

## **Session Report Notes:**

The attached report is a pre-scratch session report for the 13-Over State Meet.

The session report is approximate; use it as a guide, not a schedule.

### **800 Free Relays**

The top heat of the 800 free relays will swim first: 13-14, then senior. The slower heats will swim after the top heats fast to slow: 13-14, then senior. On the session report they are reflected as separate sessions; they will be runs as one continuous session. Warm-up will start at the end of the 1650's in either pool and run until 6:50 PM. The 800 Free Relay will start at 7:00 PM.

### **Warm-up Breaks**

Ten Minute warm-up breaks are scheduled for both pools after each event. The breaks after the 200 yard sprint relays will include awards presentation for the sprint relays.

### **Friday, Saturday and Sunday Prelims**

We will move heats of the 400 IM, 500 and 1000 free from the female pool to the male pool to balance finish times. Approximate session end times are Friday 12:35, Saturday 1:45, and Sunday 1:50.

### **Finals**

Awards breaks are included. Awards for the events immediately preceding the scheduled break will be presented during the break.

**2012 WI 13 & Over SC State Championship - 3/1/2012 to 3/4/2012**  
**Hosted By: Lake Country Phoenix Swim Team, Sanction #: WI2012-141S**  
**WSAC 25 YD**  
**Session Report**

Session: 1 Thursday 1650 - North Pool (Men)

Day of Meet: 1 Starts at 04:00 PM Heat Interval: 20 Seconds / Back +15 Seconds

<b>Round</b>	<b>Event</b>	<b>Entries</b>	<b>Heats</b>	<b>Starts at</b>
Finals	2 Men Senior 1650 Freestyle	48	6	04:00 PM
	Swimmers Counts for Warm-ups: 48	=====	=====	
	Entry / Heat Totals:	48	6	
	Finish Time			05:52 PM

Session: 2 Thursday 1650-South Pool (Women)

Day of Meet: 1 Starts at 04:00 PM Heat Interval: 20 Seconds / Back +15 Seconds

<b>Round</b>	<b>Event</b>	<b>Entries</b>	<b>Heats</b>	<b>Starts at</b>
Finals	1 Women Senior 1650 Freestyle	50	7	04:00 PM
	Swimmers Counts for Warm-ups: 50	=====	=====	
	Entry / Heat Totals:	50	7	
	Finish Time			06:17 PM

Session: 13 Top 800 Free Relays -North Pool (Men)

Day of Meet: 1 Starts at 07:00 PM Heat Interval: 20 Seconds / Back +15 Seconds

<b>Round</b>	<b>Event</b>	<b>Entries</b>	<b>Heats</b>	<b>Starts at</b>
Finals-1	4 Men 13-14 800 Freestyle Relay	8	1	07:00 PM
Finals-1	6 Men Senior 800 Freestyle Relay	8	1	07:09 PM
	Swimmers Counts for Warm-ups: 27	=====	=====	
	Entry / Heat Totals:	16	2	
	Finish Time			07:16 PM

Session: 14 Top 800 Free Relays - South Pool (Women)

Day of Meet: 1 Starts at 07:00 PM Heat Interval: 20 Seconds / Back +15 Seconds

<b>Round</b>	<b>Event</b>	<b>Entries</b>	<b>Heats</b>	<b>Starts at</b>
Finals-1	3 Women 13-14 800 Freestyle Relay	8	1	07:00 PM
Finals-1	5 Women Senior 800 Freestyle Relay	8	1	07:09 PM
	Swimmers Counts for Warm-ups: 24	=====	=====	
	Entry / Heat Totals:	16	2	
	Finish Time			07:17 PM

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**Hosted By: Lake Country Phoenix Swim Team, Sanction #: WI2012-141S**  
**WSAC 25 YD**  
**Session Report**

Session: 15 Thursday 800 Free Relay Heats -North Pool (Men)  
Day of Meet: 1 Starts at 07:16 PM Heat Interval: 20 Seconds / Back +15 Seconds

