

**Swim & Rock 2019**  
**November 20-22, 2019**  
**Session Report (Scratch Factor: 10%)**

Session: 1 Friday AM (11-18) Girls Prelims

Day of Meet: 1 Starts at 08:00 AM Heat Interval: 30 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Prelims	1 Girls 13-14 100 Butterfly	55	7	08:00 AM	_____
Prelims	3 Girls 15-18 100 Butterfly	57	8	08:13 AM	_____
Prelims	5 Girls 11-12 100 Butterfly	33	5	08:27 AM	_____
Prelims	7 Girls 13-14 400 IM	20	3 u	08:38 AM	_____
Prelims	9 Girls 15-18 400 IM	29	4 u	08:56 AM	_____
Prelims	11 Girls 11-12 200 Breaststroke	30	4 u	09:18 AM	_____
Prelims	13 Girls 13-14 200 Breaststroke	30	4 u	09:33 AM	_____
Prelims	15 Girls 15-18 200 Breaststroke	34	5 u	09:46 AM	_____
Prelims	17 Girls 11-12 200 Backstroke	24	3 u	10:01 AM	_____
Prelims	19 Girls 13-14 200 Backstroke	39	5 u	10:12 AM	_____
Prelims	21 Girls 15-18 200 Backstroke	43	6 u	10:28 AM	_____
	Swimmers Counts for Warm-ups: 223	=====	=====		
	Entry / Heat Totals:	394	54		
	Finish Time			10:46 AM	_____

**Swim & Rock 2019**  
**November 20-22, 2019**  
**Session Report (Scratch Factor: 10%)**

Session: 2 Friday AM (11-18) Boys Prelims

Day of Meet: 1 Starts at 08:00 AM Heat Interval: 30 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Prelims	2 Boys 13-14 100 Butterfly	47	7	08:00 AM	_____
Prelims	4 Boys 15-18 100 Butterfly	67	10	08:13 AM	_____
Prelims	6 Boys 11-12 100 Butterfly	26	4	08:29 AM	_____
Prelims	8 Boys 13-14 400 IM	18	3 u	08:37 AM	_____
Prelims	10 Boys 15-18 400 IM	17	3 u	08:54 AM	_____
Prelims	12 Boys 11-12 200 Breaststroke	21	3 u	09:10 AM	_____
Prelims	14 Boys 13-14 200 Breaststroke	30	5 u	09:20 AM	_____
Prelims	16 Boys 15-18 200 Breaststroke	29	5 u	09:37 AM	_____
Prelims	18 Boys 11-12 200 Backstroke	19	3 u	09:52 AM	_____
Prelims	20 Boys 13-14 200 Backstroke	28	4 u	10:02 AM	_____
Prelims	22 Boys 15-18 200 Backstroke	49	7 u	10:14 AM	_____
	Swimmers Counts for Warm-ups: 186	=====	=====		
	Entry / Heat Totals:	351	54		
	Finish Time			10:35 AM	_____

**Swim & Rock 2019**  
**November 20-22, 2019**  
**Session Report (Scratch Factor: 10%)**

Session: 3 Friday Distance (11-18) Timed Finals

Day of Meet: 1 Starts at 11:30 AM Heat Interval: 25 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	23 Girls 11-18 1000 Freestyle	42	6 u	11:30 AM	_____
Finals	24 Boys 11-19 1000 Freestyle	32	4 u	12:47 PM	_____
Finals	25 Girls 11-18 1650 Freestyle	11	2 u	01:36 PM	_____
Finals	26 Boys 11-19 1650 Freestyle	22	3 u	02:16 PM	_____
Finals	27 Girls 9-10 500 Freestyle	12	2 u	03:11 PM	_____
Finals	28 Boys 9-10 500 Freestyle	8	1 u	03:26 PM	_____
	Swimmers Counts for Warm-ups: 127	=====	=====		
	Entry / Heat Totals:	127	18		
	Finish Time			03:34 PM	_____

