

Central Zone 14&U Championship
Hosted by: Rochester Swim Club
Session Report

Session: 1 Thursday Session

Day of Meet: 1 Starts at 01:30 PM Heat Interval: 20 Seconds / Back +20 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	1 Mixed 11-12 200 Medley Relay	18	3 u	01:30 PM	_____
Finals	2 Mixed 13-14 200 Medley Relay	18	3 u	01:39 PM	_____
	Break: 6 Minutes: Awards Break				
Finals	3 Girls 10 & Under 200 IM	25	4	01:54 PM	_____
Finals	4 Boys 10 & Under 200 IM	29	4 u	02:08 PM	_____
Finals	5 Girls 11-12 400 IM	19	3 u	02:22 PM	_____
Finals	6 Boys 11-12 400 IM	15	2 u	02:41 PM	_____
Finals	7 Girls 13-14 400 IM	30	4 u	02:54 PM	_____
Finals	8 Boys 13-14 400 IM	19	3 u	03:17 PM	_____
	Break: 12 Minutes: Awards Break				
Finals	9 Girls 10 & Under 400 Freestyle	16	2 u	03:46 PM	_____
Finals	10 Boys 10 & Under 400 Freestyle	19	3 u	03:58 PM	_____
	Break: 6 Minutes: Awards Break				
Finals	11 Girls 11-12 1500 Freestyle	13	2 u	04:22 PM	_____
Finals	12 Boys 11-12 1500 Freestyle	23	3 u	05:06 PM	_____
Finals	13 Girls 13-14 800 Freestyle	42	6 u	06:09 PM	_____
Finals	14 Boys 13-14 800 Freestyle	31	4 u	07:11 PM	_____
	Swimmers Counts for Warm-ups: 303	=====	=====		
	Entry / Heat Totals:	317	46		
	Finish Time			07:50 PM	_____

Central Zone 14&U Championship
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Session Report

Session: 2 Friday Morning Prelims

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

Round	Event	Entries	Heats	Starts at	
Prelims	19 Girls 11-12 200 IM	34	5 u	08:20 AM	_____
Prelims	20 Boys 11-12 200 IM	18	3 u	08:36 AM	_____
Prelims	21 Girls 13-14 200 IM	45	6 u	08:46 AM	_____
Prelims	22 Boys 13-14 200 IM	32	4 u	09:04 AM	_____
	Break: 2 Minutes: Timers Move				
Prelims	23 Girls 11-12 50 Backstroke	49	7 u	09:17 AM	_____
Prelims	24 Boys 11-12 50 Backstroke	30	4 u	09:26 AM	_____
Prelims	25 Girls 13-14 50 Backstroke	52	7 u	09:31 AM	_____
Prelims	26 Boys 13-14 50 Backstroke	48	6 u	09:39 AM	_____
	Break: 2 Minutes: Timers Move				
Prelims	29 Girls 11-12 100 Breaststroke	35	5 u	09:48 AM	_____
Prelims	30 Boys 11-12 100 Breaststroke	30	4 u	09:57 AM	_____
Prelims	31 Girls 13-14 100 Breaststroke	57	8 u	10:04 AM	_____
Prelims	32 Boys 13-14 100 Breaststroke	39	5 u	10:18 AM	_____
Prelims	33 Girls 11-12 100 Freestyle	64	8 u	10:26 AM	_____
Prelims	34 Boys 11-12 100 Freestyle	35	5 u	10:37 AM	_____
Prelims	35 Girls 13-14 200 Freestyle	76	10 u	10:45 AM	_____
Prelims	36 Boys 13-14 200 Freestyle	52	7 u	11:11 AM	_____
Finals-S	37 Girls 11-12 200 Butterfly	6	1 u	11:28 AM	_____
Finals-S	38 Boys 11-12 200 Butterfly	1	1 u	11:31 AM	_____
Prelims	39 Girls 13-14 100 Butterfly	39	5 u	11:34 AM	_____
Prelims	40 Boys 13-14 100 Butterfly	43	6 u	11:42 AM	_____
Finals-S	27 Girls 11-12 800 Freestyle	13	2 u	11:50 AM	_____
Finals-S	28 Boys 11-12 800 Freestyle	20	3 u	12:13 PM	_____
	Swimmers Counts for Warm-ups: 579	=====	=====		
	Entry / Heat Totals:	818	112		
	Finish Time			12:46 PM	_____

