

2010 Northern Virginia Region Champs - 2/26/2010 to 2/28/2010

2010 Northern Virginia Region Championship

Session Report

Session: 1 13 and Older Friday Prelims

Day of Meet: 1 Starts at 08:10 AM Heat Interval: 20 Seconds / Back +10 Seconds

Round	Event	Entries	Heats	Starts at
Prelims	1 Girls 13-14 100 Breaststroke	32	4	08:10 AM _____
Prelims	2 Boys 13-14 100 Breaststroke	7	1	08:17 AM _____
Prelims	3 Girls 15 & Over 100 Breaststroke	41	5	08:19 AM _____
Prelims	4 Boys 15 & Over 100 Breaststroke	20	2	08:28 AM _____
Prelims	5 Girls 13-14 200 Freestyle	53	6	08:32 AM _____
Prelims	6 Boys 13-14 200 Freestyle	36	4	08:48 AM _____
Prelims	7 Girls 15 & Over 200 Freestyle	64	7	08:58 AM _____
Prelims	8 Boys 15 & Over 200 Freestyle	46	5	09:18 AM _____
Prelims	9 Girls 13-14 100 Butterfly	26	3	09:30 AM _____
Prelims	10 Boys 13-14 100 Butterfly	19	2	09:35 AM _____
Prelims	11 Girls 15 & Over 100 Butterfly	44	5	09:38 AM _____
Prelims	12 Boys 15 & Over 100 Butterfly	27	3	09:45 AM _____
Prelims	13 Girls 13-14 200 IM	58	6	09:50 AM _____
Prelims	14 Boys 13-14 200 IM	36	4	10:08 AM _____
Prelims	15 Girls 15 & Over 200 IM	63	7	10:19 AM _____
Prelims	16 Boys 15 & Over 200 IM	49	5	10:41 AM _____
Finals	17 Girls 13-14 400 Freestyle Relay	9	1	10:55 AM _____
Finals	18 Boys 13-14 400 Freestyle Relay	5	1	11:00 AM _____
Finals	19 Girls 400 Freestyle Relay	14	2	11:04 AM _____
Finals	20 Boys 400 Freestyle Relay	10	1	11:13 AM _____
	Break: 20 Minutes			
Finals-S	21 Girls 13 & Over 1000 Freestyle	10	1	u11:38 AM
Finals-S	22 Boys 13 & Over 1000 Freestyle	11	1	u11:50 AM
	Swimmer Count for Warm-ups: 265	=====	=====	
	Entry / Heat Totals:	680	76	
	Finish Time			12:02 PM _____

2010 Northern Virginia Region Champs - 2/26/2010 to 2/28/2010

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Session Report

Session: 2 12 and Younger Friday Timed Finals

Day of Meet: 1 Starts at 01:10 PM Heat Interval: 20 Seconds / Back +10 Seconds

Round	Event	Entries	Heats	Starts at
Finals	23 Girls 11-12 100 Breaststroke	34	4	01:10 PM _____
Finals	24 Boys 11-12 100 Breaststroke	17	2	01:18 PM _____
Finals	25 Girls 10 & Under 100 Breaststroke	52	6	01:21 PM _____
Finals	26 Boys 10 & Under 100 Breaststroke	26	3	01:34 PM _____
Finals	27 Girls 11-12 50 Butterfly	42	5	01:40 PM _____
Finals	28 Boys 11-12 50 Butterfly	17	2	01:44 PM _____
Finals	29 Girls 10 & Under 50 Butterfly	47	5	01:46 PM _____
Finals	30 Boys 10 & Under 50 Butterfly	25	3	01:51 PM _____
Finals	31 Girls 11-12 200 Backstroke	36	4	01:54 PM _____
Finals	32 Boys 11-12 200 Backstroke	18	2	02:07 PM _____
Finals	33 Girls 10 & Under 100 IM	73	8	02:14 PM _____
Finals	34 Boys 10 & Under 100 IM	32	4	02:28 PM _____
Finals	35 Girls 11-12 100 IM	62	7	02:36 PM _____
Finals	36 Boys 11-12 100 IM	28	3	02:47 PM _____
Finals	37 Girls 10 & Under 200 Freestyle	32	4	02:52 PM _____
Finals	38 Boys 10 & Under 200 Freestyle	19	2	03:05 PM _____
Finals	39 Girls 11-12 200 Freestyle	38	4	03:11 PM _____
Finals	40 Boys 11-12 200 Freestyle	34	4	03:22 PM _____
Finals	41 Girls 11-12 400 Freestyle Relay	9	1	03:33 PM _____
Finals	42 Boys 11-12 400 Freestyle Relay	5	1	03:38 PM _____
	Swimmer Count for Warm-ups: 271	=====	=====	
	Entry / Heat Totals:	646	74	
	Finish Time			03:43 PM _____

