

**2014 Adirondack Long Course District Champion - 7/18/2014 to 7/20/2014****Session Report**

Session: 1 Friday AM

Day of Meet: 1 Starts at 07:30 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	1 Girls 13-14 400 Freestyle	29	5u	07:30 AM	_____
Finals	2 Boys 13-14 400 Freestyle	17	3u	07:59 AM	_____
Finals	3 Girls 15 & Over 400 Freestyle	30	5u	08:15 AM	_____
Finals	4 Boys 15 & Over 400 Freestyle	33	6u	08:43 AM	_____
	Break: 30 Minutes				
Prelims	5 Girls 13 & Over 50 Freestyle	113	19u	09:44 AM	_____
Prelims	6 Boys 13 & Over 50 Freestyle	86	15u	10:01 AM	_____
Prelims	7 Girls 13 & Over 200 Butterfly	22	4u	10:14 AM	_____
Prelims	8 Boys 13 & Over 200 Butterfly	22	4u	10:27 AM	_____
Prelims	9 Girls 13 & Over 200 IM	87	15u	10:39 AM	_____
Prelims	10 Boys 13 & Over 200 IM	77	13u	11:27 AM	_____
Finals	11 Girls 13-14 400 Freestyle Relay	11	2u	12:07 PM	_____
Finals	12 Boys 13-14 400 Freestyle Relay	7	2u	12:17 PM	_____
Finals	13 Girls Senior 400 Freestyle Relay	14	3u	12:27 PM	_____
Finals	14 Boys Senior 400 Freestyle Relay	12	2u	12:42 PM	_____
	Swimmers Counts for Warm-ups: 233	=====	=====		
	Entry / Heat Totals:	560	98		
	Finish Time			12:51 PM	_____

**2014 Adirondack Long Course District Champion - 7/18/2014 to 7/20/2014****Session Report**

Session: 2 Friday PM

Day of Meet: 1 Starts at 01:30 PM Heat Interval: 20 Seconds / Back +15 Seconds

<b>Round</b>	<b>Event</b>	<b>Entries</b>	<b>Heats</b>	<b>Starts at</b>
Prelims	15 Girls 11-12 50 Freestyle	69	12u	01:30 PM _____
Prelims	16 Boys 11-12 50 Freestyle	26	5u	01:42 PM _____
Finals	17 Girls 9-10 50 Freestyle	41	7u	01:48 PM _____
Finals	18 Boys 9-10 50 Freestyle	24	4u	01:56 PM _____
Prelims	19 Girls 11-12 100 Butterfly	17	3u	02:00 PM _____
Prelims	20 Boys 11-12 100 Butterfly	7	2u	02:06 PM _____
Finals	21 Girls 10 & Under 100 Butterfly	9	2u	02:09 PM _____
Finals	22 Boys 10 & Under 100 Butterfly	6	1u	02:14 PM _____
Finals-S	23 Girls 11-12 200 Backstroke	9	2u	02:16 PM _____
Finals-S	24 Boys 11-12 200 Backstroke	0	0	02:23 PM _____
Finals	25 Girls 10 & Under 200 IM	16	3u	02:23 PM _____
Finals	26 Boys 10 & Under 200 IM	6	1u	02:36 PM _____
Prelims	27 Girls 11-12 200 IM	48	8u	02:40 PM _____
Prelims	28 Boys 11-12 200 IM	15	3u	03:11 PM _____
Finals	29 Girls 9-10 50 Breaststroke	36	6u	03:22 PM _____
Finals	30 Boys 9-10 50 Breaststroke	20	4u	03:31 PM _____
Prelims	31 Girls 11-12 50 Breaststroke	54	9u	03:37 PM _____
Prelims	32 Boys 11-12 50 Breaststroke	21	4u	03:48 PM _____
Finals	33 Girls 10 & Under 200 Freestyle Relay	9	2u	03:53 PM _____
Finals	34 Boys 10 & Under 200 Freestyle Relay	2	1u	04:00 PM _____
Finals	35 Girls 11-12 200 Freestyle Relay	13	3u	04:03 PM _____
Finals	36 Boys 11-12 200 Freestyle Relay	3	1u	04:14 PM _____
	Swimmers Counts for Warm-ups: 176	=====	=====	
	Entry / Heat Totals:	451	83	
	Finish Time			04:17 PM _____