Central Zone 14&U Championship
Hosted by: Rochester Swim Club
Session Report

Session: 3 Friday 10 & Under

Day of Meet: 2 Starts at 01:45 PM Heat Interval: 20 Seconds / Back +20 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	41 Girls 10 & Under 100 Freestyle	34	5 u	01:45 PM	_____
Finals	42 Boys 10 & Under 100 Freestyle	31	4 u	01:54 PM	_____
	Break: 2 Minutes: Timers				
Finals	43 Girls 10 & Under 50 Breaststroke	31	4 u	02:02 PM	_____
Finals	44 Boys 10 & Under 50 Breaststroke	15	2 u	02:06 PM	_____
	Break: 8 Minutes: Awards Break				
Finals	45 Girls 10 & Under 100 Butterfly	18	3 u	02:16 PM	_____
Finals	46 Boys 10 & Under 100 Butterfly	29	4 u	02:22 PM	_____
	Break: 2 Minutes: Timers				
Finals	47 Girls 10 & Under 50 Backstroke	29	4 u	02:31 PM	_____
Finals	48 Boys 10 & Under 50 Backstroke	29	4 u	02:37 PM	_____
	Break: 8 Minutes: Awards Break				
Finals	49 Girls 10 & Under 200 Freestyle Relay	13	2 u	02:50 PM	_____
Finals	50 Boys 10 & Under 200 Freestyle Relay	10	2 u	02:56 PM	_____
	Break: 6 Minutes: Awards Break				
	Swimmers Counts for Warm-ups: 142	=====	=====		
	Entry / Heat Totals:	239	34		
	Finish Time			03:07 PM	_____

Central Zone 14&U Championship
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Session Report

Session: 4 Friday Finals

Day of Meet: 2 Starts at 04:45 PM Heat Interval: 60 Seconds / Back +20 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	15 Girls 11-12 200 Freestyle Relay	15	2 u	04:45 PM	_____
Finals	16 Boys 11-12 200 Freestyle Relay	15	2 u	04:52 PM	_____
Finals	17 Girls 13-14 200 Freestyle Relay	17	3 u	04:58 PM	_____
Finals	18 Boys 13-14 200 Freestyle Relay	17	3 u	05:07 PM	_____
	Break: 8 Minutes: Awards Break				
Finals	19 Girls 11-12 200 IM	16	2 u	05:23 PM	_____
Finals	20 Boys 11-12 200 IM	16	2 u	05:31 PM	_____
Finals	21 Girls 13-14 200 IM	16	2 u	05:38 PM	_____
Finals	22 Boys 13-14 200 IM	16	2 u	05:45 PM	_____
	Break: 8 Minutes: Awards Break				
Finals	23 Girls 11-12 50 Backstroke	16	2 u	06:00 PM	_____
Finals	24 Boys 11-12 50 Backstroke	16	2 u	06:03 PM	_____
Finals	25 Girls 13-14 50 Backstroke	16	2 u	06:07 PM	_____
Finals	26 Boys 13-14 50 Backstroke	16	2 u	06:11 PM	_____
	Break: 8 Minutes: Awards Break				
Finals-1	27 Girls 11-12 800 Freestyle	8	1 u	06:23 PM	_____
Finals-1	28 Boys 11-12 800 Freestyle	8	1 u	06:35 PM	_____
	Break: 4 Minutes: Awards Break				
Finals	29 Girls 11-12 100 Breaststroke	16	2 u	06:50 PM	_____
Finals	30 Boys 11-12 100 Breaststroke	16	2 u	06:55 PM	_____
Finals	31 Girls 13-14 100 Breaststroke	16	2 u	07:00 PM	_____
Finals	32 Boys 13-14 100 Breaststroke	16	2 u	07:04 PM	_____
	Break: 8 Minutes: Awards Break				
Finals	33 Girls 11-12 100 Freestyle	16	2 u	07:17 PM	_____
Finals	34 Boys 11-12 100 Freestyle	16	2 u	07:21 PM	_____
Finals	35 Girls 13-14 200 Freestyle	16	2 u	07:25 PM	_____
Finals	36 Boys 13-14 200 Freestyle	16	2 u	07:31 PM	_____
	Break: 8 Minutes: Awards Break				
Finals-1	37 Girls 11-12 200 Butterfly	8	1 u	07:45 PM	_____
Finals-1	38 Boys 11-12 200 Butterfly	8	1 u	07:49 PM	_____
Finals	39 Girls 13-14 100 Butterfly	16	2 u	07:53 PM	_____
Finals	40 Boys 13-14 100 Butterfly	16	2 u	07:57 PM	_____
	Break: 8 Minutes: Awards Break				
	Swimmers Counts for Warm-ups: 339	=====	=====		
	Entry / Heat Totals:	384	50		
	Finish Time			08:09 PM	_____

