

**2023 VA LC Age Group Championships - 7/20/2023 to 7/23/2023****Session Report**

Session: 1 Thursday Distance / 800 Free Relay

Day of Meet: 1 Starts at 02:40 PM Heat Interval: 20 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	1 Girls 11-14 1500 Freestyle	32	4 u	02:40 PM	_____
Finals	2 Boys 11-14 1500 Freestyle	33	5 u	04:00 PM	_____
	Break: 20 Minutes:				
Finals	3 Girls 11-12 400 Freestyle	16	2 u	05:55 PM	_____
Finals	4 Boys 11-12 400 Freestyle	20	3 u	06:06 PM	_____
Finals	5 Girls 10 & Under 400 Freestyle	17	3 u	06:22 PM	_____
Finals	6 Boys 10 & Under 400 Freestyle	16	2 u	06:42 PM	_____
	Break: 20 Minutes:				
Finals	7 Girls 13-14 800 Freestyle Relay	13	2 u	07:14 PM	_____
Finals	8 Boys 13-14 800 Freestyle Relay	10	2 u	07:34 PM	_____
	Swimmers Counts for Warm-ups: 134	=====	=====		
	Entry / Heat Totals:	157	23		
	Finish Time			07:53 PM	_____

**2023 VA LC Age Group Championships - 7/20/2023 to 7/23/2023****Session Report**

Session: 2 Friday Preliminaries

Day of Meet: 2 Starts at 08:30 AM Heat Interval: 10 Seconds / Chase -30

Round	Event	Entries	Heats	Starts at	
Prelims	9 Girls 10 & Under 50 Breaststroke	13	2 u	08:30 AM	_____
Prelims	10 Boys 10 & Under 50 Breaststroke	14	2 u	08:32 AM	_____
Prelims	11 Girls 11-12 50 Breaststroke	28	4 u	08:34 AM	_____
Prelims	12 Boys 11-12 50 Breaststroke	20	3 u	08:38 AM	_____
Prelims	13 Girls 13-14 100 Breaststroke	26	4 u	08:40 AM	_____
Prelims	14 Boys 13-14 100 Breaststroke	42	6 u	08:44 AM	_____
Prelims	15 Girls 10 & Under 200 Freestyle	26	4 u	08:50 AM	_____
Prelims	16 Boys 10 & Under 200 Freestyle	29	4 u	09:00 AM	_____
Prelims	17 Girls 11-12 200 Freestyle	21	3 u	09:10 AM	_____
Prelims	18 Boys 11-12 200 Freestyle	27	4 u	09:16 AM	_____
Prelims	19 Girls 13-14 200 Freestyle	44	6 u	09:25 AM	_____
Prelims	20 Boys 13-14 200 Freestyle	37	5 u	09:36 AM	_____
Prelims	21 Girls 10 & Under 100 Butterfly	14	2 u	09:46 AM	_____
Prelims	22 Boys 10 & Under 100 Butterfly	16	2 u	09:48 AM	_____
Prelims	23 Girls 11-12 100 Butterfly	32	4 u	09:50 AM	_____
Prelims	24 Boys 11-12 100 Butterfly	23	3 u	09:54 AM	_____
Prelims	25 Girls 13-14 100 Butterfly	31	4 u	09:57 AM	_____
Prelims	26 Boys 13-14 100 Butterfly	37	5 u	10:00 AM	_____
Prelims	27 Girls 10 & Under 50 Backstroke	21	3 u	10:04 AM	_____
Prelims	28 Boys 10 & Under 50 Backstroke	20	3 u	10:07 AM	_____
Prelims	29 Girls 11-12 200 Backstroke	18	3 u	10:09 AM	_____
Prelims	30 Boys 11-12 200 Backstroke	21	3 u	10:16 AM	_____
Prelims	31 Girls 13-14 400 IM	28	4 u	10:24 AM	_____
Prelims	32 Boys 13-14 400 IM	30	4 u	10:44 AM	_____
Finals-S	33 Girls 11-12 400 IM	9	2 u	11:04 AM	_____
Finals-S	34 Boys 11-12 400 IM	4	1 u	11:15 AM	_____
Finals	35 Girls 10 & Under 400 Medley Relay	7	1 u	11:20 AM	_____
Finals	36 Boys 10 & Under 400 Medley Relay	9	2 u	11:27 AM	_____
Finals-S	37 Girls 13-14 400 Medley Relay	10	2 u	11:43 AM	_____
Finals-S	38 Boys 13-14 400 Medley Relay	6	1 u	11:53 AM	_____
Finals-S	39 Girls 11-12 400 Medley Relay	4	1 u	11:58 AM	_____
Finals-S	40 Boys 11-12 400 Medley Relay	0	0	12:04 PM	_____
	Swimmers Counts for Warm-ups: 351	=====	=====		
	Entry / Heat Totals:	667	97		
	Finish Time			12:04 PM	_____

