

2024 GRIT LC Invitational

Prelims/Finals

June 14-16, 2024

Wesleyan University

Freeman Athletic Center

160 Cross Street

Middletown, CT 06459

Held under sanction of USA Swimming and Connecticut Swimming, Inc. #L24- [coming soon](#). In granting this sanction it is understood and agreed that USA Swimming and Connecticut Swimming, Inc. shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

	Name	Email	Phone
Meet Director:	Bill Ball	gritaquaticsbb@gmail.com	860-305-4559
Meet Referee:	Mike Huffman	Mhuffman99@gmail.com	860-539-9895
Lead Admin Official:	Bill Ball	gritaquaticsbb@gmail.com	860-305-4559
Entry Chair:	Bill Ball	gritaquaticsbb@gmail.com	860-305-4559
Safety Chair:	Katelyn Mann	Katelynmann2@gmail.com	973-934-8239
Officials Contact:	Mike Huffman	Mhuffman@gmail.com	860-539-9895

MEET HOST: GRIT Aquatics

WEBSITE: <http://gritaquatics.com>

POOL EMERGENCY NUMBER: 860-685-2000

COURSE: LCM.

SESSION TIMES: Subject to Change

Friday-Sunday 13 and Over Prelims: 7:00am warm-up 8:15am Start

Friday-Sunday 12 and Under Prelims: 12:15pm warm-up 1:00pm Start

Friday-Sunday Finals: 4:45pm warm-up 6:00pm Start

ENTRY OPENING DATE: Entries will be accepted no earlier than **April 25th at 7:00p.**

CONNECTICUT-ONLY DEADLINE: CT deadline is April 29th, 2024 @ 8:00am Date and time will be determined by the date and time of email. CT clubs meeting this deadline will be entered before out of state clubs.

DEADLINES: Deadline is Thursday June 6, 2024 @ 8:00pm. Date and Time of entry will be determined by the date and time of the email.

PAYMENT INSTRUCTIONS: Please make checks payable to GRIT Aquatics

Mail to:

Bill Ball

83 Muddy Brook Road

Ellington, CT 06029

Payment must be received by June 10, 2024

NEW FOR LC 2024 SEASON ONLY (4/1-8/31): Teams that are charged pool rental for running a regularly scheduled non CSI Championship meets, can charge a per swimmer facility fee not to exceed \$10. This charge will NOT be subject to CSI surcharges.

ENTRY FEES: Electronic entries: \$18.00 for individual events. Per Swimmer Facility Fee: \$10.00. Manual entries: \$20.00 for individual events. No refunds will be given for entries that are accepted, or for entries that are rejected due to improper entry.

REGISTRATION REPORTING: The Meet or Entry Director MUST run a meet verification report and give said report to the Meet Referee. This is to ensure that no swimmer without their APT credentials or unregistered swimmers participate in a sanction USA/CT Swimming meet.

SANCTIONED OR APPROVED: Sanctioned

MEET DURATION: Full meet with time limits as defined by CT/USA Swimming.

MEET FORMAT: The meet will be swum as Prelim-Final format. With one heat of 11-12, one heat of 13-14 and 2 heats of Senior athletes qualifying for finals. The 1500 and 800 will be a timed final alternating 13/14 and senior Girls and Boys.

FACILITY: The Freeman Athletic Center Pool is a 50 Meter by 25 Yard venue with a Colorado Timing System. Water depth at start end is: 14.5 feet. Water depth at turn end is: 5 Feet. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming. Limited Spectator Seating.

-No Locks may be left on Wesleyan lockers. No shaving on premises is permitted. No access to faculty locker rooms is permitted.

-Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.

WIFI ACCESS: Wi-Fi access is available and signal strength is good at best.

MEDICAL SUPERVISION: a Certified Life Guard will be on duty for each session

WARM-UPS: CT Swimming Warm-Up Procedures will be in effect.

