

THURSDAY AND SUNDAY WARM-UPS WILL BE OPEN

FRIDAY WARM-UPS

50 METER POOL

	1	2	3	4	5	6	7	8
7:00	CLPR	CLPR	CLPR	RAYS	RAYS	RAYS	CM	CM
7:30	DR	DR	GTAC	GTAC	MHSW	SFF	CAC	CAC
8:00	UASC	UASC	OSSC	SYL	WOR	KAC	FAST	GCST
						ABLY	WTRC	DCST

DIVE WELL

	5	6	7	8
7:00	MAKO	OPEN	OPEN	OPEN
	USA			
	LCFY			
7:30	LTPY	BKHY	OPEN	OPEN
8:00	BGSC	NAAC	OPEN	OPEN
	MAC	SOS		
	DST	KCST		
	HURY	TYS		
		UN		

SATURDAY WARM-UPS

50 METER

	1	2	3	4	5	6	7	8
7:00	DR	DR	GTAC	GTAC	MHSW	SFF	CAC	CAC
7:30	UASC	UASC	OSSC	SYL	WOR	KAC	FAST	GCST
						ABLY	WTRC	DCST
8:00	MAKO	CLPR	CLPR	RAYS	RAYS	BKHY	CM	BGSC/NAAC
	USA							HURY/SOS
	LCFY							KCST/TYS
								MAC/UN
								DST

Dive Well

	5	6	7	8
7:00	RAYS	RAYS	OPEN	OPEN
7:30	CLPR	CLPR	OPEN	OPEN
8:00	CM	CM	OPEN	OPEN

2010 OH LC Junior Olympics - 7/15/2010 to 7/18/2010**Sanctions # 3179-OH Time Trials # 3180-OH****Session Report**

Session: 1 Day 1

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

Round	Event	Entries	Heats	Starts at
Finals	101 Girls 13-14 1500 Freestyle	21	3	12:30 PM _____
Finals	102 Boys 13-14 1500 Freestyle	22	3	01:30 PM _____
	Break: 35 Minutes			
Finals	103 Girls 11-12 400 Freestyle	25	4	03:03 PM _____
Finals	104 Boys 11-12 400 Freestyle	21	3	03:24 PM _____
Finals	105 Girls 10 & Under 200 Freestyle	27	4	03:41 PM _____
Finals	106 Boys 10 & Under 200 Freestyle	29	4	03:53 PM _____
	Break: 10 Minutes			
Finals	107 Girls 13-14 800 Freestyle Relay	18	3	04:15 PM _____
Finals	108 Boys 13-14 800 Freestyle Relay	16	2	04:46 PM _____
	Swimmer Count for Warm-ups: 241	=====	=====	
	Entry / Heat Totals:	179	26	
	Finish Time			05:06 PM _____

