

LC Senior Championship 2022, Sanction #: L22-38**FINAL PSYCH SHEET****Session Report**

Session: 1 Thursday

Day of Meet: 1 Starts at 08:30 AM Heat Interval: 25 Seconds / Back +25 Seconds

Round	Event	Entries	Heats	Starts at	
Prelims	3 Women 200 Backstroke	45	8 u	08:30 AM	_____
Prelims	4 Men 200 Backstroke	53	9 u	08:57 AM	_____
Prelims	5 Women 50 Freestyle	67	12 u	09:26 AM	_____
Prelims	6 Men 50 Freestyle	73	13 u	09:37 AM	_____
Prelims	7 Women 100 Breaststroke	51	9 u	09:48 AM	_____
Prelims	8 Men 100 Breaststroke	68	12 u	10:03 AM	_____
Finals-S	9 Women 400 Medley Relay	4	1 u	10:23 AM	_____
Finals-S	10 Men 400 Medley Relay	8	2 u	10:29 AM	_____
	Swimmers Counts for Warm-ups: 272	=====	=====		
	Entry / Heat Totals:	369	66		
	Finish Time			10:39 AM	_____

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FINAL PSYCH SHEET

Session Report

Session: 1D Thursday Distance

Day of Meet: 1 Starts at 02:15 PM Heat Interval: 25 Seconds / Back +25 Seconds

Round	Event	Entries	Heats	Starts at	
Finals-S	1 Women 1500 Freestyle	8	2 u	02:15 PM	_____
Finals-S	2 Men 800 Freestyle	28	5 u	02:55 PM	_____
	Swimmers Counts for Warm-ups: 48	=====	=====		
	Entry / Heat Totals:	36	7		
	Finish Time			03:42 PM	_____

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Session: 2 Thursday - Finals

Day of Meet: 1 Starts at 05:00 PM Heat Interval: 60 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals-1	1 Women 1500 Freestyle	6	1 u	05:00 PM	_____
Finals-1	2 Men 800 Freestyle	6	1 u	05:21 PM	_____
	Break: 5 Minutes:				
Finals	3 Women 200 Backstroke	24	4 u	05:36 PM	_____
Finals	4 Men 200 Backstroke	24	4 u	05:50 PM	_____
	Break: 5 Minutes:				
Finals	5 Women 50 Freestyle	24	4 u	06:10 PM	_____
Finals	6 Men 50 Freestyle	24	4 u	06:15 PM	_____
	Break: 5 Minutes:				
Finals	7 Women 100 Breaststroke	24	4 u	06:26 PM	_____
Finals	8 Men 100 Breaststroke	24	4 u	06:35 PM	_____
	Break: 5 Minutes:				
Finals-2	9 Women 400 Medley Relay	12	2 u	06:49 PM	_____
Finals-2	10 Men 400 Medley Relay	12	2 u	07:01 PM	_____
	Swimmers Counts for Warm-ups: 166	=====	=====		
	Entry / Heat Totals:	180	30		
	Finish Time			07:12 PM	_____

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Session: 3 Friday

Day of Meet: 2 Starts at 08:30 AM Heat Interval: 25 Seconds / Back +25 Seconds

Round	Event	Entries	Heats	Starts at	
Finals-S	11 Women 200 Medley Relay	5	1 u	08:30 AM	_____
Finals-S	12 Men 200 Medley Relay	8	2 u	08:33 AM	_____
Prelims	13 Women 200 Freestyle	51	9 u	08:39 AM	_____
Prelims	14 Men 200 Freestyle	60	10 u	09:03 AM	_____
Prelims	15 Women 100 Backstroke	56	10 u	09:27 AM	_____
Prelims	16 Men 100 Backstroke	50	9 u	09:47 AM	_____
Prelims	17 Women 400 IM	34	6 u	10:04 AM	_____
Prelims	18 Men 400 IM	43	8 u	10:39 AM	_____
Finals-S	19 Women 800 Freestyle Relay	4	1 u	11:23 AM	_____
Finals-S	20 Men 800 Freestyle Relay	5	1 u	11:32 AM	_____
	Swimmers Counts for Warm-ups: 218	=====	=====		
	Entry / Heat Totals:	316	57		
	Finish Time			11:41 AM	_____

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Session: 4 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-2	11 Women 200 Medley Relay	12	2 u	05:00 PM	_____
Finals-2	12 Men 200 Medley Relay	12	2 u	05:07 PM	_____
Finals	13 Women 200 Freestyle	24	4 u	05:14 PM	_____
Finals	14 Men 200 Freestyle	24	4 u	05:26 PM	_____
	Break: 5 Minutes:				
Finals	15 Women 100 Backstroke	24	4 u	05:43 PM	_____
Finals	16 Men 100 Backstroke	24	4 u	05:53 PM	_____
	Break: 5 Minutes:				
Finals	17 Women 400 IM	24	4 u	06:07 PM	_____
Finals	18 Men 400 IM	24	4 u	06:32 PM	_____
	Break: 5 Minutes:				
Finals-2	19 Women 800 Freestyle Relay	12	2 u	07:00 PM	_____
Finals-2	20 Men 800 Freestyle Relay	12	2 u	07:21 PM	_____
	Swimmers Counts for Warm-ups: 116	=====	=====		
	Entry / Heat Totals:	192	32		
	Finish Time			07:40 PM	_____