Friday -Sunday 13 & Over Prelims:	General Warm-up 7:00am-7:50am Specific Warm-up 7:50am-8:10am
Friday - Sunday 12 and Under Prelims:	General Warm-up 12:15pm-12:45pm Specific Warm-up 12:45pm-12:55pm
Friday - Sunday Finals:	General Warm-up 4:45pm-5:40pm Specific Warm-up 5:40pm-5:55pm

General warm-up: All lanes open for circle swim, feet first entry only. NO DIVING

Specific warm-up: Lanes 1 & 8 Pace, Lanes 2 & 7 one-way sprints, Lanes 3-6 Circle swim No Diving

EVENT INFORMATION: Building will open no more than 20 Minutes prior to start of each session

ENTRY LIMITATIONS: Max: 10 Individual events for the meet, unlimited relays. No more than 3 individual events a day.

SCRATCH PROCEDURES: Teams will receive a scratch sheet for each day's events prior to that day's prelims. All scratch sheets are to be submitted to the administrative referee 30 minutes prior to the start of the session.

This meet will following National Championship scratch rules for finals and can only be done directly with the administrative referee.

Failure to Compete in Finals: Any swimmer qualifying for any heat of finals who fails to compete and who has not been scratched will be barred from all further competition in the meet. A declared false start or deliberate delay of meet is not permitted and will be regarded as a failure to compete.

Exceptions for Failure to Compete in Finals: No penalty shall apply for failure to compete in finals if: 1. The Referee is notified in the event of injury of illness and accepts the proof thereof. 2. A swimmer qualifying for a final heat based on the results of preliminarily notifies the announcer within 30 minutes after the announcement of qualifiers that he may not intend to compete and confirms his final intentions within 30 minutes following his last individual preliminary event. 3. It is determined by the Referee that failure to compete is caused by circumstances beyond the control of the swimmer.

SAFE SPORT POLICIES: Spectators will be allowed in the facility but only in the stands area. Parents are not allowed on deck unless working a volunteer position.

DISABLED ACCESS: Limited handicapped parking is available behind the Freeman Athletic Center. Disabled access is through the front entrance only. The elevator in the front lobby leads to the locker rooms and deck access. Spectator area is to the left of the front lobby. If special assistance is required by athletes, coaches or spectators, please contact the Meet Director

ELIGIBILITY: All USA Swimming clubs and individuals. Athletes with Flex memberships must not have swum in more than one USA Swimming meet prior to this meet in order to be eligible.

All athletes must be current athlete members of [USA Swimming](#). Age on the first day of the meet shall determine the swimmer's age and age group for the meet. Any swimmer, who is entered and is unregistered, will be scratched from the meet until registration is completed. See CT Swimming athlete [registration procedures](#). Registrations will not be processed at the meet. All coaches must present a valid USA Swimming coach card to the Meet Director prior to the commencement of any sanctioned swim meet, and must have this card with them while on deck. Clubs are reminded that participation of unregistered swimmers and/or coaches will result in a **\$100 fine** per instance, as described in CT Swimming meet policies:

<https://www.ctswim.org/Customer-Content/www/CMS/files/Membership/Registration-Policy-for-Athletes.pdf>

and
https://www.ctswim.org/Customer-Content/www/CMS/files/policies_admin/RegistrationPolicyforMeetHosts.pdf

Any swimmer entered in the meet must be certified by a USA Swimming member-coach as being proficient in performing a racing start or must start each race from within the water **without the use of the backstroke ledge**. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

ADULT ATHLETES: All athletes who will be 18 years of age or older on any day of the meet must complete the mandatory Athlete Protection Training prior to competition. Failure to do so will result in the swimmer being scratched from the meet.

ADAPTED SWIMMING: Any current athlete members of USA Swimming with a disability as defined by USA Swimming Rules and Regulations may enter this meet. If modifications to USA Swimming rules are necessary then the coach or athlete must notify the meet referee of any disability prior to competition. Adapted athletes may direct questions to the [Connecticut Swimming office](#).

ENTRY TIMES: Submit entry times in: [LCM](#). Please convert non-conforming times to LCM

ELECTRONIC ENTRIES: Electronic entries (such as from Hy-Tek Team Manager or other team management software) that are in CL2 or SD3/SDIF format may be emailed as an attachment to the entry chair at gritaquaticsbb@gmail.com. Please check that your team name, address, and contact information are listed correctly in this file. Final payments are due upon entry. Please make checks payable to: GRIT Aquatics and mail them to: Bill Ball 83 Muddy Brook Road Ellington, CT 06029

ENTRIES FROM ATHLETES WITH NO CLUB AFFILIATION: Athletes entering this meet independent of a USA Swimming club or coach shall: 1.) be under the supervision of a USA Swimming coach for the duration of the meet. It is the swimmer's responsibility to make arrangements with a USA Swimming member coach prior to the meet. Athletes unaccompanied by a USA Swimming coach will not be permitted on deck. Please contact the Meet Director for assistance. 2) be certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement. The name of the USA Swimming member coach supervising the athlete and racing certification should be submitted to the Meet Director with the entry.