<b>Round</b>	<b>Event</b>	<b>Entries</b>	<b>Heats</b>	<b>Starts at</b>
Finals-S	4 Men 13-14 800 Freestyle Relay	8	1	07:16 PM
Finals-S	6 Men Senior 800 Freestyle Relay	21	3	07:25 PM
	Swimmers Counts for Warm-ups: 72	=====	=====	
	Entry / Heat Totals:	29	4	
	Finish Time			07:50 PM

Session: 16 Thursday 800 Free Relay Heats - South Pool (Women)  
Day of Meet: 1 Starts at 07:17 PM Heat Interval: 20 Seconds / Back +15 Seconds

<b>Round</b>	<b>Event</b>	<b>Entries</b>	<b>Heats</b>	<b>Starts at</b>
Finals-S	3 Women 13-14 800 Freestyle Relay	19	3	07:17 PM
Finals-S	5 Women Senior 800 Freestyle Relay	30	4	07:45 PM
	Swimmers Counts for Warm-ups: 108	=====	=====	
	Entry / Heat Totals:	49	7	
	Finish Time			08:19 PM

Session: 3 Friday Prelims-North Pool (Women)  
Day of Meet: 2 Starts at 09:00 AM Heat Interval: 20 Seconds / Back +15 Seconds

<b>Round</b>	<b>Event</b>	<b>Entries</b>	<b>Heats</b>	<b>Starts at</b>
Finals	7 Women 13-14 200 Medley Relay	34	5	09:00 AM
Finals	9 Women Senior 200 Medley Relay	53	7	09:14 AM
	Break: 10 Minutes			
Prelims	11 Women Senior 100 Breaststroke	139	18	09:42 AM
	Break: 10 Minutes			
Prelims	13 Women Senior 200 Freestyle	144	18	10:20 AM
	Break: 10 Minutes			
Prelims	15 Women Senior 100 Butterfly	169	22	11:12 AM
	Break: 10 Minutes			
Finals-S	17 Women Senior 400 IM	107	14	11:53 AM
	Swimmers Counts for Warm-ups: 390	=====	=====	
	Entry / Heat Totals:	646	84	
	Finish Time			01:07 PM

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**WSAC 25 YD**  
**Session Report**

Session: 4 Friday Prelims-South Pool (Men)

Day of Meet: 2 Starts at 09:00 AM Heat Interval: 20 Seconds / Back +15 Seconds

<b>Round</b>	<b>Event</b>	<b>Entries</b>	<b>Heats</b>	<b>Starts at</b>
Finals	8 Men 13-14 200 Medley Relay	18	3	09:00 AM
Finals	10 Men Senior 200 Medley Relay	41	6	09:08 AM
	Break: 22 Minutes			
Prelims	12 Men Senior 100 Breaststroke	107	14	09:45 AM
	Break: 10 Minutes			
Prelims	14 Men Senior 200 Freestyle	137	18	10:15 AM
	Break: 10 Minutes			
Prelims	16 Men Senior 100 Butterfly	117	15	11:06 AM
	Break: 10 Minutes			
Finals-S	18 Men Senior 400 IM	61	8	11:35 AM
	Swimmers Counts for Warm-ups: 301	=====	=====	
	Entry / Heat Totals:	481	64	
	Finish Time			12:16 PM

Session: 5 Friday Finals (North Pool)

Day of Meet: 2 Starts at 05:30 PM Heat Interval: 50 Seconds / Back +15 Seconds

<b>Round</b>	<b>Event</b>	<b>Entries</b>	<b>Heats</b>	<b>Starts at</b>
Finals	11 Women Senior 100 Breaststroke	48	6u	05:30 PM
Finals	12 Men Senior 100 Breaststroke	48	6u	05:42 PM
Finals	13 Women Senior 200 Freestyle	48	6u	05:53 PM
Finals	14 Men Senior 200 Freestyle	48	6u	06:10 PM
	Break: 20 Minutes			
Finals	15 Women Senior 100 Butterfly	48	6u	06:45 PM
Finals	16 Men Senior 100 Butterfly	48	6u	06:56 PM
Finals-3	17 Women Senior 400 IM	24	3	07:06 PM
Finals-3	18 Men Senior 400 IM	24	3	07:23 PM
	Break: 20 Minutes			
	Swimmers Counts for Warm-ups: 253	=====	=====	
	Entry / Heat Totals:	336	42	
	Finish Time			07:59 PM