**Swim & Rock 2019**  
**November 20-22, 2019**  
**Session Report (Scratch Factor: 10%)**

Session: 4 Friday PM (11-18) Girls & Boys Finals

Day of Meet: 1 Starts at 06:00 PM Heat Interval: 60 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	1 Girls 13-14 100 Butterfly	16	2 u	06:00 PM	_____
Finals	2 Boys 13-14 100 Butterfly	16	2 u	06:05 PM	_____
Finals	3 Girls 15-18 100 Butterfly	16	2 u	06:09 PM	_____
Finals	4 Boys 15-18 100 Butterfly	16	2 u	06:13 PM	_____
Finals	5 Girls 11-12 100 Butterfly	8	1 u	06:16 PM	_____
Finals	6 Boys 11-12 100 Butterfly	8	1 u	06:19 PM	_____
Finals	7 Girls 13-14 400 IM	8	1 u	06:21 PM	_____
Finals	8 Boys 13-14 400 IM	8	1 u	06:27 PM	_____
Finals	9 Girls 15-18 400 IM	8	1 u	06:33 PM	_____
Finals	10 Boys 15-18 400 IM	8	1 u	06:39 PM	_____
Finals	11 Girls 11-12 200 Breaststroke	8	1 u	06:44 PM	_____
Finals	12 Boys 11-12 200 Breaststroke	8	1 u	06:48 PM	_____
Finals	13 Girls 13-14 200 Breaststroke	16	2 u	06:52 PM	_____
Finals	14 Boys 13-14 200 Breaststroke	16	2 u	06:59 PM	_____
Finals	15 Girls 15-18 200 Breaststroke	16	2 u	07:06 PM	_____
Finals	16 Boys 15-18 200 Breaststroke	16	2 u	07:13 PM	_____
Finals	17 Girls 11-12 200 Backstroke	8	1 u	07:20 PM	_____
Finals	18 Boys 11-12 200 Backstroke	8	1 u	07:24 PM	_____
Finals	19 Girls 13-14 200 Backstroke	16	2 u	07:27 PM	_____
Finals	20 Boys 13-14 200 Backstroke	16	2 u	07:34 PM	_____
Finals	21 Girls 15-18 200 Backstroke	16	2 u	07:42 PM	_____
Finals	22 Boys 15-18 200 Backstroke	16	2 u	07:48 PM	_____
	Swimmers Counts for Warm-ups: 180	=====	=====		
	Entry / Heat Totals:	272	34		
	Finish Time			07:55 PM	_____

**Swim & Rock 2019**  
**November 20-22, 2019**  
**Session Report (Scratch Factor: 10%)**

Session: 5 Saturday AM (13-18) Girls Prelims  
Day of Meet: 2 Starts at 08:00 AM Heat Interval: 25 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Prelims	29 Girls 13-14 50 Freestyle	149	19	08:00 AM	_____
Prelims	31 Girls 15-18 50 Freestyle	119	15	08:18 AM	_____
Prelims	33 Girls 13-14 200 IM	66	9 u	08:32 AM	_____
Prelims	35 Girls 15-18 200 IM	61	8 u	09:00 AM	_____
Prelims	37 Girls 13-14 100 Breaststroke	106	14	09:22 AM	_____
Prelims	39 Girls 15-18 100 Breaststroke	70	9	09:49 AM	_____
Prelims	41 Girls 13-14 200 Freestyle	70	9 u	10:05 AM	_____
Prelims	43 Girls 15-18 200 Freestyle	68	9 u	10:30 AM	_____
	Swimmers Counts for Warm-ups: 377	=====	=====		
	Entry / Heat Totals:	709	92		
	Finish Time			10:53 AM	_____

**Swim & Rock 2019**  
**November 20-22, 2019**  
**Session Report (Scratch Factor: 10%)**

Session: 6 Saturday AM (13-18) Boys Prelims  
Day of Meet: 2 Starts at 08:00 AM Heat Interval: 25 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Prelims	30 Boys 13-14 50 Freestyle	117	17	08:00 AM	_____
Prelims	32 Boys 15-18 50 Freestyle	113	17	08:17 AM	_____
Prelims	34 Boys 13-14 200 IM	65	10 u	08:32 AM	_____
Prelims	36 Boys 15-18 200 IM	64	10 u	09:02 AM	_____
Prelims	38 Boys 13-14 100 Breaststroke	84	12	09:28 AM	_____
Prelims	40 Boys 15-18 100 Breaststroke	63	9	09:52 AM	_____
Prelims	42 Boys 13-14 200 Freestyle	51	8 u	10:07 AM	_____
Prelims	44 Boys 15-18 200 Freestyle	79	12 u	10:28 AM	_____
	Swimmers Counts for Warm-ups: 335	=====	=====		
	Entry / Heat Totals:	636	95		
	Finish Time			10:56 AM	_____