All adult athletes, or parents of minor athletes, who enter without club affiliation will be required to attest to reading and understanding the [Minor Athlete Abuse Prevention Policy](#).

OUTREACH ENTRY FEE REIMBURSEMENT: Participating clubs will submit payment in full to the meet host for all Outreach athlete entry fees (splash fees). These fees will be reimbursed by CSI to the participating CSI club after completion of the meet. Scratches and 'No Swims' will not be reimbursed. For more information and to submit a reimbursement visit the [Outreach Athlete](#) page on ctswim.org.

CUT PROTOCOL:

If the session is oversubscribed the following protocol will be instituted IN THE ORDER PRESENTED to reduce the timeline to the required length or participation number:

1. Athletes aged 10 and Under will be cut from the meet.
2. The distance events (400 meters or yards or greater) may be heat limited to the top 4 heats of entries per gender in the order they were received.
3. The maximum number of events allowed per day may be reduced by one (1).
4. Visiting teams may be cut based on the date/time of the receipt of the final paid entry. If teams are cut, the host reserves the right to offer the available partial entry to the cut teams in the order that entries were received in order to fill the meet.

The host reserves the right to seek approval from Program Operations for additional changes, which may reasonably maximize participation opportunities.

Notification of any cuts or requests for changes must be made to Program Operations as soon as possible by the host. Attending teams will be notified no later than the Monday before the meet.

NOTE: If the host is required to institute the published cut protocol above. All accepted entries at the time that the cut protocol is instituted may be considered final by the host for the purposes of financial responsibility. (i.e. Teams submitting "placeholder" entries will be required to pay for the entries if the cut protocol is required).

RESERVE THE RIGHT TO MAKE CHANGES: In accordance with CSI Policies, the meet referee reserves the right to make any adjustments to the provisions of the meet announcement deemed necessary to ensure the fair and efficient running of the meet. The Meet Referee will seek Program Operations approval for all changes requiring approval. Clubs will be notified of changes no later than Monday before the meet.

RELAYS: Relays will not be offered at the meet

SAFETY:

1. Diving will be prohibited during warm-ups except in specifically announced one-way sprint lanes. There will be no diving in the warm-up and warm-down areas at any time
2. No shaving is permitted at the competition site.
3. No glass containers are permitted within the facility.
4. Swimmers must be under the supervision of a coach. If a swimmer arrives at the meet without a coach, the swimmer should notify the referee before he/she warms up. The referee will assign the swimmer to a registered coach for warm-ups.
5. Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.

SWIMWEAR: Per CT Swimming policy, swimmers 12 years old and younger are not permitted to wear "Tech Suits" at any CT sanctioned or approved meets. "Tech Suits" are defined as a suit that has Bonded Seams, Kinetic Tape, or Meshed Seams. Age is determined on the first date of the meet.

PHOTOGRAPHY AND VIDEO RECORDING:

Meet Management has the full authority to restrict any and all photography, audio and visual recording using cameras, video cameras, tablets, cell phones or other electronic devices at a meet.

Photography or video recording from the deck is prohibited by all individuals, other than participating Coaches, unless prior authorization from the Meet Referee or meet referee has been granted.

Under no circumstances is photography or video recording permitted by anyone in the area adjacent to or behind the starting blocks, including spectator stands at deck level, while they are in use for race starting purposes during competition and warm-ups. Flash photography is prohibited during the start of any heat, including whenever any swimmer is stepping up or standing on a block for the purpose of the start of a heat.

Photography or video recording and the use of audio, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms. Additional "No Camera Zones" may be designated by Meet Management or the meet referee.