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**Session Report**

Session: 6 Saturday Prelims-South Pool (Men)

Day of Meet: 3 Starts at 09:00 AM Heat Interval: 20 Seconds / Back +15 Seconds

<b>Round</b>	<b>Event</b>	<b>Entries</b>	<b>Heats</b>	<b>Starts at</b>
Finals	20 Men 13-14 200 Freestyle Relay	19	3	09:00 AM
Finals	22 Men Senior 200 Freestyle Relay	43	6	09:07 AM
	Break: 21 Minutes			
Prelims	24 Men Senior 50 Freestyle	178	23	09:39 AM
	Break: 10 Minutes			
Prelims	26 Men Senior 200 Breaststroke	95	12	10:06 AM
	Break: 10 Minutes			
Prelims	28 Men Senior 200 Backstroke	105	14	10:50 AM
	Break: 10 Minutes			
Finals-S	30 Men 13-14 400 Medley Relay	11	2	11:38 AM
Finals-S	32 Men Senior 400 Medley Relay	26	4	11:48 AM
	Break: 10 Minutes			
Finals-S	34 Men Senior 500 Freestyle	64	8	12:17 PM
	Swimmers Counts for Warm-ups: 326	=====	=====	
	Entry / Heat Totals:	541	72	
	Finish Time			01:01 PM

Session: 7 Saturday Prelims-North Pool (Women)

Day of Meet: 3 Starts at 09:00 AM Heat Interval: 20 Seconds / Back +15 Seconds

<b>Round</b>	<b>Event</b>	<b>Entries</b>	<b>Heats</b>	<b>Starts at</b>
Finals	19 Women 13-14 200 Freestyle Relay	41	6	09:00 AM
Finals	21 Women Senior 200 Freestyle Relay	52	7	09:15 AM
	Break: 10 Minutes			
Prelims	23 Women Senior 50 Freestyle	202	26	09:39 AM
	Break: 10 Minutes			
Prelims	25 Women Senior 200 Breaststroke	138	18	10:09 AM
	Break: 10 Minutes			
Prelims	27 Women Senior 200 Backstroke	187	24	11:13 AM
	Break: 10 Minutes			
Finals-S	29 Women 13-14 400 Medley Relay	30	4	12:32 PM
Finals-S	31 Women Senior 400 Medley Relay	35	5	12:52 PM
	Break: 10 Minutes			
Finals-S	33 Women Senior 500 Freestyle	87	11	01:26 PM
	Swimmers Counts for Warm-ups: 444	=====	=====	
	Entry / Heat Totals:	772	101	
	Finish Time			02:29 PM

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**WSAC 25 YD**  
**Session Report**

Session: 8 Saturday Finals (North Pool)

Day of Meet: 3 Starts at 05:30 PM Heat Interval: 50 Seconds / Back +15 Seconds

<b>Round</b>	<b>Event</b>	<b>Entries</b>	<b>Heats</b>	<b>Starts at</b>
Finals	23 Women Senior 50 Freestyle	48	6u	05:30 PM
Finals	24 Men Senior 50 Freestyle	48	6u	05:38 PM
Finals	25 Women Senior 200 Breaststroke	48	6u	05:45 PM
Finals	26 Men Senior 200 Breaststroke	48	6u	06:05 PM
	Break: 20 Minutes			
Finals	27 Women Senior 200 Backstroke	48	6u	06:43 PM
Finals	28 Men Senior 200 Backstroke	48	6u	07:03 PM
Finals-3	33 Women Senior 500 Freestyle	24	3	07:21 PM
Finals-3	34 Men Senior 500 Freestyle	24	3	07:39 PM
	Break: 20 Minutes			
Finals-1	29 Women 13-14 400 Medley Relay	8	1	08:16 PM
Finals-1	30 Men 13-14 400 Medley Relay	8	1	08:21 PM
Finals-2	31 Women Senior 400 Medley Relay	16	2	08:27 PM
Finals-2	32 Men Senior 400 Medley Relay	16	2	08:37 PM
	Break: 10 Minutes			
	Swimmers Counts for Warm-ups: 299	=====	=====	
	Entry / Heat Totals:	384	48	
	Finish Time			08:56 PM