**2023 VA LC Age Group Championships - 7/20/2023 to 7/23/2023****Session Report**

Session: 3 Friday Finals

Day of Meet: 2 Starts at 05:00 PM Heat Interval: 60 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	9 Girls 10 & Under 50 Breaststroke	8	1 u	05:00 PM	_____
Finals	10 Boys 10 & Under 50 Breaststroke	8	1 u	05:02 PM	_____
Finals	11 Girls 11-12 50 Breaststroke	16	2 u	05:04 PM	_____
Finals	12 Boys 11-12 50 Breaststroke	16	2 u	05:07 PM	_____
Finals	13 Girls 13-14 100 Breaststroke	16	2 u	05:11 PM	_____
Finals	14 Boys 13-14 100 Breaststroke	16	2 u	05:15 PM	_____
Finals	15 Girls 10 & Under 200 Freestyle	8	1 u	05:20 PM	_____
Finals	16 Boys 10 & Under 200 Freestyle	8	1 u	05:23 PM	_____
Finals	17 Girls 11-12 200 Freestyle	16	2 u	05:27 PM	_____
Finals	18 Boys 11-12 200 Freestyle	16	2 u	05:34 PM	_____
Finals	19 Girls 13-14 200 Freestyle	16	2 u	05:40 PM	_____
Finals	20 Boys 13-14 200 Freestyle	16	2 u	05:47 PM	_____
Finals	21 Girls 10 & Under 100 Butterfly	8	1 u	05:53 PM	_____
Finals	22 Boys 10 & Under 100 Butterfly	8	1 u	05:56 PM	_____
Finals	23 Girls 11-12 100 Butterfly	16	2 u	05:58 PM	_____
Finals	24 Boys 11-12 100 Butterfly	16	2 u	06:02 PM	_____
Finals	25 Girls 13-14 100 Butterfly	16	2 u	06:07 PM	_____
Finals	26 Boys 13-14 100 Butterfly	16	2 u	06:11 PM	_____
Finals	27 Girls 10 & Under 50 Backstroke	8	1 u	06:15 PM	_____
Finals	28 Boys 10 & Under 50 Backstroke	8	1 u	06:17 PM	_____
Finals	29 Girls 11-12 200 Backstroke	16	2 u	06:19 PM	_____
Finals	30 Boys 11-12 200 Backstroke	16	2 u	06:27 PM	_____
Finals	31 Girls 13-14 400 IM	16	2 u	06:35 PM	_____
Finals	32 Boys 13-14 400 IM	16	2 u	06:47 PM	_____
Finals-1	33 Girls 11-12 400 IM	8	1 u	07:00 PM	_____
Finals-1	34 Boys 11-12 400 IM	8	1 u	07:07 PM	_____
	Break: 5 Minutes:				
Finals-1	37 Girls 13-14 400 Medley Relay	8	1 u	07:18 PM	_____
Finals-1	38 Boys 13-14 400 Medley Relay	8	1 u	07:25 PM	_____
Finals-1	39 Girls 11-12 400 Medley Relay	8	1 u	07:31 PM	_____
Finals-1	40 Boys 11-12 400 Medley Relay	8	1 u	07:37 PM	_____
	Swimmers Counts for Warm-ups: 209	=====	=====		
	Entry / Heat Totals:	368	46		
	Finish Time			07:44 PM	_____