2010 Northern Virginia Region Champs - 2/26/2010 to 2/28/2010

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Session Report

Session: 3 13 and Older Friday Finals

Day of Meet: 1 Starts at 05:00 PM Heat Interval: 75 Seconds

Round	Event	Entries	Heats	Starts at
Finals-1	21 Girls 13 & Over 1000 Freestyle	8	1	u05:00 PM
Finals-1	22 Boys 13 & Over 1000 Freestyle	8	1	u05:14 PM
Finals	1 Girls 13-14 100 Breaststroke	32	2	u05:26 PM
Finals	2 Boys 13-14 100 Breaststroke	7	2	u05:31 PM
Finals	3 Girls 15 & Over 100 Breaststroke	41	2	u05:36 PM
Finals	4 Boys 15 & Over 100 Breaststroke	20	2	u05:41 PM
Finals	5 Girls 13-14 200 Freestyle	53	2	u05:46 PM
Finals	6 Boys 13-14 200 Freestyle	36	2	u05:53 PM
Finals	7 Girls 15 & Over 200 Freestyle	64	2	u06:00 PM
Finals	8 Boys 15 & Over 200 Freestyle	46	2	u06:06 PM
Finals	9 Girls 13-14 100 Butterfly	26	2	u06:13 PM
Finals	10 Boys 13-14 100 Butterfly	19	2	u06:17 PM
Finals	11 Girls 15 & Over 100 Butterfly	44	2	u06:22 PM
Finals	12 Boys 15 & Over 100 Butterfly	27	2	u06:27 PM
Finals	13 Girls 13-14 200 IM	58	2	u06:31 PM
Finals	14 Boys 13-14 200 IM	36	2	u06:38 PM
Finals	15 Girls 15 & Over 200 IM	63	2	u06:46 PM
Finals	16 Boys 15 & Over 200 IM	49	2	u06:53 PM
	Swimmer Count for Warm-ups: 163	=====	=====	
	Entry / Heat Totals:	637	34	
	Finish Time			07:00 PM _____

