

2010 Cascade Last Chance Invitational, Sanction #: 1003-SP07**Helene Madison Pool****Session Report**

Session: 1 Session 1

Day of Meet: 1 Starts at 09:00 AM Heat Interval: 30 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	1 Girls 10 & Under 200 Medley Relay	6	1	09:00 AM	_____
Finals	2 Boys 10 & Under 200 Medley Relay	3	1	09:05 AM	_____
Finals	3 Girls 12 & Under 200 Medley Relay	8	2	09:09 AM	_____
Finals	4 Boys 12 & Under 200 Medley Relay	3	1	09:16 AM	_____
Finals	5 Girls 8 & Under 25 Backstroke	16	3	09:19 AM	_____
Finals	6 Boys 8 & Under 25 Backstroke	2	1	09:23 AM	_____
Finals	7 Girls 10 & Under 100 Backstroke	16	3	09:24 AM	_____
Finals	8 Boys 10 & Under 100 Backstroke	9	2	09:32 AM	_____
Finals	9 Girls 11-12 100 Backstroke	19	4	09:37 AM	_____
Finals	10 Boys 11-12 100 Backstroke	9	2	09:46 AM	_____
Finals	11 Girls 10 & Under 50 Butterfly	26	5	09:50 AM	_____
Finals	12 Boys 10 & Under 50 Butterfly	14	3	09:57 AM	_____
Finals	13 Girls 11-12 50 Butterfly	23	4	10:01 AM	_____
Finals	14 Boys 11-12 50 Butterfly	10	2	10:06 AM	_____
Finals	15 Girls 8 & Under 25 Breaststroke	13	3	10:09 AM	_____
Finals	16 Boys 8 & Under 25 Breaststroke	3	1	10:12 AM	_____
Finals	17 Girls 10 & Under 100 Breaststroke	12	2	10:13 AM	_____
Finals	18 Boys 10 & Under 100 Breaststroke	10	2	10:17 AM	_____
Finals	19 Girls 11-12 100 Breaststroke	16	3	10:22 AM	_____
Finals	20 Boys 11-12 100 Breaststroke	7	2	10:30 AM	_____
Finals	21 Girls 10 & Under 50 Freestyle	40	7	10:34 AM	_____
Finals	22 Boys 10 & Under 50 Freestyle	18	3	10:43 AM	_____
Finals	23 Girls 11-12 50 Freestyle	30	5	10:47 AM	_____
Finals	24 Boys 11-12 50 Freestyle	15	3	10:52 AM	_____
Finals	25 Girls 10 & Under 100 IM	34	6	10:56 AM	_____
Finals	26 Boys 10 & Under 100 IM	14	3	11:09 AM	_____
Finals	27 Girls 11-12 100 IM	22	4	11:16 AM	_____
Finals	28 Boys 11-12 100 IM	12	2	11:24 AM	_____
	Swimmer Count for Warm-ups: 133	=====	=====		
	Entry / Heat Totals:	410	80		
	Finish Time			11:29 AM	_____

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Session: 2 Session 2

Day of Meet: 1 Starts at 12:15 PM Heat Interval: 30 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at
Finals	29 Girls Open 200 Freestyle	29	5	12:15 PM _____
Finals	30 Boys Open 200 Freestyle	21	4	12:31 PM _____
Finals	31 Mixed 12 & Under 200 IM	10	2	12:42 PM _____
Finals	33 Girls 11 & Over 200 Butterfly	6	1	12:50 PM _____
Finals	34 Boys 11 & Over 200 Butterfly	8	2	12:53 PM _____
Finals	35 Mixed 12 & Under 500 Freestyle	9	2	12:59 PM _____
	Swimmer Count for Warm-ups: 73	=====	=====	
	Entry / Heat Totals:	83	16	
	Finish Time			01:16 PM _____

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Session: 3 Session 3

Day of Meet: 1 Starts at 02:00 PM Heat Interval: 30 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at
Finals	37 Girls 13-14 200 Medley Relay	5	1	02:00 PM _____
Finals	38 Boys 13-14 200 Medley Relay	4	1	02:04 PM _____
Finals	39 Girls 15 & Over 200 Medley Relay	1	1	02:07 PM _____
Finals	40 Boys 15 & Over 200 Medley Relay	2	1	02:10 PM _____
Finals	41 Girls 13 & Over 200 IM	14	3	02:13 PM _____
Finals	42 Boys 13 & Over 200 IM	16	3	02:24 PM _____
Finals	43 Girls 13 & Over 100 Backstroke	23	4	02:33 PM _____
Finals	44 Boys 13 & Over 100 Backstroke	21	4	02:42 PM _____
Finals	45 Girls 13 & Over 100 Breaststroke	14	3	02:49 PM _____
Finals	46 Boys 13 & Over 100 Breaststroke	15	3	02:56 PM _____
Finals	47 Girls 13 & Over 50 Freestyle	30	5	03:02 PM _____
Finals	48 Boys 13 & Over 50 Freestyle	25	5	03:07 PM _____
Finals	49 Mixed 13 & Over 500 Freestyle	21	4	03:12 PM _____
	Swimmer Count for Warm-ups: 71	=====	=====	
	Entry / Heat Totals:	191	38	
	Finish Time			03:41 PM _____

