

**2010 NE CRIM NES LC Open Championships - 7/30/2010 to 8/2/2010**  
**Session Report**

Session: 1 **Friday Pre-lims**

Warm-up 7:30 AM Starts at 09:00 AM **1500 and 800 Free fastest to slowest alternating girls/boys**  
**Positive check in for 1500 and 800 by 9 AM.**

<b>Round</b>	<b>Event</b>	<b>Entries</b>	<b>Heats</b>	<b>Approximately Starts at</b>
Prelims	3 Girls 200 IM	142	18u	09:00 AM _____
Prelims	4 Boys 200 IM	90	12u	09:51 AM _____
Prelims	5 Girls 100 Freestyle	174	22u	10:22 AM _____
Prelims	6 Boys 100 Freestyle	121	16u	10:51 AM _____
Prelims	7 Girls 100 Breaststroke	87	11u	11:10 AM _____
Prelims	8 Boys 100 Breaststroke	64	8u	11:28 AM _____
Finals-S	1 Girls 1500 Freestyle:	51	7u	11:40 AM _____
Finals-S	2 Boys 800 Freestyle:	38	5u	01:52 PM _____
Swimmer Count for Warm-ups: 472		=====	=====	
Estimated Finish Time				02:39 PM _____

Session: 2 **Friday Finals**

Warm-up at 5:00 PM Starts at 06:00 PM

<b>Round</b>	<b>Event</b>	<b>Entries</b>	<b>Heats</b>	<b>Approximately Starts at</b>
Finals-1	1 Girls 1500 Freestyle	8	1u	06:00 PM _____
Finals-1	2 Boys 800 Freestyle	8	1u	06:19 PM _____
Finals	3 Girls 200 IM	24	3u	06:34 PM _____
Finals	4 Boys 200 IM	24	3u	06:42 PM _____
Finals	5 Girls 100 Freestyle	24	3u	06:54 PM _____
Finals	6 Boys 100 Freestyle	24	3u	06:58 PM _____
Finals	7 Girls 100 Breaststroke	24	3u	07:07 PM _____
Finals	8 Boys 100 Breaststroke	24	3u	07:11 PM _____
Swimmer Count for Warm-ups: 204		=====	=====	
Estimated Finish Time				07:30 PM _____

**2010 NE CRIM NES LC Open Championships - 7/30/2010 to 8/2/2010**  
**Session Report**

Session: 3 **Saturday Prelims**

Warm-up at 7:30 AM Starts at 09:00 AM **400 IM's are A/B Flights. First 5 heats of girls swim slow to fast, then first 5 heats of boys swim slow to fast. Remaining heats swim fast to slow, alternating girl/boy**

Round	Event	Entries	Heats	Approximately Starts at
Finals	9 Girls 200 Medley Relay	33	5 u	09:00 AM _____
Finals	10 Boys 200 Medley Relay	32	4 u	09:16 AM _____
Prelims	11 Girls 200 Freestyle	180	23 u	09:28 AM _____
Prelims	12 Boys 200 Freestyle	129	17 u	10:26 AM _____
Prelims	13 Girls 100 Butterfly	120	15 u	11:06 AM _____
Prelims	14 Boys 100 Butterfly	110	14 u	11:27 AM _____
Prelims	15 Girls 400 IM	103	13 u	11:45 AM _____
Prelims	16 Boys 400 IM	98	13 u	12:58 PM _____
	Finish Time			02:07 PM

**LIMITED TIME TRIALS (11 AM Deadline for time trial sign-up)**  
 TT's start about 5 minutes after the finish of the 400 IM's.

Session: 4 **Saturday Finals**  
 Warm-up at 5:00 PM Starts at 06:00 PM

Round	Event	Entries	Heats	Approximately Starts at
Finals	11 Girls 200 Freestyle	24	3 u	06:00 PM _____
Finals	12 Boys 200 Freestyle	24	3 u	06:08 PM _____
Finals	13 Girls 100 Butterfly	24	3 u	06:19 PM _____
Finals	14 Boys 100 Butterfly	24	3 u	06:23 PM _____
Finals	15 Girls 400 IM	24	3 u	06:32 PM _____
Finals	16 Boys 400 IM	24	3 u	06:48 PM _____
	10 Minute Relay Warm-up			
Finals	17 Girls 400 Freestyle Relay	33	5 u	07:19 PM _____
Finals	18 Boys 400 Freestyle Relay	30	4 u	07:41 PM _____
	Swimmer Count for Warm-ups: 195	=====	=====	
	Approximate Finish Time			8:15 PM _____

**2010 NE CRIM NES LC Open Championships - 7/30/2010 to 8/2/2010**  
**Session Report**

**Session: 5    Sunday Prelims**

Warm-up at 7:30 AM    Starts at 09:00 AM    **400 Free's are A/B Flights. First 5 heats of girls swim slow to fast, then first 5 heats of boys swim slow to fast. Remaining heats swim fast to slow, alternating girl/boy**