2010 Northern Virginia Region Champs - 2/26/2010 to 2/28/2010

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Session Report

Session: 4 13 and Older Saturday Prelims

Day of Meet: 2 Starts at 08:10 AM Heat Interval: 20 Seconds / Back +10 Seconds

Round	Event	Entries	Heats	Starts at
Prelims	43 Girls 13-14 200 Butterfly	14	2	08:10 AM _____
Prelims	44 Boys 13-14 200 Butterfly	13	2	08:17 AM _____
Prelims	45 Girls 15 & Over 200 Butterfly	20	2	08:22 AM _____
Prelims	46 Boys 15 & Over 200 Butterfly	14	2	08:29 AM _____
Prelims	47 Girls 13-14 50 Freestyle	69	7	08:34 AM _____
Prelims	48 Boys 13-14 50 Freestyle	40	4	08:40 AM _____
Prelims	49 Girls 15 & Over 50 Freestyle	75	8	08:43 AM _____
Prelims	50 Boys 15 & Over 50 Freestyle	71	8	08:50 AM _____
Prelims	51 Girls 13-14 200 Breaststroke	26	3	08:56 AM _____
Prelims	52 Boys 13-14 200 Breaststroke	13	2	09:06 AM _____
Prelims	53 Girls 15 & Over 200 Breaststroke	41	5	09:13 AM _____
Prelims	54 Boys 15 & Over 200 Breaststroke	24	3	09:30 AM _____
Prelims	55 Girls 13-14 100 Backstroke	41	5	09:41 AM _____
Prelims	56 Boys 13-14 100 Backstroke	28	3	09:49 AM _____
Prelims	57 Girls 15 & Over 100 Backstroke	71	8	09:54 AM _____
Prelims	58 Boys 15 & Over 100 Backstroke	59	6	10:08 AM _____
Finals	59 Girls 13-14 400 Medley Relay	10	1	10:18 AM _____
Finals	60 Boys 13-14 400 Medley Relay	11	2	10:24 AM _____
Finals	61 Girls 400 Medley Relay	18	2	10:34 AM _____
Finals	62 Boys 400 Medley Relay	15	2	10:45 AM _____
Prelims	63 Girls 13-14 500 Freestyle	35	4	10:54 AM _____
Prelims	64 Boys 13-14 500 Freestyle	37	4	11:21 AM _____
Prelims	65 Girls 15 & Over 500 Freestyle	54	6	11:46 AM _____
Prelims	66 Boys 15 & Over 500 Freestyle	58	6	12:26 PM _____
	Swimmer Count for Warm-ups: 332	=====	=====	
	Entry / Heat Totals:	857	97	
	Finish Time			01:03 PM _____

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Session Report

Session: 5 12 and Younger Saturday Timed Finals

Day of Meet: 2 Starts at 02:00 PM Heat Interval: 20 Seconds / Back +10 Seconds

Round	Event	Entries	Heats	Starts at
Finals	67 Girls 11-12 100 Backstroke	66	7	02:00 PM _____
Finals	68 Boys 11-12 100 Backstroke	30	3	02:13 PM _____
Finals	69 Girls 10 & Under 100 Backstroke	64	7	02:18 PM _____
Finals	70 Boys 10 & Under 100 Backstroke	38	4	02:33 PM _____
Finals	71 Girls 11-12 50 Breaststroke	30	3	02:41 PM _____
Finals	72 Boys 11-12 50 Breaststroke	21	3	02:44 PM _____
Finals	73 Girls 10 & Under 50 Breaststroke	52	6	02:47 PM _____
Finals	74 Boys 10 & Under 50 Breaststroke	24	3	02:53 PM _____
Finals	75 Girls 11-12 200 Butterfly	8	1	02:57 PM _____
Finals	76 Boys 11-12 200 Butterfly	5	1	03:00 PM _____
Finals	77 Girls 10 & Under 100 Freestyle	56	6	03:03 PM _____
Finals	78 Boys 10 & Under 100 Freestyle	32	4	03:13 PM _____
Finals	79 Girls 11-12 100 Freestyle	55	6	03:19 PM _____
Finals	80 Boys 11-12 100 Freestyle	39	4	03:28 PM _____
Finals	81 Girls 10 & Under 200 IM	39	4	03:34 PM _____
Finals	82 Boys 10 & Under 200 IM	28	3	03:48 PM _____
Finals	83 Girls 11-12 200 IM	59	6	03:59 PM _____
Finals	84 Boys 11-12 200 IM	35	4	04:17 PM _____
Finals	85 Girls 10 & Under 200 Freestyle Relay	10	1	04:30 PM _____
Finals	86 Boys 10 & Under 200 Freestyle Relay	5	1	04:32 PM _____
Finals	87 Girls 11-12 200 Freestyle Relay	10	1	04:35 PM _____
Finals	88 Boys 11-12 200 Freestyle Relay	7	1	04:37 PM _____
	Swimmer Count for Warm-ups: 299	=====	=====	
	Entry / Heat Totals:	713	79	
	Finish Time			04:40 PM _____