ALL RACES BEGIN AND END AT THE BALCONY END OF THE POOL

2010 OH LC Junior Olympics - 7/15/2010 to 7/18/2010**Sanctions # 3179-OH Time Trials # 3180-OH****Session Report**

Session: 2 Day 2 Prelim

Day of Meet: 2 Starts at 08:30 AM Heat Interval: 0 Seconds

Round	Event	Entries	Heats	Starts at
Finals-S	201 Girls 13-14 200 Medley Relay	18	3	08:30 AM
Finals-S	202 Boys 13-14 200 Medley Relay	11	2	08:38 AM
Finals-S	203 Girls 10 & Under 200 Medley Relay	17	3	08:42 AM
Finals-S	204 Boys 10 & Under 200 Medley Relay	7	1	08:52 AM
Finals-S	205 Girls 11-12 200 Medley Relay	19	3	08:54 AM
Finals-S	206 Boys 11-12 200 Medley Relay	9	2	09:02 AM
	Break: 6 Minutes			
Prelims	207 Girls 13-14 200 Freestyle	33	5	09:13 AM
Prelims	208 Boys 13-14 200 Freestyle	22	3	09:25 AM
	Break: 2 Minutes			
Prelims	209 Girls 10 & Under 50 Backstroke	34	5	09:34 AM
Prelims	210 Boys 10 & Under 50 Backstroke	27	4	09:37 AM
Prelims	211 Girls 11-12 50 Backstroke	25	4	09:40 AM
Prelims	212 Boys 11-12 50 Backstroke	24	3	09:43 AM
	Break: 2 Minutes			
Prelims	213 Girls 13-14 200 Backstroke	29	4	09:46 AM
Prelims	214 Boys 13-14 200 Backstroke	29	4	09:57 AM
Prelims	215 Girls 10 & Under 100 Breaststroke	31	4	10:07 AM
Prelims	216 Boys 10 & Under 100 Breaststroke	25	4	10:14 AM
Prelims	217 Girls 11-12 100 Breaststroke	32	4	10:22 AM
Prelims	218 Boys 11-12 100 Breaststroke	25	4	10:28 AM
Prelims	219 Girls 13-14 100 Breaststroke	30	4	10:34 AM
Prelims	220 Boys 13-14 100 Breaststroke	32	4	10:40 AM
Prelims	221 Girls 11-12 200 Freestyle	32	4	10:45 AM
Prelims	222 Boys 11-12 200 Freestyle	18	3	10:55 AM
Finals-S	223 Girls 10 & Under 200 IM	19	3	11:02 AM
Finals-S	224 Boys 10 & Under 200 IM	20	3	11:12 AM
Finals-S	225 Girls 13-14 400 IM	5	1	11:22 AM
Finals-S	226 Boys 13-14 400 IM	8	1	11:28 AM
Finals-S	227 Girls 11-12 400 Freestyle Relay	17	3	11:33 AM
Finals-S	228 Boys 11-12 400 Freestyle Relay	9	2	11:48 AM
Finals-S	229 Girls 13-14 400 Freestyle Relay	18	3	11:58 AM
Finals-S	230 Boys 13-14 400 Freestyle Relay	11	2	12:12 PM
	Swimmer Count for Warm-ups: 571	=====	=====	
	Entry / Heat Totals:	636	95	
	Finish Time			12:21 PM

BREAKS ARE FOR TRANSITION

THEY ARE NOT PHYSICAL BREAKS

2010 OH LC Junior Olympics - 7/15/2010 to 7/18/2010**Sanctions # 3179-OH Time Trials # 3180-OH****Session Report**

Session: 3 Day 2 Final

Day of Meet: 2 Starts at 04:30 PM Heat Interval: 50 Seconds

Round	Event	Entries	Heats	Starts at	
Finals-1	201 Girls 13-14 200 Medley Relay	8	1	04:30 PM	_____
Finals-1	202 Boys 13-14 200 Medley Relay	8	1	04:34 PM	_____
Finals-1	203 Girls 10 & Under 200 Medley Relay	8	1	04:37 PM	_____
Finals-1	204 Boys 10 & Under 200 Medley Relay	8	1	04:40 PM	_____
Finals-1	205 Girls 11-12 200 Medley Relay	8	1	04:44 PM	_____
Finals-1	206 Boys 11-12 200 Medley Relay	8	1	04:47 PM	_____
Finals	207 Girls 13-14 200 Freestyle	16	2u	04:50 PM	_____
Finals	208 Boys 13-14 200 Freestyle	16	2u	04:56 PM	_____
	Break: 3 Minutes				
Finals	209 Girls 10 & Under 50 Backstroke	16	2u	05:05 PM	_____
Finals	210 Boys 10 & Under 50 Backstroke	16	2u	05:08 PM	_____
Finals	211 Girls 11-12 50 Backstroke	16	2u	05:11 PM	_____
Finals	212 Boys 11-12 50 Backstroke	16	2u	05:14 PM	_____
	Break: 3 Minutes				
Finals	213 Girls 13-14 200 Backstroke	16	2u	05:20 PM	_____
Finals	214 Boys 13-14 200 Backstroke	16	2u	05:27 PM	_____
Finals	215 Girls 10 & Under 100 Breaststroke	16	2u	05:33 PM	_____
Finals	216 Boys 10 & Under 100 Breaststroke	16	2u	05:38 PM	_____
Finals	217 Girls 11-12 100 Breaststroke	16	2u	05:43 PM	_____
Finals	218 Boys 11-12 100 Breaststroke	16	2u	05:48 PM	_____
Finals	219 Girls 13-14 100 Breaststroke	16	2u	05:52 PM	_____
Finals	220 Boys 13-14 100 Breaststroke	16	2u	05:57 PM	_____
Finals	221 Girls 11-12 200 Freestyle	16	2u	06:01 PM	_____
Finals	222 Boys 11-12 200 Freestyle	16	2u	06:07 PM	_____
Finals-2	223 Girls 10 & Under 200 IM	16	2	06:14 PM	_____
Finals-2	224 Boys 10 & Under 200 IM	16	2	06:22 PM	_____
Finals-2	225 Girls 13-14 400 IM	16	2	06:30 PM	_____
Finals-2	226 Boys 13-14 400 IM	16	2	06:42 PM	_____
	Break: 10 Minutes				
Finals-1	227 Girls 11-12 400 Freestyle Relay	8	1	07:05 PM	_____
Finals-1	228 Boys 11-12 400 Freestyle Relay	8	1	07:10 PM	_____
Finals-1	229 Girls 13-14 400 Freestyle Relay	8	1	07:16 PM	_____
Finals-1	230 Boys 13-14 400 Freestyle Relay	8	1	07:21 PM	_____
	Break: 6 Minutes				
	Swimmer Count for Warm-ups: 322	=====	=====		
	Entry / Heat Totals:	400	50		
	Finish Time			07:32 PM	_____