Central Zone 14&U Championship
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Session Report

Session: 5 Saturday Morning Prelims

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

Round	Event	Entries	Heats	Starts at	
Finals	51 Girls 11-12 400 Medley Relay	15	2 u	08:20 AM	_____
Finals	52 Boys 11-12 400 Medley Relay	15	2 u	08:32 AM	_____
Finals	53 Girls 13-14 400 Medley Relay	17	3 u	08:44 AM	_____
Finals	54 Boys 13-14 400 Medley Relay	17	3 u	09:01 AM	_____
	Break: 2 Minutes: Timers Move				
Prelims	55 Girls 11-12 50 Butterfly	55	7 u	09:18 AM	_____
Prelims	56 Boys 11-12 50 Butterfly	33	5 u	09:24 AM	_____
Prelims	57 Girls 13-14 50 Butterfly	67	9 u	09:29 AM	_____
Prelims	58 Boys 13-14 50 Butterfly	72	9 u	09:37 AM	_____
	Break: 2 Minutes: Timers Move				
Finals-S	59 Girls 11-12 200 Breaststroke	20	3 u	09:46 AM	_____
Finals-S	60 Boys 11-12 200 Breaststroke	14	2 u	09:57 AM	_____
Prelims	61 Girls 13-14 200 Breaststroke	48	6 u	10:04 AM	_____
Prelims	62 Boys 13-14 200 Breaststroke	26	4 u	10:23 AM	_____
	Break: 2 Minutes: Timers Move				
Prelims	63 Girls 11-12 50 Freestyle	65	9 u	10:37 AM	_____
Prelims	64 Boys 11-12 50 Freestyle	38	5 u	10:45 AM	_____
Prelims	65 Girls 13-14 50 Freestyle	104	13 u	10:49 AM	_____
Prelims	66 Boys 13-14 50 Freestyle	76	10 u	11:00 AM	_____
	Break: 2 Minutes:				
Prelims	67 Girls 11-12 100 Backstroke	48	6 u	11:10 AM	_____
Prelims	68 Boys 11-12 100 Backstroke	30	4 u	11:21 AM	_____
Prelims	69 Girls 13-14 100 Backstroke	43	6 u	11:29 AM	_____
Prelims	70 Boys 13-14 100 Backstroke	46	6 u	11:40 AM	_____
Finals-S	71 Girls 11-12 400 Freestyle	29	4 u	11:51 AM	_____
Finals	72 Boys 11-12 400 Freestyle	25	4 u	12:13 PM	_____
Prelims	73 Girls 13-14 400 Freestyle	42	6 u	12:35 PM	_____
Prelims	74 Boys 13-14 400 Freestyle	35	5 u	01:06 PM	_____
	Swimmers Counts for Warm-ups: 621	=====	=====		
	Entry / Heat Totals:	980	133		
	Finish Time			01:30 PM	_____

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Session Report

Session: 6 Saturday 10 & Under

Day of Meet: 3 Starts at 02:05 PM Heat Interval: 20 Seconds / Back +20 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	79 Girls 10 & Under 200 Medley Relay	13	2 u	02:05 PM	_____
Finals	80 Boys 10 & Under 200 Medley Relay	10	2 u	02:13 PM	_____
	Break: 6 Minutes: Awards Break				
Finals	81 Girls 10 & Under 200 Freestyle	24	3 u	02:25 PM	_____
Finals	82 Boys 10 & Under 200 Freestyle	23	3 u	02:35 PM	_____
Finals	83 Girls 10 & Under 100 Breaststroke	31	4 u	02:44 PM	_____
Finals	84 Boys 10 & Under 100 Breaststroke	16	2 u	02:52 PM	_____
	Break: 8 Minutes: Awards Break				
Finals	85 Girls 10 & Under 100 Backstroke	28	4 u	03:04 PM	_____
Finals	86 Boys 10 & Under 100 Backstroke	25	4 u	03:12 PM	_____
	Break: 2 Minutes: Timers Break				
Finals	87 Girls 10 & Under 50 Butterfly	29	4 u	03:23 PM	_____
Finals	88 Boys 10 & Under 50 Butterfly	31	4 u	03:27 PM	_____
	Break: 6 Minutes: Awards Break				
Finals	89 Girls 10 & Under 50 Freestyle	47	6 u	03:36 PM	_____
Finals	90 Boys 10 & Under 50 Freestyle	25	4 u	03:42 PM	_____
	Break: 4 Minutes: Awards Break				
	Swimmers Counts for Warm-ups: 145	=====	=====		
	Entry / Heat Totals:	302	42		
	Finish Time			03:49 PM	_____

