

**New England YMCA Long Course Invitational, Sanction #: CAQ 08-09 5109**  
**Springfield College, Springfield MA**  
**Session Report**

Session: 1 Friday Evening Senior Session

Day of Meet: 1 Starts at 05:30 PM Heat Interval: 15 Seconds / Back +15 Seconds

<b>Round</b>	<b>Event</b>	<b>Entries</b>	<b>Heats</b>	<b>Starts at</b>
Finals	1 Women Open 400 Freestyle Relay	10	2u	05:30 PM _____
Finals	2 Men Open 400 Freestyle Relay	4	1u	05:40 PM _____
Finals	3 Women Open 400 Freestyle	35	6u	05:45 PM _____
Finals	4 Men Open 400 Freestyle	30	5u	06:18 PM _____
Finals	5 Women Open 50 Breaststroke	37	7u	06:45 PM _____
Finals	6 Men Open 50 Breaststroke	44	8u	06:52 PM _____
Finals	7 Women Open 200 IM	38	7u	06:59 PM _____
Finals	8 Men Open 200 IM	46	8u	07:21 PM _____
Finals	9 Women Open 50 Freestyle	56	10u	07:45 PM _____
Finals	10 Men Open 50 Freestyle	63	11u	07:53 PM _____
Finals	11 Women Open 200 Butterfly	9	2u	08:01 PM _____
Finals	12 Men Open 200 Butterfly	22	4u	08:07 PM _____
	Swimmer Count for Warm-ups: 146	=====	=====	
	Entry / Heat Totals:	394	71	
	Finish Time			08:19 PM _____

Session: 2 Saturday Morning 12 and Under Session

Day of Meet: 2 Starts at 09:30 AM Heat Interval: 15 Seconds / Back +15 Seconds

<b>Round</b>	<b>Event</b>	<b>Entries</b>	<b>Heats</b>	<b>Starts at</b>
Finals	13 Women 12 & Under 200 IM	34	6u	09:30 AM _____
Finals	14 Men 12 & Under 200 IM	12	2u	09:53 AM _____
Finals	15 Women 12 & Under 50 Backstroke	60	10u	10:00 AM _____
Finals	16 Men 12 & Under 50 Backstroke	33	6u	10:14 AM _____
Finals	17 Women 12 & Under 100 Freestyle	62	11u	10:22 AM _____
Finals	18 Men 12 & Under 100 Freestyle	34	6u	10:42 AM _____
Finals	19 Women 12 & Under 50 Breaststroke	43	8u	10:53 AM _____
Finals	20 Men 12 & Under 50 Breaststroke	29	5u	11:02 AM _____
	Break: 5 Minutes			
Finals	21 Women 12 & Under 100 Butterfly	20	4u	11:13 AM _____
Finals	22 Men 12 & Under 100 Butterfly	8	2u	11:21 AM _____
Finals	23 Women 12 & Under 200 Freestyle	27	5u	11:24 AM _____
Finals	24 Men 12 & Under 200 Freestyle	14	3u	11:41 AM _____
Finals	25 Women 12 & Under 200 Freestyle Relay	9	2u	11:51 AM _____
Finals	26 Men 12 & Under 200 Freestyle Relay	3	1u	11:57 AM _____
	Swimmer Count for Warm-ups: 130	=====	=====	
	Entry / Heat Totals:	388	71	
	Finish Time			12:00 PM _____

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Session: 3 Saturday Afternoon Senior Session