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Session: 5 Saturday

Day of Meet: 3 Starts at 08:30 AM Heat Interval: 25 Seconds / Back +25 Seconds

Round	Event	Entries	Heats	Starts at	
Prelims	21 Women 100 Butterfly	64	11 u	08:30 AM	_____
Prelims	22 Men 100 Butterfly	68	12 u	08:47 AM	_____
Prelims	23 Women 200 Breaststroke	48	8 u	09:05 AM	_____
Prelims	24 Men 200 Breaststroke	53	9 u	09:31 AM	_____
Prelims	25 Women 400 Freestyle	44	8 u	09:59 AM	_____
Prelims	26 Men 400 Freestyle	54	9 u	10:40 AM	_____
Finals-S	27 Women 400 Freestyle Relay	5	1 u	11:23 AM	_____
Finals-S	28 Men 400 Freestyle Relay	8	2 u	11:27 AM	_____
	Swimmers Counts for Warm-ups: 262	====	====		
	Entry / Heat Totals:	344	60		
	Finish Time			11:36 AM	_____

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Session: 6 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	21 Women 100 Butterfly	24	4 u	05:00 PM	_____
Finals	22 Men 100 Butterfly	24	4 u	05:09 PM	_____
	Break: 5 Minutes:				
Finals	23 Women 200 Breaststroke	24	4 u	05:22 PM	_____
Finals	24 Men 200 Breaststroke	24	4 u	05:37 PM	_____
	Break: 5 Minutes:				
Finals	25 Women 400 Freestyle	24	4 u	05:56 PM	_____
Finals	26 Men 400 Freestyle	24	4 u	06:18 PM	_____
	Break: 5 Minutes:				
Finals-2	27 Women 400 Freestyle Relay	12	2 u	06:44 PM	_____
Finals-2	28 Men 400 Freestyle Relay	12	2 u	06:54 PM	_____
	Swimmers Counts for Warm-ups: 124	=====	=====		
	Entry / Heat Totals:	168	28		
	Finish Time			07:04 PM	_____

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Session: 7 Sunday

Day of Meet: 4 Starts at 08:30 AM Heat Interval: 25 Seconds / Back +25 Seconds

Round	Event	Entries	Heats	Starts at	
Prelims	31 Women 200 Butterfly	47	8 u	08:30 AM	_____
Prelims	32 Men 200 Butterfly	61	11 u	08:54 AM	_____
Prelims	33 Women 100 Freestyle	55	10 u	09:25 AM	_____
Prelims	34 Men 100 Freestyle	72	12 u	09:39 AM	_____
Prelims	35 Women 200 IM	68	12 u	09:55 AM	_____
Prelims	36 Men 200 IM	65	11 u	10:31 AM	_____
Finals-S	37 Women 200 Freestyle Relay	6	1 u	11:01 AM	_____
Finals-S	38 Men 200 Freestyle Relay	8	2 u	11:03 AM	_____
	Swimmers Counts for Warm-ups: 262	=====	=====		
	Entry / Heat Totals:	382	67		
	Finish Time			11:07 AM	_____

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Session: 7D Sunday Distance

Day of Meet: 4 Starts at 02:15 PM Heat Interval: 25 Seconds / Back +25 Seconds

Round	Event	Entries	Heats	Starts at	
Finals-S	29 Women 800 Freestyle	12	2 u	02:15 PM	_____
Finals-S	30 Men 1500 Freestyle	20	4 u	02:36 PM	_____
	Swimmers Counts for Warm-ups: 44	=====	=====		
	Entry / Heat Totals:	32	6		
	Finish Time			03:49 PM	_____

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Session: 8 Sunday - Finals

Day of Meet: 4 Starts at 05:00 PM Heat Interval: 60 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals-1	29 Women 800 Freestyle	6	1 u	05:00 PM	_____
Finals-1	30 Men 1500 Freestyle	6	1 u	05:11 PM	_____
	Break: 5 Minutes:				
Finals	31 Women 200 Butterfly	24	4 u	05:35 PM	_____
Finals	32 Men 200 Butterfly	24	4 u	05:49 PM	_____
	Break: 5 Minutes:				
Finals	33 Women 100 Freestyle	24	4 u	06:07 PM	_____
Finals	34 Men 100 Freestyle	24	4 u	06:15 PM	_____
	Break: 5 Minutes:				
Finals	35 Women 200 IM	24	4 u	06:27 PM	_____
Finals	36 Men 200 IM	24	4 u	06:41 PM	_____
	Break: 5 Minutes:				
Finals-2	37 Women 200 Freestyle Relay	12	2 u	06:59 PM	_____
Finals-2	38 Men 200 Freestyle Relay	12	2 u	07:05 PM	_____
	Swimmers Counts for Warm-ups: 144	=====	=====		
	Entry / Heat Totals:	180	30		
	Finish Time			07:10 PM	_____