2010 OH LC Junior Olympics - 7/15/2010 to 7/18/2010**Sanctions # 3179-OH Time Trials # 3180-OH****Session Report**

Session: 4 Day 3 Prelim

Day of Meet: 3 Starts at 08:30 AM Heat Interval: 0 Seconds

Round	Event	Entries	Heats	Starts at	
Finals-S	301 Girls 13-14 200 Freestyle Relay	18	3	08:30 AM	_____
Finals-S	302 Boys 13-14 200 Freestyle Relay	11	2	08:37 AM	_____
Finals-S	303 Girls 11-12 200 Freestyle Relay	19	3	08:41 AM	_____
Finals-S	304 Boys 11-12 200 Freestyle Relay	9	2	08:48 AM	_____
Finals-S	305 Girls 10 & Under 200 Freestyle Relay	16	2	08:52 AM	_____
Finals-S	306 Boys 10 & Under 200 Freestyle Relay	8	1	08:57 AM	_____
	Break: 3 Minutes				
Prelims	307 Girls 13-14 50 Freestyle	43	6	09:03 AM	_____
Prelims	308 Boys 13-14 50 Freestyle	21	3	09:06 AM	_____
Prelims	309 Girls 11-12 50 Freestyle	34	5	09:08 AM	_____
Prelims	310 Boys 11-12 50 Freestyle	27	4	09:10 AM	_____
Prelims	311 Girls 10 & Under 50 Freestyle	25	4	09:12 AM	_____
Prelims	312 Boys 10 & Under 50 Freestyle	36	5	09:15 AM	_____
	Break: 1 Minutes				
Prelims	313 Girls 13-14 100 Backstroke	32	4	09:19 AM	_____
Prelims	314 Boys 13-14 100 Backstroke	26	4	09:24 AM	_____
Prelims	315 Girls 11-12 100 Backstroke	30	4	09:28 AM	_____
Prelims	316 Boys 11-12 100 Backstroke	27	4	09:34 AM	_____
Prelims	317 Girls 10 & Under 100 Backstroke	31	4	09:39 AM	_____
Prelims	318 Boys 10 & Under 100 Backstroke	34	5	09:45 AM	_____
Prelims	319 Girls 13-14 200 Butterfly	22	3	09:53 AM	_____
Prelims	320 Boys 13-14 200 Butterfly	20	3	10:01 AM	_____
	Break: 1 Minutes				
Prelims	321 Girls 11-12 50 Butterfly	33	5	10:10 AM	_____
Prelims	322 Boys 11-12 50 Butterfly	34	5	10:13 AM	_____
Prelims	323 Girls 10 & Under 50 Butterfly	26	4	10:16 AM	_____
Prelims	324 Boys 10 & Under 50 Butterfly	31	4	10:19 AM	_____
	Break: 1 Minutes				
Prelims	325 Girls 13-14 200 IM	30	4	10:22 AM	_____
Prelims	326 Boys 13-14 200 IM	16	2	10:33 AM	_____
Prelims	327 Girls 11-12 200 IM	39	5	10:38 AM	_____
Prelims	328 Boys 11-12 200 IM	28	4	10:52 AM	_____
Finals-S	329 Girls 13-14 400 Medley Relay	17	3	11:04 AM	_____
Finals-S	330 Boys 13-14 400 Medley Relay	11	2	11:19 AM	_____
Finals-S	331 Girls 11-12 400 Medley Relay	20	3	11:29 AM	_____
Finals-S	332 Boys 11-12 400 Medley Relay	9	2	11:46 AM	_____
Finals-S	333 Girls 13-14 400 Freestyle	11	2	11:58 AM	_____
Finals-S	334 Boys 13-14 400 Freestyle	6	1	12:07 PM	_____
	Swimmer Count for Warm-ups: 578	=====	=====		
	Entry / Heat Totals:	800	117		
	Finish Time			12:12 PM	_____