If individuals are properly credentialed, not obstructing movement on the deck and abiding by these rules, the following individuals may be allowed by Meet Management and the meet referee with prior authorization if they possess the following:

- Professional photographers with current, official media credentials that are promoting the sport of swimming
- Official team and professional meet photographers that are USA Swimming members, background checked, have signed off on MAAPP and completed Athlete Protection Training
- A participating athlete directly assisting a Coach, for instructional purposes, during an event using the Coach's electronic device

Any individual failing to abide by these rules may be ejected from the facility and be subject to a Code of Conduct violation at the discretion of Meet Management.

If individuals are properly credentialed, not obstructing movement on the deck and abiding by these rules, the following individuals may be allowed by Meet Management and the meet referee with prior authorization if they possess the following:

- Professional photographers with current, official media credentials that are promoting the sport of swimming
- Official team and professional meet photographers that are USA Swimming members, background checked, have signed off on MAAPP and completed Athlete Protection Training
- A participating athlete directly assisting a Coach, for instructional purposes, during an event using the Coach's electronic device

DRONES: Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present. Exceptions may be granted with prior written approval by USA Swimming Vice President of Program Operations.

RULES: Current USA Swimming rules will govern all competition.

TIME TRIALS: Time trials may be offered at the discretion of the Meet Referee in accordance with CSI Policy if time allows. Time trials are limited to the events published in this meet announcement (age/distance/stroke). Time Trials will count toward the athlete's event limitations for the day and meet. If they are offered, only athletes properly entered in one or more events in the meet are eligible for time trials and must be properly entered in the Time Trial. The deadline for Time Trial entries is/are 11:00am for morning sessions and 7:00pm for evening sessions. The fee for Time Trial entries are \$20.00 for individual events and \$30.00 for relays.

TIMERS, OFFICIALS OR WORK ASSIGNMENTS: Timer assignments will be determined by the size of the team's pre-scratch entry and are for the entire session. Exceptions are as follows: Athletes will provide their own timers for the 400 Free, 400 IM, 800 Free and 1500 Free. Participating clubs will be notified of work assignments by the Monday before the meet.

All volunteers will be required to attest to reading and understanding the [Minor Athlete Abuse Prevention Policy](#).

DECK ACCESS: Only athletes, coaches, officials, and official meet staff actively participating in the meet are permitted on the pool deck.

SCORING: The meet will not be scored

AWARDS: no awards

CONCESSIONS: Limited concessions will be provided.

HOSPITALITY FOR COACHES AND OFFICIALS: Limited snacks and beverages will be provided for coaches and officials.

PARKING: Is available around the Freeman Athletic Center. Please Park in properly designated areas. Illegal parking is subject to ticketing and towing at the expense of the vehicle owner.

DIRECTIONS: If coming West on Route 66/Washington Street, go past High Street and turn left at next light onto Vine Street (cemetery on corner). Travel on Vine Street (tennis courts on right), turning to the right onto Knowles Avenue where the street branches off. At the stop sign turn right. Parking for the Freeman Athletic Center is available in both Lot R on the right side of Cross Street across from the Freeman Athletic Center or in Lot Q, which is located on the left side of Cross Street (first left after the fire station) .

If coming East on Route 66/Washington Street, turn right on Vine Street (cemetery on corner), which is the first light past Dunkin' Donuts and Midas. Travel on Vine Street (tennis courts on right), turning right onto Knowles Avenue where the street branches off. At the stop sign turn right. Parking for the Freeman Athletic Center is available in both Lot R on the right side of Cross Street across from the Freeman Athletic Center or in Lot Q, which is located on the left side of Cross Street (first left after the fire station) .

2024 GRIT June Long Course Invite - 6/14/2024 to 6/16/2024**Session Report**

Session: 1 Friday 13 and Over Prelims

Day of Meet: 1 Starts at 08:15 AM Heat Interval: 20 Seconds / Back +15 Seconds / Chase +5