**2014 Adirondack Long Course District Champion - 7/18/2014 to 7/20/2014****Session Report**

Session: 3 Friday - Finals

Day of Meet: 1 Starts at 06:00 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	15 Girls 11-12 50 Freestyle	12	2u	06:00 PM
Finals	16 Boys 11-12 50 Freestyle	12	2u	06:02 PM
Finals	5 Girls 13 & Over 50 Freestyle	24	4u	06:04 PM
Finals	6 Boys 13 & Over 50 Freestyle	24	4u	06:07 PM
Finals	19 Girls 11-12 100 Butterfly	12	2u	06:10 PM
Finals	20 Boys 11-12 100 Butterfly	7	2u	06:14 PM
Finals	7 Girls 13 & Over 200 Butterfly	22	4u	06:17 PM
Finals-1	23 Girls 11-12 200 Backstroke	6	1u	06:30 PM
Finals-1	24 Boys 11-12 200 Backstroke	5	1u	06:33 PM
Finals	8 Boys 13 & Over 200 Butterfly	22	4u	06:37 PM
Finals	27 Girls 11-12 200 IM	12	2u	06:49 PM
Finals	28 Boys 11-12 200 IM	12	2u	06:55 PM
Finals	9 Girls 13 & Over 200 IM	24	4u	07:02 PM
Finals	10 Boys 13 & Over 200 IM	24	4u	07:14 PM
Finals	31 Girls 11-12 50 Breaststroke	12	2u	07:25 PM
Finals	32 Boys 11-12 50 Breaststroke	12	2u	07:27 PM
	Swimmers Counts for Warm-ups: 164	=====	=====	
	Entry / Heat Totals:	242	42	
	Finish Time			07:29 PM

Session: 4 Saturday AM

Day of Meet: 2 Starts at 07:30 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	37 Girls 13 & Over 200 Freestyle	105	18u	07:30 AM
Prelims	38 Boys 13 & Over 200 Freestyle	82	14u	08:22 AM
	Break: 30 Minutes			
Prelims	39 Girls 13 & Over 100 Backstroke	113	19u	09:30 AM
Prelims	40 Boys 13 & Over 100 Backstroke	71	12u	10:08 AM
Prelims	41 Girls 13 & Over 200 Breaststroke	51	9u	10:30 AM
Prelims	42 Boys 13 & Over 200 Breaststroke	35	6u	11:03 AM
Prelims	43 Girls 13 & Over 100 Butterfly	83	14u	11:23 AM
Prelims	44 Boys 13 & Over 100 Butterfly	66	11u	11:47 AM
Finals	45 Girls 13-14 200 Medley Relay	11	2u	12:05 PM
Finals	46 Boys 13-14 200 Medley Relay	8	2u	12:12 PM
Finals	47 Girls Senior 200 Medley Relay	14	3u	12:20 PM
Finals	48 Boys Senior 200 Medley Relay	14	3u	12:32 PM
Finals	49 Girls 13-14 400 IM	6	1u	12:42 PM
Finals	50 Boys 13-14 400 IM	4	1u	12:49 PM
Finals	51 Girls Senior 400 IM	11	2u	12:55 PM
Finals	52 Boys Senior 400 IM	14	3u	01:08 PM
	Swimmers Counts for Warm-ups: 259	=====	=====	
	Entry / Heat Totals:	688	120	
	Finish Time			01:25 PM

**2014 Adirondack Long Course District Champion - 7/18/2014 to 7/20/2014****Session Report**

Session: 5 Saturday PM

Day of Meet: 2 Starts at 01:30 PM Heat Interval: 20 Seconds / Back +15 Seconds

<b>Round</b>	<b>Event</b>	<b>Entries</b>	<b>Heats</b>	<b>Starts at</b>	
Prelims	53 Girls 11-12 100 Breaststroke	37	7u	01:30 PM	_____
Prelims	54 Boys 11-12 100 Breaststroke	17	3u	01:45 PM	_____
Finals	55 Girls 10 & Under 100 Breaststroke	29	5u	01:51 PM	_____
Finals	56 Boys 10 & Under 100 Breaststroke	17	3u	02:03 PM	_____
Finals	57 Girls 8 & Under 50 Freestyle	23	4u	02:10 PM	_____
Finals	58 Boys 8 & Under 50 Freestyle	17	3u	02:15 PM	_____
Finals-S	59 Girls 11-12 200 Butterfly	0	0	02:19 PM	_____
Finals-S	60 Boys 11-12 200 Butterfly	0	0	02:19 PM	_____
Finals	61 Girls 9-10 50 Backstroke	50	9u	02:19 PM	_____
Finals	62 Boys 9-10 50 Backstroke	34	6u	02:33 PM	_____
Prelims	63 Girls 11-12 50 Backstroke	73	13u	02:43 PM	_____
Prelims	64 Boys 11-12 50 Backstroke	33	6u	03:01 PM	_____
Finals	65 Girls 8 & Under 50 Backstroke	22	4u	03:09 PM	_____
Finals	66 Boys 8 & Under 50 Backstroke	15	3u	03:16 PM	_____
Finals	67 Girls 10 & Under 200 Freestyle	22	4u	03:22 PM	_____
Finals	68 Boys 10 & Under 200 Freestyle	12	2u	03:37 PM	_____
Prelims	69 Girls 11-12 200 Freestyle	38	7u	03:44 PM	_____
Prelims	70 Boys 11-12 200 Freestyle	19	4u	04:06 PM	_____
Finals	71 Girls 10 & Under 200 Medley Relay	14	3u	04:19 PM	_____
Finals	72 Boys 10 & Under 200 Medley Relay	7	2u	04:32 PM	_____
Finals	73 Girls 11-12 200 Medley Relay	12	2u	04:41 PM	_____
Finals	74 Boys 11-12 200 Medley Relay	4	1u	04:47 PM	_____
	Swimmers Counts for Warm-ups: 234	=====	=====		
	Entry / Heat Totals:	495	91		
	Finish Time			04:51 PM	_____