BREAKS ARE FOR TRANISTION ONLY
 THEY ARE NOT PHYSICAL BREAKS

2010 OH LC Junior Olympics - 7/15/2010 to 7/18/2010**Sanctions # 3179-OH Time Trials # 3180-OH****Session Report**

Session: 5 Day 3 Final

Day of Meet: 3 Starts at 04:30 PM Heat Interval: 50 Seconds

Round	Event	Entries	Heats	Starts at	
Finals-1	301 Girls 13-14 200 Freestyle Relay	8	1	04:30 PM	_____
Finals-1	302 Boys 13-14 200 Freestyle Relay	8	1	04:33 PM	_____
Finals-1	303 Girls 11-12 200 Freestyle Relay	8	1	04:36 PM	_____
Finals-1	304 Boys 11-12 200 Freestyle Relay	8	1	04:39 PM	_____
Finals-1	305 Girls 10 & Under 200 Freestyle Relay	8	1	04:42 PM	_____
Finals-1	306 Boys 10 & Under 200 Freestyle Relay	8	1	04:45 PM	_____
	Break: 5 Minutes				
Finals-2	333 Girls 13-14 400 Freestyle	16	2	04:53 PM	_____
Finals-2	334 Boys 13-14 400 Freestyle	16	2	05:05 PM	_____
	Break: 10 Minutes				
Finals	307 Girls 13-14 50 Freestyle	16	2u	05:26 PM	_____
Finals	308 Boys 13-14 50 Freestyle	16	2u	05:29 PM	_____
Finals	309 Girls 11-12 50 Freestyle	16	2u	05:31 PM	_____
Finals	310 Boys 11-12 50 Freestyle	16	2u	05:34 PM	_____
Finals	311 Girls 10 & Under 50 Freestyle	16	2u	05:36 PM	_____
Finals	312 Boys 10 & Under 50 Freestyle	16	2u	05:39 PM	_____
Finals	313 Girls 13-14 100 Backstroke	16	2u	05:42 PM	_____
Finals	314 Boys 13-14 100 Backstroke	16	2u	05:46 PM	_____
Finals	315 Girls 11-12 100 Backstroke	16	2u	05:50 PM	_____
Finals	316 Boys 11-12 100 Backstroke	16	2u	05:54 PM	_____
Finals	317 Girls 10 & Under 100 Backstroke	16	2u	05:58 PM	_____
Finals	318 Boys 10 & Under 100 Backstroke	16	2u	06:03 PM	_____
Finals	319 Girls 13-14 200 Butterfly	16	2u	06:07 PM	_____
Finals	320 Boys 13-14 200 Butterfly	16	2u	06:14 PM	_____
Finals	321 Girls 11-12 50 Butterfly	16	2u	06:21 PM	_____
Finals	322 Boys 11-12 50 Butterfly	16	2u	06:24 PM	_____
Finals	323 Girls 10 & Under 50 Butterfly	16	2u	06:26 PM	_____
Finals	324 Boys 10 & Under 50 Butterfly	16	2u	06:29 PM	_____
Finals	325 Girls 13-14 200 IM	16	2u	06:32 PM	_____
Finals	326 Boys 13-14 200 IM	16	2u	06:39 PM	_____
Finals	327 Girls 11-12 200 IM	16	2u	06:46 PM	_____
Finals	328 Boys 11-12 200 IM	16	2u	06:53 PM	_____
	Break: 5 Minutes				
Finals-1	329 Girls 13-14 400 Medley Relay	8	1	07:05 PM	_____
Finals-1	330 Boys 13-14 400 Medley Relay	8	1	07:10 PM	_____
Finals-1	331 Girls 11-12 400 Medley Relay	8	1	07:16 PM	_____
Finals-1	332 Boys 11-12 400 Medley Relay	8	1	07:22 PM	_____
	Swimmer Count for Warm-ups: 315	=====	=====		
	Entry / Heat Totals:	464	58		
	Finish Time			07:28 PM	_____