**Swim & Rock 2019**  
**November 20-22, 2019**  
**Session Report (Scratch Factor: 10%)**

Session: 7 Saturday PM (11-12) Girls Prelims  
Day of Meet: 2 Starts at 12:20 PM Heat Interval: 30 Seconds / Back +30 Seconds

Round	Event	Entries	Heats	Starts at	
Prelims	45 Girls 11-12 100 Backstroke	78	10	12:20 PM	_____
Prelims	47 Girls 11-12 200 Freestyle	47	6 u	12:46 PM	_____
Prelims	49 Girls 11-12 100 IM	111	14	01:05 PM	_____
Prelims	51 Girls 11-12 200 Butterfly	7	1 u	01:33 PM	_____
Prelims	53 Girls 11-12 50 Freestyle	118	15	01:36 PM	_____
Prelims	55 Girls 11-12 100 Breaststroke	82	11	01:53 PM	_____
	Swimmers Counts for Warm-ups: 228	=====	=====		
	Entry / Heat Totals:	443	57		
	Finish Time			02:17 PM	_____

**Swim & Rock 2019**  
**November 20-22, 2019**  
**Session Report (Scratch Factor: 10%)**

Session: 8 Saturday PM (11-12) Boys Prelims  
Day of Meet: 2 Starts at 12:20 PM Heat Interval: 30 Seconds / Back +30 Seconds

Round	Event	Entries	Heats	Starts at	
Prelims	46 Boys 11-12 100 Backstroke	62	9	12:20 PM	_____
Prelims	48 Boys 11-12 200 Freestyle	31	5 u	12:43 PM	_____
Prelims	50 Boys 11-12 100 IM	84	12	12:59 PM	_____
Prelims	52 Boys 11-12 200 Butterfly	4	1 u	01:23 PM	_____
Prelims	54 Boys 11-12 50 Freestyle	101	15	01:26 PM	_____
Prelims	56 Boys 11-12 100 Breaststroke	64	10	01:43 PM	_____
	Swimmers Counts for Warm-ups: 177	=====	=====		
	Entry / Heat Totals:	346	52		
	Finish Time			02:06 PM	_____

**Swim & Rock 2019**  
**November 20-22, 2019**  
**Session Report (Scratch Factor: 10%)**

Session: 9 Saturday 9-10 Girls Timed Finals

Day of Meet: 2 Starts at 03:20 PM Heat Interval: 30 Seconds / Back +30 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	57 Girls 9-10 100 Backstroke	49	7	03:20 PM	_____
Finals	59 Girls 9-10 200 Freestyle	28	4 u	03:40 PM	_____
Finals	61 Girls 9-10 100 IM	104	13	03:54 PM	_____
Finals	63 Girls 9-10 50 Butterfly	87	11	04:23 PM	_____
Finals	65 Girls 9-10 50 Freestyle	139	18	04:38 PM	_____
Finals	67 Girls 9-10 100 Breaststroke	82	11	05:00 PM	_____
	Swimmers Counts for Warm-ups: 182	=====	=====		
	Entry / Heat Totals:	489	64		
	Finish Time			05:27 PM	_____

**Swim & Rock 2019**  
**November 20-22, 2019**  
**Session Report (Scratch Factor: 10%)**

Session: 10 Saturday 9-10 Boys Timed Finals

Day of Meet: 2 Starts at 03:20 PM Heat Interval: 30 Seconds / Back +30 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	58 Boys 9-10 100 Backstroke	45	7	03:20 PM	_____
Finals	60 Boys 9-10 200 Freestyle	9	2 u	03:40 PM	_____
Finals	62 Boys 9-10 100 IM	65	10	03:47 PM	_____
Finals	64 Boys 9-10 50 Butterfly	66	10	04:09 PM	_____
Finals	66 Boys 9-10 50 Freestyle	98	14	04:22 PM	_____
Finals	68 Boys 9-10 100 Breaststroke	46	7	04:40 PM	_____
	Swimmers Counts for Warm-ups: 128	=====	=====		
	Entry / Heat Totals:	329	50		
	Finish Time			04:57 PM	_____