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Session: 4 Session 4

Day of Meet: 2 Starts at 09:00 AM Heat Interval: 30 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	51 Girls 10 & Under 200 Freestyle Relay	7	2	09:00 AM	_____
Finals	52 Boys 10 & Under 200 Freestyle Relay	3	1	09:08 AM	_____
Finals	53 Girls 12 & Under 200 Freestyle Relay	8	2	09:11 AM	_____
Finals	54 Boys 12 & Under 200 Freestyle Relay	3	1	09:17 AM	_____
Finals	55 Girls 8 & Under 25 Freestyle	17	3	09:20 AM	_____
Finals	56 Boys 8 & Under 25 Freestyle	1	1	09:22 AM	_____
Finals	57 Girls 10 & Under 100 Freestyle	21	4	09:23 AM	_____
Finals	58 Boys 10 & Under 100 Freestyle	14	3	09:32 AM	_____
Finals	59 Girls 11-12 100 Freestyle	21	4	09:38 AM	_____
Finals	60 Boys 11-12 100 Freestyle	17	3	09:45 AM	_____
Finals	61 Girls 10 & Under 50 Backstroke	31	6	09:51 AM	_____
Finals	62 Boys 10 & Under 50 Backstroke	14	3	10:00 AM	_____
Finals	63 Girls 11-12 50 Backstroke	23	4	10:05 AM	_____
Finals	64 Boys 11-12 50 Backstroke	15	3	10:11 AM	_____
Finals	65 Girls 8 & Under 25 Butterfly	15	3	10:16 AM	_____
Finals	66 Boys 8 & Under 25 Butterfly	1	1	10:19 AM	_____
Finals	67 Girls 10 & Under 100 Butterfly	8	2	10:20 AM	_____
Finals	68 Boys 10 & Under 100 Butterfly	4	1	10:24 AM	_____
Finals	69 Girls 11-12 100 Butterfly	5	1	10:27 AM	_____
Finals	70 Boys 11-12 100 Butterfly	6	1	10:29 AM	_____
Finals	71 Girls 10 & Under 50 Breaststroke	31	6	10:31 AM	_____
Finals	72 Boys 10 & Under 50 Breaststroke	16	3	10:40 AM	_____
Finals	73 Girls 11-12 50 Breaststroke	19	4	10:44 AM	_____
Finals	74 Boys 11-12 50 Breaststroke	11	2	10:50 AM	_____
	Swimmer Count for Warm-ups: 114	=====	=====		
	Entry / Heat Totals:	311	64		
	Finish Time			10:53 AM	_____

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Session: 5 Session 5

Day of Meet: 2 Starts at 11:45 AM Heat Interval: 30 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at
Finals	75 Girls 11 & Over 200 Breaststroke	16	3	11:45 AM _____
Finals	76 Boys 11 & Over 200 Breaststroke	18	3	11:57 AM _____
Finals	77 Girls 11 & Over 200 Backstroke	20	4	12:08 PM _____
Finals	78 Boys 11 & Over 200 Backstroke	12	2	12:22 PM _____
Finals	79 Mixed 11-12 400 IM	8	2	12:29 PM _____
	Swimmer Count for Warm-ups: 59	=====	=====	
	Entry / Heat Totals:	74	14	
	Finish Time			12:42 PM _____

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Session Report

Session: 6 Session 6

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

Round	Event	Entries	Heats	Starts at
Finals	81 Girls 13-14 200 Freestyle Relay	5	1	01:30 PM _____
Finals	82 Boys 13-14 200 Freestyle Relay	3	1	01:33 PM _____
Finals	83 Girls 15 & Over 200 Freestyle Relay	0	0	01:36 PM _____
Finals	84 Boys 15 & Over 200 Freestyle Relay	2	1	01:36 PM _____
Finals	85 Girls 13 & Over 100 Freestyle	30	5	01:38 PM _____
Finals	86 Boys 13 & Over 100 Freestyle	23	4	01:46 PM _____
Finals	87 Girls 13 & Over 100 Butterfly	19	4	01:52 PM _____
Finals	88 Boys 13 & Over 100 Butterfly	15	3	02:00 PM _____
Finals	89 Mixed 13 & Over 400 IM	12	2	02:06 PM _____
	Swimmer Count for Warm-ups: 59	=====	=====	
	Entry / Heat Totals:	109	21	
	Finish Time			02:17 PM _____