2010 Northern Virginia Region Champs - 2/26/2010 to 2/28/2010

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Session Report

Session: 6 13 and Older Saturday Finals

Day of Meet: 2 Starts at 05:30 PM Heat Interval: 75 Seconds

Round	Event	Entries	Heats	Starts at
Finals	43 Girls 13-14 200 Butterfly	14	2	u05:30 PM
Finals	44 Boys 13-14 200 Butterfly	13	2	u05:38 PM
Finals	45 Girls 15 & Over 200 Butterfly	20	2	u05:45 PM
Finals	46 Boys 15 & Over 200 Butterfly	14	2	u05:53 PM
Finals	47 Girls 13-14 50 Freestyle	69	2	u06:00 PM
Finals	48 Boys 13-14 50 Freestyle	40	2	u06:03 PM
Finals	49 Girls 15 & Over 50 Freestyle	75	2	u06:07 PM
Finals	50 Boys 15 & Over 50 Freestyle	71	2	u06:10 PM
Finals	51 Girls 13-14 200 Breaststroke	26	2	u06:13 PM
Finals	52 Boys 13-14 200 Breaststroke	13	2	u06:21 PM
Finals	53 Girls 15 & Over 200 Breaststroke	41	2	u06:29 PM
Finals	54 Boys 15 & Over 200 Breaststroke	24	2	u06:37 PM
Finals	55 Girls 13-14 100 Backstroke	41	2	u06:45 PM
Finals	56 Boys 13-14 100 Backstroke	28	2	u06:49 PM
Finals	57 Girls 15 & Over 100 Backstroke	71	2	u06:54 PM
Finals	58 Boys 15 & Over 100 Backstroke	59	2	u06:59 PM
Finals	63 Girls 13-14 500 Freestyle	35	2	u07:03 PM
Finals	64 Boys 13-14 500 Freestyle	37	2	u07:17 PM
Finals	65 Girls 15 & Over 500 Freestyle	54	2	u07:31 PM
Finals	66 Boys 15 & Over 500 Freestyle	58	2	u07:44 PM
	Swimmer Count for Warm-ups: 187	=====	=====	
	Entry / Heat Totals:	803	40	

2010 Northern Virginia Region Champs - 2/26/2010 to 2/28/2010

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Session Report

Finish Time

07:57 PM _____

Session: 7 13 and Older Sunday Prelims

Day of Meet: 3 Starts at 08:10 AM Heat Interval: 20 Seconds / Back +10 Seconds

Round	Event	Entries	Heats	Starts at
Prelims	89 Girls 13-14 200 Backstroke	41	5	08:10 AM _____
Prelims	90 Boys 13-14 200 Backstroke	25	3	08:26 AM _____
Prelims	91 Girls 15 & Over 200 Backstroke	46	5	08:35 AM _____
Prelims	92 Boys 15 & Over 200 Backstroke	45	5	08:55 AM _____
Prelims	93 Girls 13-14 100 Freestyle	68	7	09:10 AM _____
Prelims	94 Boys 13-14 100 Freestyle	39	4	09:20 AM _____
Prelims	95 Girls 15 & Over 100 Freestyle	78	8	09:26 AM _____
Prelims	96 Boys 15 & Over 100 Freestyle	65	7	09:37 AM _____
Prelims	97 Girls 13-14 400 IM	30	3	09:46 AM _____
Prelims	98 Boys 13-14 400 IM	28	3	10:04 AM _____
Prelims	99 Girls 15 & Over 400 IM	45	5	10:21 AM _____
Prelims	100 Boys 15 & Over 400 IM	35	4	10:52 AM _____
Finals	101 Girls 13-14 200 Freestyle Relay	9	1	11:16 AM _____
Finals	102 Boys 13-14 200 Freestyle Relay	6	1	11:18 AM _____
Finals	103 Girls 200 Freestyle Relay	16	2	11:20 AM _____
Finals	104 Boys 200 Freestyle Relay	11	2	11:25 AM _____
	Break: 20 Minutes			
Finals-S	105 Girls 13 & Over 1650 Freestyle	0	0	11:49 AM _____
Finals-S	106 Boys 13 & Over 1650 Freestyle	12	1	u11:49 AM
	Swimmer Count for Warm-ups: 293	=====	=====	
	Entry / Heat Totals:	599	66	
	Finish Time			12:09 PM _____