**Swim & Rock 2019**  
**November 20-22, 2019**  
**Session Report (Scratch Factor: 10%)**

Session: 11 Saturday PM (11-18) Girls & Boys Finals

Day of Meet: 2 Starts at 06:00 PM Heat Interval: 60 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	45 Girls 11-12 100 Backstroke	8	1 u	06:00 PM	_____
Finals	46 Boys 11-12 100 Backstroke	8	1 u	06:03 PM	_____
Finals	29 Girls 13-14 50 Freestyle	16	2 u	06:05 PM	_____
Finals	30 Boys 13-14 50 Freestyle	16	2 u	06:08 PM	_____
Finals	53 Girls 11-12 50 Freestyle	8	1 u	06:11 PM	_____
Finals	54 Boys 11-12 50 Freestyle	8	1 u	06:13 PM	_____
Finals	31 Girls 15-18 50 Freestyle	16	2 u	06:14 PM	_____
Finals	32 Boys 15-18 50 Freestyle	16	2 u	06:17 PM	_____
Finals	47 Girls 11-12 200 Freestyle	8	1 u	06:20 PM	_____
Finals	48 Boys 11-12 200 Freestyle	8	1 u	06:23 PM	_____
Finals	33 Girls 13-14 200 IM	16	2 u	06:26 PM	_____
Finals	34 Boys 13-14 200 IM	16	2 u	06:33 PM	_____
Finals	35 Girls 15-18 200 IM	16	2 u	06:39 PM	_____
Finals	36 Boys 15-18 200 IM	16	2 u	06:46 PM	_____
Finals	49 Girls 11-12 100 IM	8	1 u	06:52 PM	_____
Finals	50 Boys 11-12 100 IM	8	1 u	06:54 PM	_____
Finals	37 Girls 13-14 100 Breaststroke	16	2 u	06:56 PM	_____
Finals	38 Boys 13-14 100 Breaststroke	16	2 u	07:00 PM	_____
Finals	51 Girls 11-12 200 Butterfly	8	1 u	07:05 PM	_____
Finals	52 Boys 11-12 200 Butterfly	5	1 u	07:09 PM	_____
Finals	39 Girls 15-18 100 Breaststroke	16	2 u	07:12 PM	_____
Finals	40 Boys 15-18 100 Breaststroke	16	2 u	07:16 PM	_____
Finals	41 Girls 13-14 200 Freestyle	16	2 u	07:20 PM	_____
Finals	42 Boys 13-14 200 Freestyle	16	2 u	07:27 PM	_____
Finals	43 Girls 15-18 200 Freestyle	16	2 u	07:33 PM	_____
Finals	44 Boys 15-18 200 Freestyle	16	2 u	07:38 PM	_____
Finals	55 Girls 11-12 100 Breaststroke	8	1 u	07:44 PM	_____
Finals	56 Boys 11-12 100 Breaststroke	8	1 u	07:46 PM	_____
	Swimmers Counts for Warm-ups: 238	=====	=====		
	Entry / Heat Totals:	349	44		
	Finish Time			07:49 PM	_____

**Swim & Rock 2019**  
**November 20-22, 2019**  
**Session Report (Scratch Factor: 10%)**

Session: 12 Sunday AM (13-18) Girls Timed Finals

Day of Meet: 3 Starts at 07:40 AM Heat Interval: 25 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	69 Girls 15-18 100 Freestyle	127	16	07:40 AM	_____
Finals	71 Girls 13-14 100 Freestyle	154	20	08:04 AM	_____
Finals	73 Girls 15-18 200 Butterfly	22	3 u	08:35 AM	_____
Finals	75 Girls 13-14 200 Butterfly	29	4 u	08:44 AM	_____
Finals	77 Girls 15-18 100 Backstroke	116	15	08:56 AM	_____
Finals	79 Girls 13-14 100 Backstroke	140	18	09:23 AM	_____
	Break: 10 Minutes:				
Finals	81 Girls 15-18 500 Freestyle	68	9 u	10:09 AM	_____
Finals	83 Girls 13-14 500 Freestyle	62	8 u	11:05 AM	_____
	Swimmers Counts for Warm-ups: 319	=====	=====		
	Entry / Heat Totals:	718	93		
	Finish Time			11:59 AM	_____