Central Zone 14&U Championship
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Session Report

Session: 7 Saturday Finals

Day of Meet: 3 Starts at 05:15 PM Heat Interval: 60 Seconds / Back +20 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	75 Girls 11-12 200 Medley Relay	15	2 u	05:15 PM	_____
Finals	76 Boys 11-12 200 Medley Relay	15	2 u	05:23 PM	_____
Finals	77 Girls 13-14 200 Medley Relay	17	3 u	05:30 PM	_____
Finals	78 Boys 13-14 200 Medley Relay	17	3 u	05:41 PM	_____
	Break: 8 Minutes: Awards Break				
Finals	55 Girls 11-12 50 Butterfly	16	2 u	05:59 PM	_____
Finals	56 Boys 11-12 50 Butterfly	16	2 u	06:02 PM	_____
Finals	57 Girls 13-14 50 Butterfly	16	2 u	06:06 PM	_____
Finals	58 Boys 13-14 50 Butterfly	16	2 u	06:09 PM	_____
	Break: 8 Minutes: Awards Break				
Finals-1	59 Girls 11-12 200 Breaststroke	8	1 u	06:19 PM	_____
Finals-1	60 Boys 11-12 200 Breaststroke	8	1 u	06:24 PM	_____
Finals	61 Girls 13-14 200 Breaststroke	16	2 u	06:28 PM	_____
Finals	62 Boys 13-14 200 Breaststroke	16	2 u	06:35 PM	_____
	Break: 8 Minutes: Awards Break				
Finals	63 Girls 11-12 50 Freestyle	16	2 u	06:51 PM	_____
Finals	64 Boys 11-12 50 Freestyle	16	2 u	06:54 PM	_____
Finals	65 Girls 13-14 50 Freestyle	16	2 u	06:56 PM	_____
Finals	66 Boys 13-14 50 Freestyle	16	2 u	06:59 PM	_____
	Break: 8 Minutes: Awards Break				
Finals	67 Girls 11-12 100 Backstroke	16	2 u	07:10 PM	_____
Finals	68 Boys 11-12 100 Backstroke	16	2 u	07:15 PM	_____
Finals	69 Girls 13-14 100 Backstroke	16	2 u	07:20 PM	_____
Finals	70 Boys 13-14 100 Backstroke	16	2 u	07:25 PM	_____
	Break: 8 Minutes: Awards Break				
Finals-1	71 Girls 11-12 400 Freestyle	8	1 u	07:38 PM	_____
Prelims	73 Girls 13-14 400 Freestyle	8	1 u	07:44 PM	_____
Finals	73 Girls 13-14 400 Freestyle	16	2 u	07:50 PM	_____
Finals	74 Boys 13-14 400 Freestyle	16	2 u	08:01 PM	_____
	Break: 12 Minutes: Awards Break				
	Swimmers Counts for Warm-ups: 358	=====	=====		
	Entry / Heat Totals:	352	46		
	Finish Time			08:24 PM	_____

Central Zone 14&U Championship
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Session Report