Prelims	1	Girls 13-14 200 IM
Prelims	2	Boys 13-14 200 IM
		Break: 5 Minutes:
Prelims	3	Girls 200 IM
Prelims	4	Boys 200 IM
		Break: 5 Minutes:
Prelims	5	Girls 13-14 50 Freestyle
Prelims	6	Boys 13-14 50 Freestyle
		Break: 5 Minutes:
Prelims	7	Girls 50 Freestyle
Prelims	8	Boys 50 Freestyle
		Break: 5 Minutes:
Prelims	9	Girls 13-14 100 Butterfly
Prelims	10	Boys 13-14 100 Butterfly
		Break: 5 Minutes:
Prelims	11	Girls 200 Butterfly
Prelims	12	Boys 200 Butterfly
Prelims	35	Girls 13-14 200 Breaststroke
Prelims	36	Boys 13-14 200 Breaststroke
Prelims	37	Girls 100 Breaststroke
Prelims	38	Boys 100 Breaststroke
		Swimmers Counts for Warm-ups: 331

2024 GRIT June Long Course Invite - 6/14/2024 to 6/16/2024

Session Report

Session: 2 400 Free Prelims

Day of Meet: 1 Starts at 12:45 PM Heat Interval: 20 Seconds / Back +15 Seconds / Chase +5

Prelims	13	Girls 13-14 400 Freestyle
Prelims	14	Boys 13-14 400 Freestyle
Prelims	15	Girls 400 Freestyle
Prelims	16	Boys 400 Freestyle

Swimmers Counts for Warm-ups: 135

2024 GRIT June Long Course Invite - 6/14/2024 to 6/16/2024

Session Report

Session: 3 Friday 12 and under Prelims

Day of Meet: 1 Starts at 03:15 PM Heat Interval: 20 Seconds / Back +15 Seconds / Chase +5

Prelims	17	Girls 11-12 200 Freestyle
Prelims	18	Boys 11-12 200 Freestyle
Finals	19	Girls 10 & Under 100 Freestyle
Finals	20	Boys 10 & Under 100 Freestyle
Prelims	21	Girls 11-12 200 IM
Prelims	22	Boys 11-12 200 IM
Finals	23	Girls 10 & Under 50 Butterfly
Finals	24	Boys 10 & Under 50 Butterfly
Prelims	25	Girls 11-12 100 Butterfly
Prelims	26	Boys 11-12 100 Butterfly

Swimmers Counts for Warm-ups: 88

2024 GRIT June Long Course Invite - 6/14/2024 to 6/16/2024**Session Report**

Session: 4 Friday Finals

Day of Meet: 1 Starts at 06:00 PM Heat Interval: 20 Seconds / Back +15 Seconds / Chase +5

Finals	13	Girls 13-14 400 Freestyle
Finals	14	Boys 13-14 400 Freestyle
Finals	15	Girls 400 Freestyle
Finals	16	Boys 400 Freestyle
		Break: 5 Minutes:
Finals	17	Girls 11-12 200 Freestyle
Finals	18	Boys 11-12 200 Freestyle
Finals	1	Girls 13-14 200 IM
Finals	2	Boys 13-14 200 IM
Finals	3	Girls 200 IM
Finals	4	Boys 200 IM
		Break: 5 Minutes:
Finals	21	Girls 11-12 200 IM
Finals	22	Boys 11-12 200 IM
Finals	5	Girls 13-14 50 Freestyle
Finals	6	Boys 13-14 50 Freestyle
Finals	7	Girls 50 Freestyle
Finals	8	Boys 50 Freestyle
		Break: 5 Minutes:
Finals	25	Girls 11-12 100 Butterfly
Finals	26	Boys 11-12 100 Butterfly
Finals	9	Girls 13-14 100 Butterfly
Finals	10	Boys 13-14 100 Butterfly
Finals	11	Girls 200 Butterfly
Finals	12	Boys 200 Butterfly
		Break: 5 Minutes:
Finals	35	Girls 13-14 200 Breaststroke
Finals	36	Boys 13-14 200 Breaststroke
Finals	37	Girls 100 Breaststroke
Finals	38	Boys 100 Breaststroke
		Swimmers Counts for Warm-ups: 158

2024 GRIT June Long Course Invite - 6/14/2024 to 6/16/2024**Session Report**

Session: 5 Saturday 13 and Over Prelims

Day of Meet: 2 Starts at 08:15 AM Heat Interval: 20 Seconds / Back +15 Seconds / Chase +5

