

**2010 Speedo© ISI Senior Championships, Sanction #: ILS10-0306****Hosted by Westmont Swim Club****Session Report**

Session: 1 Thursday PM

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 1000 Freestyle	58	8u	05:30 PM	_____
Finals	2 Men 1000 Freestyle	40	5u	07:00 PM	_____
	Swimmer Count for Warm-ups: 98	=====	=====		
	Entry / Heat Totals:	98	13		
	Finish Time			07:52 PM	_____

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Session: 2 Friday Prelims

Day of Meet: 2 Starts at 08:30 AM Heat Interval: 15 Seconds / Back +15 Seconds

<b>Round</b>	<b>Event</b>	<b>Entries</b>	<b>Heats</b>	<b>Starts at</b>	
Prelims	3 Women 100 Breaststroke	77	10u	08:30 AM	_____
Prelims	4 Men 100 Breaststroke	88	11u	08:44 AM	_____
Prelims	5 Women 200 Freestyle	96	12u	08:59 AM	_____
Prelims	6 Men 200 Freestyle	99	13u	09:25 AM	_____
Prelims	7 Women 100 Butterfly	93	12u	09:52 AM	_____
Prelims	8 Men 100 Butterfly	82	11u	10:07 AM	_____
Prelims	9 Women 400 IM	82	11u	10:19 AM	_____
Prelims	10 Men 400 IM	65	9u	11:14 AM	_____
	Break: 10 Minutes				
Finals-S	11 Women 800 Freestyle Relay	33	5u	12:06 PM	_____
Finals-S	12 Men 800 Freestyle Relay	29	4u	12:47 PM	_____
	Swimmer Count for Warm-ups: 447	=====	=====		
	Entry / Heat Totals:	744	98		
	Finish Time			01:17 PM	_____

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Session: 4 Saturday Prelims

Day of Meet: 3 Starts at 08:30 AM Heat Interval: 15 Seconds / Back +15 Seconds

<b>Round</b>	<b>Event</b>	<b>Entries</b>	<b>Heats</b>	<b>Starts at</b>	
Prelims	13 Women 200 IM	104	13u	08:30 AM	_____
Prelims	14 Men 200 IM	92	12u	09:03 AM	_____
Prelims	15 Women 50 Freestyle	112	14u	09:30 AM	_____
Prelims	16 Men 50 Freestyle	114	15u	09:39 AM	_____
Prelims	17 Women 200 Breaststroke	76	10u	09:49 AM	_____
Prelims	18 Men 200 Breaststroke	71	9u	10:16 AM	_____
Prelims	19 Women 100 Backstroke	97	13u	10:39 AM	_____
Prelims	20 Men 100 Backstroke	99	13u	10:59 AM	_____
Prelims	21 Women 500 Freestyle	77	10u	11:18 AM	_____
Prelims	22 Men 500 Freestyle	84	11u	12:12 PM	_____
	Break: 10 Minutes				
Finals-S	23 Women 400 Medley Relay	40	5u	01:18 PM	_____
Finals-S	24 Men 400 Medley Relay	43	6u	01:41 PM	_____
	Swimmer Count for Warm-ups: 548	=====	=====		
	Entry / Heat Totals:	1,009	131		
	Finish Time			02:06 PM	_____

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Session: 6 Sunday Prelims

Day of Meet: 4 Starts at 08:30 AM Heat Interval: 15 Seconds / Back +15 Seconds

<b>Round</b>	<b>Event</b>	<b>Entries</b>	<b>Heats</b>	<b>Starts at</b>	
Prelims	25 Women 200 Backstroke	92	12u	08:30 AM	_____
Prelims	26 Men 200 Backstroke	89	12u	09:03 AM	_____
Prelims	27 Women 100 Freestyle	108	14u	09:33 AM	_____
Prelims	28 Men 100 Freestyle	122	16u	09:50 AM	_____
Prelims	29 Women 200 Butterfly	80	10u	10:07 AM	_____
Prelims	30 Men 200 Butterfly	77	10u	10:32 AM	_____
	Break: 10 Minutes				
Finals-S	33 Women 400 Freestyle Relay	39	5u	11:05 AM	_____
Finals-S	34 Men 400 Freestyle Relay	42	6u	11:25 AM	_____
	Break: 10 Minutes				
Finals-S	35 Women 1650 Freestyle	50	7u	11:56 AM	_____
Finals-S	36 Men 1650 Freestyle	37	5u	02:06 PM	_____
	Swimmer Count for Warm-ups: 462	=====	=====		
	Entry / Heat Totals:	736	97		
	Finish Time			03:33 PM	_____