Session: 9 Sunday Prelims- South Pool (Women)

Day of Meet: 4 Starts at 09:00 AM Heat Interval: 20 Seconds / Back +15 Seconds

<b>Round</b>	<b>Event</b>	<b>Entries</b>	<b>Heats</b>	<b>Starts at</b>
Prelims	35 Women Senior 200 Butterfly	96	12	09:00 AM
	Break: 10 Minutes			
Prelims	37 Women Senior 100 Backstroke	164	21	09:43 AM
	Break: 10 Minutes			
Prelims	39 Women Senior 100 Freestyle	189	24	10:27 AM
	Break: 10 Minutes			
Prelims	41 Women Senior 200 IM	182	23	11:08 AM
	Break: 10 Minutes			
Finals-S	43 Women 13-14 400 Freestyle Relay	26	4	12:19 PM
Finals-S	45 Women Senior 400 Freestyle Relay	35	5	12:36 PM
	Break: 10 Minutes			
Finals-S	47 Women Senior 1000 Freestyle	67	9	01:07 PM
	Swimmers Counts for Warm-ups: 419	=====	=====	
	Entry / Heat Totals:	759	98	
	Finish Time			02:52 PM

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**Session Report**

Session: 10 Sunday Prelims- North Pool (Men)  
Day of Meet: 4 Starts at 09:00 AM Heat Interval: 20 Seconds / Back +15 Seconds

<b>Round</b>	<b>Event</b>	<b>Entries</b>	<b>Heats</b>	<b>Starts at</b>
Prelims	36 Men Senior 200 Butterfly Break: 10 Minutes	59	8	09:00 AM
Prelims	38 Men Senior 100 Backstroke Break: 10 Minutes	110	14	09:31 AM
Prelims	40 Men Senior 100 Freestyle Break: 10 Minutes	175	22	10:03 AM
Prelims	42 Men Senior 200 IM Break: 10 Minutes	110	14	10:40 AM
Finals-S	44 Men 13-14 400 Freestyle Relay	11	2	11:25 AM
Finals-S	46 Men Senior 400 Freestyle Relay Break: 10 Minutes	24	3	11:33 AM
Finals-S	48 Men Senior 1000 Freestyle Swimmers Counts for Warm-ups: 311	====	====	
	Entry / Heat Totals:	532	69	
	Finish Time			01:02 PM

Session: 11 Sunday Finals (North Pool)  
Day of Meet: 4 Starts at 05:00 PM Heat Interval: 50 Seconds / Back +15 Seconds

<b>Round</b>	<b>Event</b>	<b>Entries</b>	<b>Heats</b>	<b>Starts at</b>
Finals-1	47 Women Senior 1000 Freestyle	8	1	05:00 PM
Finals-1	48 Men Senior 1000 Freestyle Break: 10 Minutes	8	1	05:12 PM
Finals	35 Women Senior 200 Butterfly	48	6u	05:33 PM
Finals	36 Men Senior 200 Butterfly	48	6u	05:51 PM
Finals	37 Women Senior 100 Backstroke	48	6u	06:08 PM
Finals	38 Men Senior 100 Backstroke Break: 20 Minutes	48	6u	06:21 PM
Finals	39 Women Senior 100 Freestyle	48	6u	06:53 PM
Finals	40 Men Senior 100 Freestyle	48	6u	07:03 PM
Finals	41 Women Senior 200 IM	48	6u	07:13 PM
Finals	42 Men Senior 200 IM Break: 20 Minutes	48	6u	07:31 PM
Finals-1	43 Women 13-14 400 Freestyle Relay	8	1	08:07 PM
Finals-1	44 Men 13-14 400 Freestyle Relay	8	1	08:12 PM
Finals-2	45 Women Senior 400 Freestyle Relay	16	2	08:16 PM
Finals-2	46 Men Senior 400 Freestyle Relay Break: 10 Minutes	16	2	08:25 PM
	Swimmers Counts for Warm-ups: 305	====	====	
	Entry / Heat Totals:	448	56	
	Finish Time			08:43 PM