Day of Meet: 2 Starts at 02:30 PM Heat Interval: 15 Seconds / Back +15 Seconds

<b>Round</b>	<b>Event</b>	<b>Entries</b>	<b>Heats</b>	<b>Starts at</b>
Finals	27 Women Open 200 Freestyle	75	13u	02:30 PM _____
Finals	28 Men Open 200 Freestyle	63	11u	03:08 PM _____
Finals	29 Women Open 100 Backstroke	55	10u	03:37 PM _____
Finals	30 Men Open 100 Backstroke	56	10u	03:56 PM _____
Finals	31 Women Open 200 Breaststroke	31	6u	04:14 PM _____
Finals	32 Men Open 200 Breaststroke	24	4u	04:34 PM _____
Finals	33 Women Open 100 Butterfly	45	8u	04:47 PM _____
Finals	34 Men Open 100 Butterfly	47	8u	05:00 PM _____
Finals	35 Women Open 50 Backstroke	65	11u	05:12 PM _____
Finals	36 Men Open 50 Backstroke	61	11u	05:25 PM _____
Finals	37 Women Open 800 Freestyle Relay	8	2u	05:37 PM _____
Finals	38 Men Open 800 Freestyle Relay	4	1u	05:58 PM _____
	Swimmer Count for Warm-ups: 184	=====	=====	
	Entry / Heat Totals:	534	95	
	Finish Time			06:07 PM _____

Session: 4 Sunday Morning 12 and Under Session

Day of Meet: 3 Starts at 09:30 AM Heat Interval: 15 Seconds / Back +15 Seconds

<b>Round</b>	<b>Event</b>	<b>Entries</b>	<b>Heats</b>	<b>Starts at</b>
Finals	39 Women 12 & Under 50 Freestyle	59	10u	09:30 AM _____
Finals	40 Men 12 & Under 50 Freestyle	38	7u	09:40 AM _____
Finals	41 Women 12 & Under 100 Backstroke	42	7u	09:47 AM _____
Finals	42 Men 12 & Under 100 Backstroke	31	6u	10:03 AM _____
Finals	43 Women 12 & Under 50 Butterfly	49	9u	10:16 AM _____
Finals	44 Men 12 & Under 50 Butterfly	29	5u	10:26 AM _____
Finals	45 Women 12 & Under 100 Breaststroke	38	7u	10:31 AM _____
Finals	46 Men 12 & Under 100 Breaststroke	15	3u	10:46 AM _____
Finals	47 Women 12 & Under 200 Medley Relay	7	2u	10:53 AM _____
Finals	48 Men 12 & Under 200 Medley Relay	3	1u	11:00 AM _____
Finals	49 Women 12 & Under 400 Freestyle	17	3u	11:04 AM _____
Finals	50 Men 12 & Under 400 Freestyle	5	1u	11:23 AM _____
	Swimmer Count for Warm-ups: 113	=====	=====	
	Entry / Heat Totals:	333	61	
	Finish Time			11:29 AM _____

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Session: 5 Sunday Afternoon Senior Session

Day of Meet: 3 Starts at 02:30 PM Heat Interval: 15 Seconds / Back +15 Seconds

<b>Round</b>	<b>Event</b>	<b>Entries</b>	<b>Heats</b>	<b>Starts at</b>
Finals	51 Women Open 400 IM	22	4u	02:30 PM _____
Finals	52 Men Open 400 IM	24	4u	02:55 PM _____
Finals	53 Women Open 100 Freestyle	74	13u	03:18 PM _____
Finals	54 Men Open 100 Freestyle	71	12u	03:37 PM _____
Finals	55 Women Open 200 Backstroke	39	7u	03:54 PM _____
Finals	56 Men Open 200 Backstroke	35	6u	04:17 PM _____
Finals	57 Women Open 50 Butterfly	67	12u	04:36 PM _____
Finals	58 Men Open 50 Butterfly	67	12u	04:47 PM _____
Finals	59 Women Open 100 Breaststroke	47	8u	04:57 PM _____
Finals	60 Men Open 100 Breaststroke	45	8u	05:11 PM _____
Finals	61 Women Open 400 Medley Relay	10	2u	05:25 PM _____
Finals	62 Men Open 400 Medley Relay	6	1u	05:36 PM _____
	Swimmer Count for Warm-ups: 171	=====	=====	
	Entry / Heat Totals:	507	89	
	Finish Time			05:42 PM _____