**2014 Adirondack Long Course District Champion - 7/18/2014 to 7/20/2014****Session Report**

Session: 6 Saturday - Finals

Day of Meet: 2 Starts at 06:00 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	53 Girls 11-12 100 Breaststroke	12	2u	06:00 PM
Finals	54 Boys 11-12 100 Breaststroke	12	2u	06:04 PM
Finals	37 Girls 13 & Over 200 Freestyle	24	4u	06:08 PM
Finals	38 Boys 13 & Over 200 Freestyle	24	4u	06:19 PM
Finals-1	59 Girls 11-12 200 Butterfly	4	1u	06:28 PM
Finals-1	60 Boys 11-12 200 Butterfly	4	1u	06:32 PM
Finals	39 Girls 13 & Over 100 Backstroke	24	4u	06:35 PM
Finals	40 Boys 13 & Over 100 Backstroke	24	4u	06:42 PM
Finals	63 Girls 11-12 50 Backstroke	12	2u	06:49 PM
Finals	64 Boys 11-12 50 Backstroke	12	2u	06:52 PM
Finals	41 Girls 13 & Over 200 Breaststroke	24	4u	06:54 PM
Finals	42 Boys 13 & Over 200 Breaststroke	24	4u	07:08 PM
Finals	69 Girls 11-12 200 Freestyle	12	2u	07:20 PM
Finals	70 Boys 11-12 200 Freestyle	12	2u	07:26 PM
Finals	43 Girls 13 & Over 100 Butterfly	24	4u	07:32 PM
Finals	44 Boys 13 & Over 100 Butterfly	24	4u	07:38 PM
	Swimmers Counts for Warm-ups: 158	=====	=====	
	Entry / Heat Totals:	272	46	
	Finish Time			07:44 PM

Session: 7 Sunday AM

Day of Meet: 3 Starts at 07:30 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	75 Girls 13 & Over 200 Backstroke	73	13u	07:30 AM
Prelims	76 Boys 13 & Over 200 Backstroke	54	9u	08:15 AM
	Break: 30 Minutes			
Prelims	77 Girls 13 & Over 100 Breaststroke	86	15u	09:14 AM
Prelims	78 Boys 13 & Over 100 Breaststroke	63	11u	09:45 AM
Prelims	79 Girls 13 & Over 100 Freestyle	124	21u	10:05 AM
Prelims	80 Boys 13 & Over 100 Freestyle	86	15u	10:39 AM
Finals	81 Girls 13-14 200 Freestyle Relay	14	3u	11:01 AM
Finals	82 Boys 13-14 200 Freestyle Relay	8	2u	11:09 AM
Finals	83 Girls Senior 200 Freestyle Relay	13	3u	11:14 AM
Finals	84 Boys Senior 200 Freestyle Relay	14	3u	11:22 AM
Finals	85 Girls 13-14 1500 Freestyle	5	1u	11:29 AM
Finals	86 Boys 13-14 1500 Freestyle	3	1u	11:51 AM
Finals	87 Girls Senior 1500 Freestyle	10	2u	12:11 PM
Finals	88 Boys Senior 1500 Freestyle	10	2u	12:52 PM
	Swimmers Counts for Warm-ups: 238	=====	=====	
	Entry / Heat Totals:	563	101	
	Finish Time			01:31 PM

