

2024 SC Senior Championships, Sanction #: S23-98**March 7-10, 2023 - Middletown, CT****Session Report**

Session: 1 Thursday

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

Round	Event	Entries	Heats	Starts at	
Finals	1 Women 200 Medley Relay	15	2 u	05:00 PM	_____
Finals	2 Men 200 Medley Relay	6	1 u	05:05 PM	_____
	Break: 10 Minutes:				
Finals	3 Women 1650 Freestyle	18	2 u	05:18 PM	_____
Finals	4 Men 1000 Freestyle	20	2 u	05:57 PM	_____
	Break: 10 Minutes:				
Finals	5 Women 400 Freestyle Relay	15	2 u	06:29 PM	_____
Finals	6 Men 400 Freestyle Relay	6	1 u	06:37 PM	_____
	Swimmers Counts for Warm-ups: 38	====	====		
	Entry / Heat Totals:	80	10		
	Finish Time			06:41 PM	_____

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Session: 2 Friday Morning

Day of Meet: 2 Starts at 09:00 AM Heat Interval: 15 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Prelims	7 Women 50 Freestyle	106	14 u	09:00 AM	_____
Prelims	8 Men 50 Freestyle	53	7 u	09:10 AM	_____
Prelims	9 Women 200 Butterfly	36	5 u	09:15 AM	_____
Prelims	10 Men 200 Butterfly	33	5 u	09:28 AM	_____
Prelims	11 Women 100 Breaststroke	55	7 u	09:39 AM	_____
Prelims	12 Men 100 Breaststroke	38	5 u	09:50 AM	_____
Prelims	13 Women 200 Freestyle	80	10 u	09:56 AM	_____
Prelims	14 Men 200 Freestyle	43	6 u	10:19 AM	_____
Prelims	15 Women 400 IM	33	5 u	10:32 AM	_____
Prelims	16 Men 400 IM	20	3 u	10:57 AM	_____
	Swimmers Counts for Warm-ups: 260	=====	=====		
	Entry / Heat Totals:	497	67		
	Finish Time			11:11 AM	_____

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Session: 2F Friday Finals

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

Round	Event	Entries	Heats	Starts at	
Finals	7 Women 50 Freestyle	30	3 u	05:00 PM	_____
Finals	8 Men 50 Freestyle	30	3 u	05:02 PM	_____
	Break: 10 Minutes:				
Finals	9 Women 200 Butterfly	30	3 u	05:14 PM	_____
Finals	10 Men 200 Butterfly	30	3 u	05:22 PM	_____
	Break: 10 Minutes:				
Finals	11 Women 100 Breaststroke	30	3 u	05:39 PM	_____
Finals	12 Men 100 Breaststroke	30	3 u	05:43 PM	_____
	Break: 10 Minutes:				
Finals	13 Women 200 Freestyle	30	3 u	05:57 PM	_____
Finals	14 Men 200 Freestyle	30	3 u	06:03 PM	_____
	Break: 10 Minutes:				
Finals	15 Women 400 IM	30	3 u	06:19 PM	_____
Finals	16 Men 400 IM	20	3 u	06:34 PM	_____
	Break: 10 Minutes:				
Finals	17 Women 800 Freestyle Relay	12	2 u	06:58 PM	_____
Finals	18 Men 800 Freestyle Relay	7	1 u	07:15 PM	_____
	Swimmers Counts for Warm-ups: 184	=====	=====		
	Entry / Heat Totals:	309	33		
	Finish Time			07:23 PM	_____

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Session: 3 Saturday Morning

Day of Meet: 3 Starts at 09:00 AM Heat Interval: 15 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Prelims	19 Women 100 Butterfly	87	11 u	09:00 AM	_____
Prelims	20 Men 100 Butterfly	49	7 u	09:15 AM	_____
Prelims	21 Women 200 Breaststroke	52	7 u	09:23 AM	_____
Prelims	22 Men 200 Breaststroke	35	5 u	09:43 AM	_____
Prelims	23 Women 100 Backstroke	82	11 u	09:56 AM	_____
Prelims	24 Men 100 Backstroke	32	4 u	10:14 AM	_____
Prelims	25 Women 500 Freestyle	36	5 u	10:20 AM	_____
Prelims	26 Men 500 Freestyle	26	4 u	10:47 AM	_____
	Swimmers Counts for Warm-ups: 257	=====	=====		
	Entry / Heat Totals:	399	54		
	Finish Time			11:08 AM	_____