Prelims	27	Girls 13-14 200 Butterfly
Prelims	28	Boys 13-14 200 Butterfly
		Break: 5 Minutes:
Prelims	29	Girls 100 Butterfly
Prelims	30	Boys 100 Butterfly
		Break: 5 Minutes:
Prelims	31	Girls 13-14 100 Freestyle
Prelims	32	Boys 13-14 100 Freestyle
		Break: 5 Minutes:
Prelims	33	Girls 200 Freestyle
Prelims	34	Boys 200 Freestyle
		Break: 5 Minutes:
Prelims	39	Girls 13-14 200 Backstroke
Prelims	40	Boys 13-14 200 Backstroke
		Break: 5 Minutes:
Prelims	41	Girls 100 Backstroke
Prelims	42	Boys 100 Backstroke
		Swimmers Counts for Warm-ups: 375

2024 GRIT June Long Course Invite - 6/14/2024 to 6/16/2024

Session Report

Session: 6 400 IM Prelims

Day of Meet: 2 Starts at 12:45 PM Heat Interval: 20 Seconds / Back +15 Seconds / Chase +5

Prelims 43 Girls 13-14 400 IM
Prelims 44 Boys 13-14 400 IM
Prelims 45 Girls 400 IM
Prelims 46 Boys 400 IM

Swimmers Counts for Warm-ups: 106

2024 GRIT June Long Course Invite - 6/14/2024 to 6/16/2024**Session Report**

Session: 7 Saturday 12 and Under Prelims

Day of Meet: 2 Starts at 03:15 PM Heat Interval: 20 Seconds / Back +15 Seconds / Chase +5

Prelims	47	Girls 11-12 50 Butterfly
Prelims	48	Boys 11-12 50 Butterfly
Finals	49	Girls 10 & Under 100 Butterfly
Finals	50	Boys 10 & Under 100 Butterfly
Prelims	51	Girls 11-12 100 Freestyle
Prelims	52	Boys 11-12 100 Freestyle
Finals	53	Girls 10 & Under 50 Freestyle
Finals	54	Boys 10 & Under 50 Freestyle
Prelims	55	Girls 11-12 100 Breaststroke
Prelims	56	Boys 11-12 100 Breaststroke
Finals	57	Girls 10 & Under 50 Breaststroke
Finals	58	Boys 10 & Under 50 Breaststroke
Prelims	59	Girls 11-12 50 Backstroke
Prelims	60	Boys 11-12 50 Backstroke
Finals	61	Girls 10 & Under 100 Backstroke
Finals	62	Boys 10 & Under 100 Backstroke

Swimmers Counts for Warm-ups: 187

2024 GRIT June Long Course Invite - 6/14/2024 to 6/16/2024**Session Report**

Session: 8 Saturday Finals

Day of Meet: 2 Starts at 06:00 PM Heat Interval: 20 Seconds / Back +15 Seconds / Chase +5

Finals	43	Girls 13-14 400 IM
Finals	44	Boys 13-14 400 IM
Finals	45	Girls 400 IM
Finals	46	Boys 400 IM
		Break: 5 Minutes:
Finals	47	Girls 11-12 50 Butterfly
Finals	48	Boys 11-12 50 Butterfly
Finals	27	Girls 13-14 200 Butterfly
Finals	28	Boys 13-14 200 Butterfly
Finals	29	Girls 100 Butterfly
Finals	30	Boys 100 Butterfly
		Break: 5 Minutes:
Finals	51	Girls 11-12 100 Freestyle
Finals	52	Boys 11-12 100 Freestyle
Finals	31	Girls 13-14 100 Freestyle
Finals	32	Boys 13-14 100 Freestyle
Finals	33	Girls 200 Freestyle
Finals	34	Boys 200 Freestyle
		Break: 5 Minutes:
Finals	55	Girls 11-12 100 Breaststroke
Finals	56	Boys 11-12 100 Breaststroke
Finals	39	Girls 13-14 200 Backstroke
Finals	40	Boys 13-14 200 Backstroke
Finals	41	Girls 100 Backstroke
Finals	42	Boys 100 Backstroke
Finals	59	Girls 11-12 50 Backstroke
Finals	60	Boys 11-12 50 Backstroke
		Swimmers Counts for Warm-ups: 148