Session: 8 Sunday Morning Prelims

Day of Meet: 4 Starts at 08:20 AM Heat Interval: 20 Seconds / Back +20 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	91 Girls 11-12 400 Freestyle Relay	14	2 u	08:20 AM	_____
Finals	92 Boys 11-12 400 Freestyle Relay	15	2 u	08:30 AM	_____
Finals	93 Girls 13-14 400 Freestyle Relay	17	3 u	08:40 AM	_____
Finals	94 Boys 13-14 400 Freestyle Relay	17	3 u	08:54 AM	_____
Prelims	95 Girls 11-12 100 Butterfly	34	5 u	09:07 AM	_____
Prelims	96 Boys 11-12 100 Butterfly	19	3 u	09:15 AM	_____
Prelims	97 Girls 13-14 200 Butterfly	16	2 u	09:20 AM	_____
Prelims	98 Boys 13-14 200 Butterfly	21	3 u	09:25 AM	_____
Finals-S	99 Girls 11-12 200 Backstroke	22	3 u	09:34 AM	_____
Finals-S	100 Boys 11-12 200 Backstroke	12	2 u	09:44 AM	_____
Prelims	101 Girls 13-14 200 Backstroke	38	5 u	09:51 AM	_____
Prelims	102 Boys 13-14 200 Backstroke	34	5 u	10:07 AM	_____
	Break: 2 Minutes: Timers Move				
Prelims	103 Girls 11-12 50 Breaststroke	32	4 u	10:25 AM	_____
Prelims	104 Boys 11-12 50 Breaststroke	32	4 u	10:29 AM	_____
Prelims	105 Girls 13-14 50 Breaststroke	72	9 u	10:32 AM	_____
Prelims	106 Boys 13-14 50 Breaststroke	44	6 u	10:41 AM	_____
	Break: 2 Minutes: Timers Move				
Prelims	107 Girls 11-12 200 Freestyle	44	6 u	10:48 AM	_____
Prelims	108 Boys 11-12 200 Freestyle	28	4 u	11:05 AM	_____
Prelims	109 Girls 13-14 100 Freestyle	102	13 u	11:16 AM	_____
Prelims	110 Boys 13-14 100 Freestyle	73	10 u	11:34 AM	_____
	Swimmers Counts for Warm-ups: 539	=====	=====		
	Entry / Heat Totals:	686	94		
	Finish Time			11:47 AM	_____

Session: 9 Sunday Distance

Day of Meet: 4 Starts at 12:30 PM Heat Interval: 20 Seconds / Back +20 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	111 Girls 13-14 1500 Freestyle	43	6 u	12:30 PM	_____
Finals	112 Boys 13-14 1500 Freestyle	25	4 u	02:27 PM	_____
	Break: 6 Minutes:				
	Swimmers Counts for Warm-ups: 68	=====	=====		
	Entry / Heat Totals:	68	10		
	Finish Time			03:49 PM	_____

Central Zone 14&U Championship
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Session Report

Session: 10 Sunday Finals

Day of Meet: 4 Starts at 05:00 PM Heat Interval: 60 Seconds / Back +20 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	95 Girls 11-12 100 Butterfly	16	2 u	05:00 PM	_____
Finals	96 Boys 11-12 100 Butterfly	16	2 u	05:05 PM	_____
Finals	97 Girls 13-14 200 Butterfly	16	2 u	05:09 PM	_____
Finals	98 Boys 13-14 200 Butterfly	16	2 u	05:16 PM	_____
	Break: 8 Minutes: Awards Break				
Finals-1	99 Girls 11-12 200 Backstroke	8	1 u	05:31 PM	_____
Finals-1	100 Boys 11-12 200 Backstroke	8	1 u	05:35 PM	_____
Finals	101 Girls 13-14 200 Backstroke	16	2 u	05:39 PM	_____
Finals	102 Boys 13-14 200 Backstroke	16	2 u	05:47 PM	_____
	Break: 8 Minutes: Awards Break				
Finals	103 Girls 11-12 50 Breaststroke	16	2 u	06:02 PM	_____
Finals	104 Boys 11-12 50 Breaststroke	16	2 u	06:05 PM	_____
Finals	105 Girls 13-14 50 Breaststroke	16	2 u	06:08 PM	_____
Finals	106 Boys 13-14 50 Breaststroke	16	2 u	06:11 PM	_____
	Break: 8 Minutes: Awards Break				
Finals	107 Girls 11-12 200 Freestyle	16	2 u	06:23 PM	_____
Finals	108 Boys 11-12 200 Freestyle	16	2 u	06:29 PM	_____
Finals	109 Girls 13-14 100 Freestyle	16	2 u	06:36 PM	_____
Finals	110 Boys 13-14 100 Freestyle	16	2 u	06:40 PM	_____
	Break: 12 Minutes: Awards Break				
	Swimmers Counts for Warm-ups: 233	=====	=====		
	Entry / Heat Totals:	240	30		
	Finish Time			06:56 PM	_____