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Session: 3F Saturday Finals

Day of Meet: 3 Starts at 05:00 PM Heat Interval: 93 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	19 Women 100 Butterfly	30	3 u	05:00 PM	_____
Finals	20 Men 100 Butterfly	30	3 u	05:08 PM	_____
	Break: 13 Minutes:				
Finals	21 Women 200 Breaststroke	30	3 u	05:28 PM	_____
Finals	22 Men 200 Breaststroke	30	3 u	05:40 PM	_____
	Break: 10 Minutes:				
Finals	23 Women 100 Backstroke	30	3 u	06:02 PM	_____
Finals	24 Men 100 Backstroke	30	3 u	06:10 PM	_____
	Break: 10 Minutes:				
Finals	25 Women 500 Freestyle	30	3 u	06:29 PM	_____
Finals	26 Men 500 Freestyle	26	3 u	06:49 PM	_____
	Break: 10 Minutes:				
Finals	27 Women 400 Medley Relay	14	2 u	07:18 PM	_____
Finals	28 Men 400 Medley Relay	8	1 u	07:30 PM	_____
	Swimmers Counts for Warm-ups: 168	=====	=====		
	Entry / Heat Totals:	258	27		
	Finish Time			07:36 PM	_____

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Session: 4 Sunday Morning

Day of Meet: 4 Starts at 09:00 AM Heat Interval: 15 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Prelims	31 Women 200 Backstroke	58	8 u	09:00 AM	_____
Prelims	32 Men 200 Backstroke	38	5 u	09:23 AM	_____
Prelims	33 Women 100 Freestyle	101	13 u	09:36 AM	_____
Prelims	34 Men 100 Freestyle	60	8 u	09:51 AM	_____
Prelims	35 Women 200 IM	80	10 u	10:00 AM	_____
Prelims	36 Men 200 IM	55	7 u	10:25 AM	_____
	Swimmers Counts for Warm-ups: 246	=====	=====		
	Entry / Heat Totals:	392	51		
	Finish Time			10:42 AM	_____

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Session: 4D Sunday Distance

Day of Meet: 4 Starts at 11:30 AM Heat Interval: 15 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals-S	29 Women 1000 Freestyle	10	2 u	11:30 AM	_____
Finals-S	30 Men 1650 Freestyle	8	2 u	11:53 AM	_____
	Swimmers Counts for Warm-ups: 38	=====	=====		
	Entry / Heat Totals:	18	4		
	Finish Time			12:30 PM	_____

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Session: 4F Sunday Finals

Day of Meet: 4 Starts at 05:00 PM Heat Interval: 95 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals-1	29 Women 1000 Freestyle	10	1 u	05:00 PM	_____
Finals-1	30 Men 1650 Freestyle	10	1 u	05:13 PM	_____
	Break: 10 Minutes:				
Finals	31 Women 200 Backstroke	30	3 u	05:43 PM	_____
Finals	32 Men 200 Backstroke	30	3 u	05:55 PM	_____
	Break: 10 Minutes:				
Finals	33 Women 100 Freestyle	30	3 u	06:16 PM	_____
Finals	34 Men 100 Freestyle	30	3 u	06:24 PM	_____
	Break: 10 Minutes:				
Finals	35 Women 200 IM	30	3 u	06:41 PM	_____
Finals	36 Men 200 IM	30	3 u	06:52 PM	_____
	Break: 11 Minutes:				
Finals	37 Women 200 Freestyle Relay	15	2 u	07:14 PM	_____
Finals	38 Men 200 Freestyle Relay	8	1 u	07:21 PM	_____
	Swimmers Counts for Warm-ups: 150	=====	=====		
	Entry / Heat Totals:	223	23		
	Finish Time			07:24 PM	_____