**2023 VA LC Age Group Championships - 7/20/2023 to 7/23/2023****Session Report**

Session: 4 Saturday Preliminaries

Day of Meet: 3 Starts at 08:30 AM Heat Interval: 10 Seconds / Chase -30

Round	Event	Entries	Heats	Starts at	
Finals-S	41 Girls 13-14 200 Medley Relay	10	2 u	08:30 AM	_____
Finals-S	42 Boys 13-14 200 Medley Relay	6	1 u	08:41 AM	_____
Finals-S	43 Girls 11-12 200 Medley Relay	3	1 u	08:46 AM	_____
Finals-S	44 Boys 11-12 200 Medley Relay	1	1 u	08:48 AM	_____
Finals	45 Girls 10 & Under 200 Medley Relay	7	1 u	08:51 AM	_____
Finals	46 Boys 10 & Under 200 Medley Relay	9	2 u	08:54 AM	_____
Prelims	47 Girls 11-12 200 Butterfly	11	2 u	09:00 AM	_____
Prelims	48 Boys 11-12 200 Butterfly	12	2 u	09:05 AM	_____
Prelims	49 Girls 13-14 200 Butterfly	31	4 u	09:10 AM	_____
Prelims	50 Boys 13-14 200 Butterfly	27	4 u	09:19 AM	_____
Prelims	51 Girls 10 & Under 50 Freestyle	28	4 u	09:28 AM	_____
Prelims	52 Boys 10 & Under 50 Freestyle	30	4 u	09:31 AM	_____
Prelims	53 Girls 11-12 50 Freestyle	30	4 u	09:34 AM	_____
Prelims	54 Boys 11-12 50 Freestyle	43	6 u	09:37 AM	_____
Prelims	55 Girls 13-14 50 Freestyle	54	7 u	09:41 AM	_____
Prelims	56 Boys 13-14 50 Freestyle	48	6 u	09:45 AM	_____
Prelims	57 Girls 10 & Under 100 Breaststroke	15	2 u	09:49 AM	_____
Prelims	58 Boys 10 & Under 100 Breaststroke	12	2 u	09:52 AM	_____
Prelims	59 Girls 11-12 100 Breaststroke	22	3 u	09:54 AM	_____
Prelims	60 Boys 11-12 100 Breaststroke	20	3 u	09:58 AM	_____
Prelims	61 Girls 13-14 200 Breaststroke	32	4 u	10:01 AM	_____
Prelims	62 Boys 13-14 200 Breaststroke	42	6 u	10:12 AM	_____
Prelims	63 Girls 10 & Under 200 IM	19	3 u	10:27 AM	_____
Prelims	64 Boys 10 & Under 200 IM	27	4 u	10:35 AM	_____
Prelims	65 Girls 11-12 200 IM	20	3 u	10:46 AM	_____
Prelims	66 Boys 11-12 200 IM	20	3 u	10:54 AM	_____
Prelims	67 Girls 13-14 100 Backstroke	41	6 u	11:01 AM	_____
Prelims	68 Boys 13-14 100 Backstroke	22	3 u	11:06 AM	_____
Prelims	69 Girls 11-12 50 Backstroke	28	4 u	11:08 AM	_____
Prelims	70 Boys 11-12 50 Backstroke	21	3 u	11:11 AM	_____
Prelims	71 Girls 13-14 400 Freestyle	34	5 u	11:14 AM	_____
Prelims	72 Boys 13-14 400 Freestyle	44	6 u	11:36 AM	_____
Finals	73 Girls 10 & Under 200 Freestyle Relay	7	1 u	12:02 PM	_____
Finals	74 Boys 10 & Under 200 Freestyle Relay	9	2 u	12:04 PM	_____
Finals-S	75 Girls 11-12 200 Freestyle Relay	3	1 u	12:10 PM	_____
Finals-S	76 Boys 11-12 200 Freestyle Relay	1	1 u	12:12 PM	_____
Finals-S	77 Girls 13-14 200 Freestyle Relay	10	2 u	12:15 PM	_____
Finals-S	78 Boys 13-14 200 Freestyle Relay	6	1 u	12:19 PM	_____
	Swimmers Counts for Warm-ups: 384	=====	=====		
	Entry / Heat Totals:	805	119		
	Finish Time			12:21 PM	_____