2024 GRIT June Long Course Invite - 6/14/2024 to 6/16/2024**Session Report**

Session: 9 Sunday 13 and Over Prelims

Day of Meet: 3 Starts at 08:15 AM Heat Interval: 20 Seconds / Back +15 Seconds / Chase +5

Prelims	63	Girls 13-14 100 Backstroke
Prelims	65	Girls 200 Backstroke
Prelims	66	Boys 200 Backstroke
		Break: 5 Minutes:
Prelims	67	Girls 13-14 200 Freestyle
Prelims	68	Boys 13-14 200 Freestyle
		Break: 5 Minutes:
Prelims	69	Girls 100 Freestyle
Prelims	70	Boys 100 Freestyle
		Break: 5 Minutes:
Prelims	71	Girls 13-14 100 Breaststroke
Prelims	72	Boys 13-14 100 Breaststroke
		Break: 5 Minutes:
Prelims	73	Girls 200 Breaststroke
Prelims	74	Boys 200 Breaststroke
		Swimmers Counts for Warm-ups: 331

2024 GRIT June Long Course Invite - 6/14/2024 to 6/16/2024

Session Report

Session: 10 800/1500 Prelims

Day of Meet: 3 Starts at 12:45 PM Heat Interval: 20 Seconds / Back +15 Seconds / Chase +5

Finals-S	75	Girls 13-14 800 Freestyle
Finals-S	76	Boys 13-14 1500 Freestyle
Finals-S	77	Girls 800 Freestyle
Finals-S	78	Boys 1500 Freestyle

Swimmers Counts for Warm-ups: 82

2024 GRIT June Long Course Invite - 6/14/2024 to 6/16/2024**Session Report**

Session: 11 Sunday 12 and Under Prelims

Day of Meet: 3 Starts at 03:15 PM Heat Interval: 20 Seconds / Back +15 Seconds / Chase +5

Prelims	79	Girls 11-12 100 Backstroke
Prelims	80	Boys 11-12 100 Backstroke
Finals	81	Girls 10 & Under 50 Backstroke
Finals	82	Boys 10 & Under 50 Backstroke
Prelims	83	Girls 11-12 50 Freestyle
Prelims	84	Boys 11-12 50 Freestyle
Finals	85	Girls 10 & Under 100 Freestyle
Finals	86	Boys 10 & Under 100 Freestyle
Prelims	87	Girls 11-12 50 Breaststroke
Prelims	88	Boys 11-12 50 Breaststroke
Finals	89	Girls 10 & Under 100 Breaststroke
Finals	90	Boys 10 & Under 100 Breaststroke

Swimmers Counts for Warm-ups: 165

2024 GRIT June Long Course Invite - 6/14/2024 to 6/16/2024**Session Report**

Session: 12 Sunday Finals

Day of Meet: 3 Starts at 06:00 PM Heat Interval: 20 Seconds / Back +15 Seconds / Chase +5

Finals-1	75	Girls 13-14 800 Freestyle
Finals-1	76	Boys 13-14 1500 Freestyle
Finals-1	77	Girls 800 Freestyle
Finals-1	78	Boys 1500 Freestyle
		Break: 15 Minutes:
Finals	79	Girls 11-12 100 Backstroke
Finals	80	Boys 11-12 100 Backstroke
Finals	63	Girls 13-14 100 Backstroke
Prelims	64	Boys 13-14 100 Backstroke
Finals	64	Boys 13-14 100 Backstroke
Finals	65	Girls 200 Backstroke
Finals	66	Boys 200 Backstroke
		Break: 5 Minutes:
Finals	83	Girls 11-12 50 Freestyle
Finals	84	Boys 11-12 50 Freestyle
Finals	67	Girls 13-14 200 Freestyle
Finals	68	Boys 13-14 200 Freestyle
Finals	69	Girls 100 Freestyle
Finals	70	Boys 100 Freestyle
		Break: 5 Minutes:
Finals	87	Girls 11-12 50 Breaststroke
Finals	88	Boys 11-12 50 Breaststroke
Finals	71	Girls 13-14 100 Breaststroke
Finals	72	Boys 13-14 100 Breaststroke
Finals	73	Girls 200 Breaststroke
Finals	74	Boys 200 Breaststroke
		Swimmers Counts for Warm-ups: 210