4 u	05:58 PM	_____
Finals	23 Women 100 Backstroke	32	4 u	06:10 PM	_____
Finals	24 Men 100 Backstroke	32	4 u	06:19 PM	_____
Finals	25 Women 400 Freestyle	32	4 u	06:28 PM	_____
Finals	26 Men 400 Freestyle	32	4 u	06:49 PM	_____
	Break: 10 Minutes:				
Finals-2	27 Women 400 Freestyle Relay	16	2 u	07:19 PM	_____
Finals-2	28 Men 400 Freestyle Relay	16	2 u	07:29 PM	_____
	Swimmers Counts for Warm-ups: 167	=====	=====		
	Entry / Heat Totals:	224	28		
	Finish Time			07:38 PM	_____

2024 VA LC Senior Champs - 7/18/2024 to 7/21/2024**Session Report****Session: 8 Sunday Prelims**

Day of Meet: 4 Starts at 08:30 AM Heat Interval: 20 Seconds / Back +30 Seconds

Round	Event	Entries	Heats	Starts at	
Prelims	29 Women 200 Backstroke	80	10 u	08:30 AM	_____
Prelims	30 Men 200 Backstroke	58	8 u	09:04 AM	_____
Prelims	31 Women 50 Freestyle	125	16 u	09:29 AM	_____
Prelims	32 Men 50 Freestyle	131	17 u	09:42 AM	_____
Prelims	33 Women 200 Breaststroke	64	8 u	09:55 AM	_____
Prelims	34 Men 200 Breaststroke	76	10 u	10:21 AM	_____
Finals-S	35 Women 200 Medley Relay	5	1 u	10:51 AM	_____
Finals-S	36 Men 200 Medley Relay	6	1 u	10:57 AM	_____
	Swimmers Counts for Warm-ups: 394	=====	=====		
	Entry / Heat Totals:	545	71		
	Finish Time			11:02 AM	_____

Session: 9 800's and 1500

Day of Meet: 4 Starts at 12:15 PM Heat Interval: 20 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals-S	37 Women 1500 Freestyle	42	6 u	12:15 PM	_____
Finals-S	38 Men 800 Freestyle	48	6 u	02:11 PM	_____
	Swimmers Counts for Warm-ups: 106	=====	=====		
	Entry / Heat Totals:	90	12		
	Finish Time			03:15 PM	_____

Session: 10 Sunday Finals

Day of Meet: 4 Starts at 04:30 PM Heat Interval: 45 Seconds / Back +30 Seconds

Round	Event	Entries	Heats	Starts at	
Finals-1	37 Women 1500 Freestyle	8	1 u	04:30 PM	_____
Finals-1	38 Men 800 Freestyle	8	1 u	04:50 PM	_____
Finals	29 Women 200 Backstroke	32	4 u	05:01 PM	_____
Finals	30 Men 200 Backstroke	32	4 u	05:16 PM	_____
Finals	31 Women 50 Freestyle	32	4 u	05:30 PM	_____
Finals	32 Men 50 Freestyle	32	4 u	05:34 PM	_____
Finals	33 Women 200 Breaststroke	32	4 u	05:39 PM	_____
Finals	34 Men 200 Breaststroke	32	4 u	05:53 PM	_____
	Break: 10 Minutes:				
Finals-2	35 Women 200 Medley Relay	16	2 u	06:16 PM	_____
Finals-2	36 Men 200 Medley Relay	16	2 u	06:28 PM	_____
	Swimmers Counts for Warm-ups: 256	=====	=====		
	Entry / Heat Totals:	240	30		
	Finish Time			06:39 PM	_____