**2023 VA LC Age Group Championships - 7/20/2023 to 7/23/2023****Session Report**

Session: 5 Saturday Finals

Day of Meet: 3 Starts at 05:00 PM Heat Interval: 60 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals-1	41 Girls 13-14 200 Medley Relay	8	1 u	05:00 PM	_____
Finals-1	42 Boys 13-14 200 Medley Relay	8	1 u	05:07 PM	_____
Finals-1	43 Girls 11-12 200 Medley Relay	8	1 u	05:13 PM	_____
Finals-1	44 Boys 11-12 200 Medley Relay	8	1 u	05:16 PM	_____
	Break: 5 Minutes:				
Finals	47 Girls 11-12 200 Butterfly	11	2 u	05:25 PM	_____
Finals	48 Boys 11-12 200 Butterfly	12	2 u	05:33 PM	_____
Finals	49 Girls 13-14 200 Butterfly	16	2 u	05:40 PM	_____
Finals	50 Boys 13-14 200 Butterfly	16	2 u	05:47 PM	_____
Finals	51 Girls 10 & Under 50 Freestyle	8	1 u	05:54 PM	_____
Finals	52 Boys 10 & Under 50 Freestyle	8	1 u	05:55 PM	_____
Finals	53 Girls 11-12 50 Freestyle	16	2 u	05:57 PM	_____
Finals	54 Boys 11-12 50 Freestyle	16	2 u	06:00 PM	_____
Finals	55 Girls 13-14 50 Freestyle	16	2 u	06:03 PM	_____
Finals	56 Boys 13-14 50 Freestyle	16	2 u	06:06 PM	_____
Finals	57 Girls 10 & Under 100 Breaststroke	8	1 u	06:09 PM	_____
Finals	58 Boys 10 & Under 100 Breaststroke	8	1 u	06:11 PM	_____
Finals	59 Girls 11-12 100 Breaststroke	16	2 u	06:14 PM	_____
Finals	60 Boys 11-12 100 Breaststroke	16	2 u	06:19 PM	_____
Finals	61 Girls 13-14 200 Breaststroke	16	2 u	06:24 PM	_____
Finals	62 Boys 13-14 200 Breaststroke	16	2 u	06:31 PM	_____
Finals	63 Girls 10 & Under 200 IM	8	1 u	06:39 PM	_____
Finals	64 Boys 10 & Under 200 IM	8	1 u	06:43 PM	_____
Finals	65 Girls 11-12 200 IM	16	2 u	06:47 PM	_____
Finals	66 Boys 11-12 200 IM	16	2 u	06:54 PM	_____
Finals	67 Girls 13-14 100 Backstroke	16	2 u	07:01 PM	_____
Finals	68 Boys 13-14 100 Backstroke	16	2 u	07:06 PM	_____
Finals	69 Girls 11-12 50 Backstroke	16	2 u	07:11 PM	_____
Finals	70 Boys 11-12 50 Backstroke	16	2 u	07:15 PM	_____
Finals	71 Girls 13-14 400 Freestyle	16	2 u	07:18 PM	_____
Finals	72 Boys 13-14 400 Freestyle	16	2 u	07:30 PM	_____
	Break: 5 Minutes:				
Finals-1	75 Girls 11-12 200 Freestyle Relay	8	1 u	07:46 PM	_____
Finals-1	76 Boys 11-12 200 Freestyle Relay	8	1 u	07:49 PM	_____
Finals-1	77 Girls 13-14 200 Freestyle Relay	8	1 u	07:52 PM	_____
Finals-1	78 Boys 13-14 200 Freestyle Relay	8	1 u	07:55 PM	_____
	Swimmers Counts for Warm-ups: 224	=====	=====		
	Entry / Heat Totals:	423	54		
	Finish Time			07:58 PM	_____