<b>Round</b>	<b>Event</b>	<b>Entries</b>	<b>Heats</b>	<b>Approximately Starts at</b>
Finals	19 Girls 200 Freestyle Relay	34	5 u	09:00 AM _____
Finals	20 Boys 200 Freestyle Relay	32	4 u	09:13 AM _____
Prelims	21 Girls 200 Butterfly	103	13 u	09:22 AM _____
Prelims	22 Boys 200 Butterfly	74	10 u	09:58 AM _____
Prelims	23 Girls 100 Backstroke	124	16 u	10:24 AM _____
Prelims	24 Boys 100 Backstroke	86	11 u	10:51 AM _____
Prelims	25 Girls 400 Freestyle	140	18 u	11:09 AM _____
Prelims	26 Boys 400 Freestyle	110	14 u	12:39 PM _____
	Swimmer Count for Warm-ups: 469	=====	=====	
	Approximate Finish Time			01:45 PM _____

**TIME TRIALS: sign up is by 11 AM**  
**TT's start 5 minutes after the 400 Freestyles end**

**Session: 6    Sunday Finals**

**SENIOR CEREMONY starts at 6 PM. Seniors Arrive at Diving Well area by 5:45 PM.**

Warm-up at 5:00 PM    Starts at 06:15 PM

<b>Round</b>	<b>Event</b>	<b>Entries</b>	<b>Heats</b>	<b>Approximately Starts at</b>
Finals	21 Girls 200 Butterfly	24	3 u	06:15 PM _____
Finals	22 Boys 200 Butterfly	24	3 u	06:38 PM _____
Finals	23 Girls 100 Backstroke	24	3 u	06:46 PM _____
Finals	24 Boys 100 Backstroke	24	3 u	06:51 PM _____
Finals	25 Girls 400 Freestyle	24	3 u	07:00 PM _____
Finals	26 Boys 400 Freestyle	24	3 u	07:15 PM _____
	10 Minute Relay Warm-up			
Finals	27 Girls 800 Freestyle Relay	22	3 u	07:43 PM _____
Finals	28 Boys 800 Freestyle Relay	23	3 u	08:11 PM _____
	Approximate Finish Time			08:45 PM _____

**2010 NE CRIM NES LC Open Championships - 7/30/2010 to 8/2/2010**  
**Session Report**

Session: **7**    **Monday Prelims**

Warm-up at 7:30 AM    Starts at 09:00 AM    **1500 and 800 Free fastest to slowest alternating girls/boys. Positive check in for 1500 and 800 by 9 AM.**

<b>Round</b>	<b>Event</b>	<b>Entries</b>	<b>Heats</b>	<b>Approximately Starts at</b>
Prelims	31 Girls 200 Backstroke	127	16u	09:00 AM _____
Prelims	32 Boys 200 Backstroke	83	11u	09:49 AM _____
Prelims	33 Girls 50 Freestyle	141	18u	10:21 AM _____
Prelims	34 Boys 50 Freestyle	97	13u	10:34 AM _____
Prelims	35 Girls 200 Breaststroke	79	10u	10:43 AM _____
Prelims	36 Boys 200 Breaststroke	66	9u	11:14 AM _____
Finals-S	29 Girls 800 Freestyle	58	8u	11:41 AM _____
Finals-S	30 Boys 1500 Freestyle	40	5u	01:00 PM _____
	Swimmer Count for Warm-ups: 469	=====	=====	
	Approximate Finish Time			02:29 PM _____

**Monday Finals**

**CHANGE IN ORIGINAL POSTING: Warm-up at 4:30 PM, Starts at 5:15 PM**

<b>Round</b>	<b>Event</b>	<b>Entries</b>	<b>Heats</b>	<b>Approximately Starts at</b>
Finals-1	29 Girls 800 Freestyle	8	1u	5:15 PM _____
Finals-1	30 Boys 1500 Freestyle	8	1u	
Finals	31 Girls 200 Backstroke	24	3u	5:43 PM _____
Finals	32 Boys 200 Backstroke	24	3u	
Finals	33 Girls 50 Freestyle	24	3u	6:05 PM _____
Finals	34 Boys 50 Freestyle	24	3u	_____
Finals	35 Girls 200 Breaststroke	24	3u	6:14 PM _____
Finals	36 Boys 200 Breaststroke	24	3u	_____
	10 Minute Relay Warm-up			
Finals	37 Girls 400 Medley Relay	33	5u	6:47 PM _____
Finals	38 Boys 400 Medley Relay	31	4u	
	<b>HIGH POINT AWARDS</b>			
	<b>TEAM HIGH POINT AWARDS</b>			
	Approximate Finish Time			7:45 PM _____