**2014 Adirondack Long Course District Champion - 7/18/2014 to 7/20/2014****Session Report**

Session: 8 Sunday PM

Day of Meet: 3 Starts at 01:30 PM Heat Interval: 20 Seconds / Back +15 Seconds

<b>Round</b>	<b>Event</b>	<b>Entries</b>	<b>Heats</b>	<b>Starts at</b>
Prelims	89 Girls 11-12 100 Freestyle	66	11u	01:30 PM _____
Prelims	90 Boys 11-12 100 Freestyle	32	6u	01:50 PM _____
Finals	91 Girls 9-10 100 Freestyle	47	8u	02:01 PM _____
Finals	92 Boys 9-10 100 Freestyle	27	5u	02:18 PM _____
Finals	93 Girls 8 & Under 100 Freestyle	17	3u	02:29 PM _____
Finals	94 Boys 8 & Under 100 Freestyle	16	3u	02:37 PM _____
Prelims	95 Girls 11-12 100 Backstroke	35	6u	02:45 PM _____
Prelims	96 Boys 11-12 100 Backstroke	18	3u	02:58 PM _____
Finals	97 Girls 10 & Under 100 Backstroke	29	5u	03:04 PM _____
Finals	98 Boys 10 & Under 100 Backstroke	14	3u	03:16 PM _____
Finals-S	99 Girls 11-12 200 Breaststroke	5	1u	03:23 PM _____
Finals-S	100 Boys 11-12 200 Breaststroke	0	0	03:27 PM _____
Finals	101 Girls 8 & Under 50 Butterfly	5	1u	03:27 PM _____
Finals	102 Boys 8 & Under 50 Butterfly	7	2u	03:29 PM _____
Finals	103 Girls 9-10 50 Butterfly	40	7u	03:32 PM _____
Finals	104 Boys 9-10 50 Butterfly	18	3u	03:41 PM _____
Prelims	105 Girls 11-12 50 Butterfly	52	9u	03:45 PM _____
Prelims	106 Boys 11-12 50 Butterfly	29	5u	03:55 PM _____
Finals	107 Girls 8 & Under 50 Breaststroke	16	3u	04:01 PM _____
Finals	108 Boys 8 & Under 50 Breaststroke	13	3u	04:06 PM _____
Finals	109 Girls 10 & Under 400 Freestyle Relay	13	3u	04:11 PM _____
Finals	110 Boys 10 & Under 400 Freestyle Relay	5	1u	04:35 PM _____
Finals	111 Girls 11-12 400 Freestyle Relay	12	2u	04:42 PM _____
Finals	112 Boys 11-12 400 Freestyle Relay	4	1u	04:54 PM _____
Finals	113 Girls 10 & Under 400 Freestyle	6	1u	04:59 PM _____
Finals	114 Boys 10 & Under 400 Freestyle	3	1u	05:06 PM _____
Finals	115 Girls 11-12 400 Freestyle	13	3u	05:13 PM _____
Finals	116 Boys 11-12 400 Freestyle	3	1u	05:32 PM _____
	Swimmers Counts for Warm-ups: 225	=====	=====	
	Entry / Heat Totals:	545	100	
	Finish Time			05:37 PM _____

**2014 Adirondack Long Course District Champion - 7/18/2014 to 7/20/2014**  
**Session Report**

Session: 9 Sunday PM - Finals

Day of Meet: 3 Starts at 06:00 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	89 Girls 11-12 100 Freestyle	12	2u	06:00 PM	_____
Finals	90 Boys 11-12 100 Freestyle	12	2u	06:04 PM	_____
Finals	75 Girls 13 & Over 200 Backstroke	24	4u	06:07 PM	_____
Finals	76 Boys 13 & Over 200 Backstroke	24	4u	06:19 PM	_____
Finals	95 Girls 11-12 100 Backstroke	12	2u	06:31 PM	_____
Finals	96 Boys 11-12 100 Backstroke	12	2u	06:35 PM	_____
Finals	77 Girls 13 & Over 100 Breaststroke	24	4u	06:39 PM	_____
Finals	78 Boys 13 & Over 100 Breaststroke	24	4u	06:46 PM	_____
Finals-1	99 Girls 11-12 200 Breaststroke	6	1u	06:53 PM	_____
Finals-1	100 Boys 11-12 200 Breaststroke	2	1u	06:56 PM	_____
Finals	79 Girls 13 & Over 100 Freestyle	24	4u	07:00 PM	_____
Finals	80 Boys 13 & Over 100 Freestyle	24	4u	07:06 PM	_____
Finals	105 Girls 11-12 50 Butterfly	12	2u	07:11 PM	_____
Finals	106 Boys 11-12 50 Butterfly	12	2u	07:13 PM	_____
	Swimmers Counts for Warm-ups: 148	=====	=====		
	Entry / Heat Totals:	224	38		
	Finish Time			07:15 PM	_____