**2023 VA LC Age Group Championships - 7/20/2023 to 7/23/2023****Session Report**

Session: 6 Sunday Preliminaries

Day of Meet: 4 Starts at 08:30 AM Heat Interval: 10 Seconds / Chase -30

Round	Event	Entries	Heats	Starts at	
Prelims	79 Girls 11-12 200 Breaststroke	24	3 u	08:30 AM	_____
Prelims	80 Boys 11-12 200 Breaststroke	15	2 u	08:39 AM	_____
Prelims	81 Girls 13-14 200 Backstroke	32	4 u	08:44 AM	_____
Prelims	82 Boys 13-14 200 Backstroke	22	3 u	08:53 AM	_____
Prelims	83 Girls 10 & Under 100 Backstroke	16	2 u	08:59 AM	_____
Prelims	84 Boys 10 & Under 100 Backstroke	20	3 u	09:02 AM	_____
Prelims	85 Girls 11-12 100 Backstroke	20	3 u	09:05 AM	_____
Prelims	86 Boys 11-12 100 Backstroke	21	3 u	09:08 AM	_____
Prelims	87 Girls 13-14 100 Freestyle	42	6 u	09:11 AM	_____
Prelims	88 Boys 13-14 100 Freestyle	44	6 u	09:15 AM	_____
Prelims	89 Girls 10 & Under 100 Freestyle	23	3 u	09:19 AM	_____
Prelims	90 Boys 10 & Under 100 Freestyle	29	4 u	09:22 AM	_____
Prelims	91 Girls 11-12 100 Freestyle	32	4 u	09:26 AM	_____
Prelims	92 Boys 11-12 100 Freestyle	37	5 u	09:29 AM	_____
Prelims	93 Girls 13-14 200 IM	39	5 u	09:33 AM	_____
Prelims	94 Boys 13-14 200 IM	53	7 u	09:44 AM	_____
Prelims	95 Girls 10 & Under 50 Butterfly	18	3 u	09:59 AM	_____
Prelims	96 Boys 10 & Under 50 Butterfly	26	4 u	10:01 AM	_____
Prelims	97 Girls 11-12 50 Butterfly	35	5 u	10:05 AM	_____
Prelims	98 Boys 11-12 50 Butterfly	41	6 u	10:08 AM	_____
	Break: 5 Minutes:				
Finals	99 Girls 10 & Under 400 Freestyle Relay	6	1 u	10:18 AM	_____
Finals	100 Boys 10 & Under 400 Freestyle Relay	8	1 u	10:23 AM	_____
Finals	101 Girls 11-12 400 Freestyle Relay	11	2 u	10:32 AM	_____
Finals	102 Boys 11-12 400 Freestyle Relay	9	2 u	10:42 AM	_____
Finals	103 Girls 13-14 400 Freestyle Relay	17	3 u	10:52 AM	_____
Finals	104 Boys 13-14 400 Freestyle Relay	14	2 u	11:06 AM	_____
	Break: 20 Minutes:				
Finals	105 Girls 11-14 800 Freestyle	38	5 u	11:35 AM	_____
Finals	106 Boys 11-14 800 Freestyle	41	6 u	12:23 PM	_____
	Swimmers Counts for Warm-ups: 357	=====	=====		
	Entry / Heat Totals:	733	103		
	Finish Time			01:20 PM	_____
	Finish Time			12:00 PM	_____

**2023 VA LC Age Group Championships - 7/20/2023 to 7/23/2023****Session Report**

Session: 8 Sunday Finals

Day of Meet: 4 Starts at 04:00 PM Heat Interval: 60 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	79 Girls 11-12 200 Breaststroke	16	2 u	04:00 PM	_____
Finals	80 Boys 11-12 200 Breaststroke	15	2 u	04:09 PM	_____
Finals	81 Girls 13-14 200 Backstroke	16	2 u	04:17 PM	_____
Finals	82 Boys 13-14 200 Backstroke	16	2 u	04:24 PM	_____
Finals	83 Girls 10 & Under 100 Backstroke	8	1 u	04:31 PM	_____
Finals	84 Boys 10 & Under 100 Backstroke	8	1 u	04:34 PM	_____
Finals	85 Girls 11-12 100 Backstroke	16	2 u	04:37 PM	_____
Finals	86 Boys 11-12 100 Backstroke	16	2 u	04:42 PM	_____
Finals	87 Girls 13-14 100 Freestyle	16	2 u	04:47 PM	_____
Finals	88 Boys 13-14 100 Freestyle	16	2 u	04:51 PM	_____
Finals	89 Girls 10 & Under 100 Freestyle	8	1 u	04:55 PM	_____
Finals	90 Boys 10 & Under 100 Freestyle	8	1 u	04:57 PM	_____
Finals	91 Girls 11-12 100 Freestyle	16	2 u	04:59 PM	_____
Finals	92 Boys 11-12 100 Freestyle	16	2 u	05:03 PM	_____
Finals	93 Girls 13-14 200 IM	16	2 u	05:07 PM	_____
Finals	94 Boys 13-14 200 IM	16	2 u	05:14 PM	_____
Finals	95 Girls 10 & Under 50 Butterfly	8	1 u	05:21 PM	_____
Finals	96 Boys 10 & Under 50 Butterfly	8	1 u	05:23 PM	_____
Finals	97 Girls 11-12 50 Butterfly	16	2 u	05:24 PM	_____
Finals	98 Boys 11-12 50 Butterfly	16	2 u	05:27 PM	_____
	Swimmers Counts for Warm-ups: 172	=====	=====		
	Entry / Heat Totals:	271	34		
	Finish Time			05:30 PM	_____