**Swim & Rock 2019**  
**November 20-22, 2019**  
**Session Report (Scratch Factor: 10%)**

Session: 13 Sunday AM (13-18) Boys Timed Finals

Day of Meet: 3 Starts at 07:40 AM Heat Interval: 25 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	70 Boys 15-18 100 Freestyle	138	20	07:40 AM	_____
Finals	72 Boys 13-14 100 Freestyle	116	17	08:08 AM	_____
Finals	74 Boys 15-18 200 Butterfly	30	5 u	08:34 AM	_____
Finals	76 Boys 13-14 200 Butterfly	30	5 u	08:47 AM	_____
Finals	78 Boys 15-18 100 Backstroke	120	18	09:02 AM	_____
Finals	80 Boys 13-14 100 Backstroke	108	16	09:34 AM	_____
	Break: 10 Minutes:				
Finals	82 Boys 15-18 500 Freestyle	70	10 u	10:16 AM	_____
Finals	84 Boys 13-14 500 Freestyle	50	8 u	11:14 AM	_____
	Swimmers Counts for Warm-ups: 287	=====	=====		
	Entry / Heat Totals:	662	99		
	Finish Time			12:06 PM	_____

**Swim & Rock 2019**  
**November 20-22, 2019**  
**Session Report (Scratch Factor: 10%)**

Session: 14 Sunday PM (11-12) Girls Timed Finals

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

Round	Event	Entries	Heats	Starts at	
Finals	85 Girls 11-12 100 Freestyle	134	17	01:20 PM	_____
Finals	87 Girls 11-12 50 Backstroke	118	15	01:49 PM	_____
Finals	89 Girls 11-12 50 Breaststroke	120	15	02:09 PM	_____
Finals	91 Girls 11-12 200 IM	56	7 u	02:26 PM	_____
Finals	93 Girls 11-12 50 Butterfly	106	14	02:49 PM	_____
Finals	95 Girls 11-12 500 Freestyle	39	5 u	03:04 PM	_____
	Swimmers Counts for Warm-ups: 215	=====	=====		
	Entry / Heat Totals:	573	73		
	Finish Time			03:40 PM	_____

**Swim & Rock 2019**  
**November 20-22, 2019**  
**Session Report (Scratch Factor: 10%)**

Session: 15 Sunday PM (11-12) Boys Timed Finals

Day of Meet: 3 Starts at 01:20 PM Heat Interval: 25 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	86 Boys 11-12 100 Freestyle	102	15	01:20 PM	_____
Finals	88 Boys 11-12 50 Backstroke	95	14	01:47 PM	_____
Finals	90 Boys 11-12 50 Breaststroke	100	15	02:06 PM	_____
Finals	92 Boys 11-12 200 IM	40	6 u	02:24 PM	_____
Finals	94 Boys 11-12 50 Butterfly	71	11	02:44 PM	_____
Finals	96 Boys 11-12 500 Freestyle	32	5 u	02:57 PM	_____
	Swimmers Counts for Warm-ups: 162	=====	=====		
	Entry / Heat Totals:	440	66		
	Finish Time			03:33 PM	_____

**Swim & Rock 2019**  
**November 20-22, 2019**  
**Session Report (Scratch Factor: 10%)**

Session: 16 Sunday PM 9-10 Timed Finals

Day of Meet: 3 Starts at 04:30 PM Heat Interval: 25 Seconds / Back +20 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	97 Girls 9-10 100 Freestyle	113	15	04:30 PM	_____
Finals	98 Boys 9-10 100 Freestyle	83	11	05:01 PM	_____
Finals	99 Girls 9-10 100 Butterfly	15	2	05:23 PM	_____
Finals	100 Boys 9-10 100 Butterfly	17	3	05:27 PM	_____
Finals	101 Girls 9-10 50 Breaststroke	129	17	05:35 PM	_____
Finals	102 Boys 9-10 50 Breaststroke	93	12	05:58 PM	_____
Finals	103 Girls 9-10 200 IM	23	3 u	06:14 PM	_____
Finals	104 Boys 9-10 200 IM	14	2 u	06:24 PM	_____
Finals	105 Girls 9-10 50 Backstroke	118	15	06:32 PM	_____
Finals	106 Boys 9-10 50 Backstroke	83	11	06:55 PM	_____
	Swimmers Counts for Warm-ups: 264	=====	=====		
	Entry / Heat Totals:	688	91		
	Finish Time			07:13 PM	_____
	Finish Time			04:30 PM	_____