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Session Report

Session: 8 12 and Younger Sunday Timed Finals

Day of Meet: 3 Starts at 01:10 PM Heat Interval: 20 Seconds / Back +10 Seconds

Round	Event	Entries	Heats	Starts at
Finals	107 Girls 11-12 100 Butterfly	27	3	01:10 PM _____
Finals	108 Boys 11-12 100 Butterfly	16	2	01:15 PM _____
Finals	109 Girls 10 & Under 100 Butterfly	36	4	01:19 PM _____
Finals	110 Boys 10 & Under 100 Butterfly	23	3	01:26 PM _____
Finals	111 Girls 11-12 50 Freestyle	72	8	01:32 PM _____
Finals	112 Boys 11-12 50 Freestyle	35	4	01:39 PM _____
Finals	113 Girls 10 & Under 50 Freestyle	54	6	01:43 PM _____
Finals	114 Boys 10 & Under 50 Freestyle	37	4	01:48 PM _____
Finals	115 Girls 11-12 200 Breaststroke	30	3	01:52 PM _____
Finals	116 Boys 11-12 200 Breaststroke	8	1	02:02 PM _____
Finals	117 Girls 10 & Under 50 Backstroke	69	7	02:05 PM _____
Finals	118 Boys 10 & Under 50 Backstroke	47	5	02:14 PM _____
Finals	119 Girls 11-12 50 Backstroke	49	5	02:20 PM _____
Finals	120 Boys 11-12 50 Backstroke	30	3	02:25 PM _____
Finals	121 Girls 10 & Under 200 Medley Relay	9	1	02:29 PM _____
Finals	122 Boys 10 & Under 200 Medley Relay	5	1	02:32 PM _____
Finals	123 Girls 11-12 200 Medley Relay	12	2	02:35 PM _____
Finals	124 Boys 11-12 200 Medley Relay	9	1	02:41 PM _____
Finals	125 Girls 10 & Under 500 Freestyle	17	2	02:44 PM _____
Finals	126 Boys 10 & Under 500 Freestyle	14	2	03:00 PM _____
Finals	127 Girls 11-12 500 Freestyle	33	4	u03:15 PM _____
Finals	128 Boys 11-12 500 Freestyle	29	3	u03:42 PM _____
	Swimmer Count for Warm-ups: 303	=====	=====	
	Entry / Heat Totals:	661	74	
	Finish Time			04:02 PM _____

2010 Northern Virginia Region Champs - 2/26/2010 to 2/28/2010

2010 Northern Virginia Region Championship

Session Report

Session: 9 13 and Older Sunday Finals

Day of Meet: 3 Starts at 05:00 PM Heat Interval: 75 Seconds

Round	Event	Entries	Heats	Starts at
Finals-1	105 Girls 13 & Over 1650 Freestyle	7	1	u05:00 PM
Finals-1	106 Boys 13 & Over 1650 Freestyle	8	1	u05:22 PM
Finals	89 Girls 13-14 200 Backstroke	41	2	u05:43 PM
Finals	90 Boys 13-14 200 Backstroke	25	2	u05:50 PM
Finals	91 Girls 15 & Over 200 Backstroke	46	2	u05:57 PM
Finals	92 Boys 15 & Over 200 Backstroke	45	2	u06:04 PM
Finals	93 Girls 13-14 100 Freestyle	68	2	u06:11 PM
Finals	94 Boys 13-14 100 Freestyle	39	2	u06:16 PM
Finals	95 Girls 15 & Over 100 Freestyle	78	2	u06:20 PM
Finals	96 Boys 15 & Over 100 Freestyle	65	2	u06:24 PM
Finals	97 Girls 13-14 400 IM	30	2	u06:29 PM
Finals	98 Boys 13-14 400 IM	28	2	u06:41 PM
Finals	99 Girls 15 & Over 400 IM	45	2	u06:54 PM
Finals	100 Boys 15 & Over 400 IM	35	2	u07:06 PM
	Swimmer Count for Warm-ups: 143	=====	=====	
	Entry / Heat Totals:	560	26	
	Finish Time			07:18 PM _____