2010 OH LC Junior Olympics - 7/15/2010 to 7/18/2010**Sanctions # 3179-OH Time Trials # 3180-OH****Session Report**

Session: 6 Day 4 Prelim

Day of Meet: 4 Starts at 08:30 AM Heat Interval: 22 Seconds

Round	Event	Entries	Heats	Starts at
Prelims	401 Girls 10 & Under 50 Breaststroke	28	4	08:30 AM _____
Prelims	402 Boys 10 & Under 50 Breaststroke	28	4	08:35 AM _____
Prelims	403 Girls 11-12 50 Breaststroke	36	5	08:40 AM _____
Prelims	404 Boys 11-12 50 Breaststroke	22	3	08:45 AM _____
Prelims	405 Girls 13-14 200 Breaststroke	20	3	08:48 AM _____
Prelims	406 Boys 13-14 200 Breaststroke	35	5	08:59 AM _____
Prelims	407 Girls 10 & Under 100 Freestyle	31	4	09:15 AM _____
Prelims	408 Boys 10 & Under 100 Freestyle	31	4	09:22 AM _____
Prelims	409 Girls 11-12 100 Freestyle	34	5	09:29 AM _____
Prelims	410 Boys 11-12 100 Freestyle	29	4	09:36 AM _____
Prelims	411 Girls 13-14 100 Freestyle	40	5	09:42 AM _____
Prelims	412 Boys 13-14 100 Freestyle	17	3	09:49 AM _____
Prelims	413 Girls 10 & Under 100 Butterfly	28	4	09:54 AM _____
Prelims	414 Boys 10 & Under 100 Butterfly	26	4	10:01 AM _____
Prelims	415 Girls 11-12 100 Butterfly	29	4	10:10 AM _____
Prelims	416 Boys 11-12 100 Butterfly	30	4	10:16 AM _____
Prelims	417 Girls 13-14 100 Butterfly	35	5	10:23 AM _____
Prelims	418 Boys 13-14 100 Butterfly	27	4	10:31 AM _____
	Swimmer Count for Warm-ups: 343	=====	=====	
	Entry / Heat Totals:	526	74	
	Finish Time			10:37 AM _____

ALL 100 AND 200 METER EVENTS WILL BEGIN AND END AT
BALCONY END OF THE POOL

ALL 50 METER EVENTS WILL START AT THE SCOREBOARD END OF THE POOL

2010 OH LC Junior Olympics - 7/15/2010 to 7/18/2010**Sanctions # 3179-OH Time Trials # 3180-OH****Session Report**

Session: 7 Day 4 Final

Day of Meet: 4 Starts at 03:00 PM Heat Interval: 50 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	401 Girls 10 & Under 50 Breaststroke	16	2u	03:00 PM	_____
Finals	402 Boys 10 & Under 50 Breaststroke	16	2u	03:04 PM	_____
Finals	403 Girls 11-12 50 Breaststroke	16	2u	03:07 PM	_____
Finals	404 Boys 11-12 50 Breaststroke	16	2u	03:10 PM	_____
Finals	405 Girls 13-14 200 Breaststroke	16	2u	03:13 PM	_____
Finals	406 Boys 13-14 200 Breaststroke	16	2u	03:20 PM	_____
Finals	407 Girls 10 & Under 100 Freestyle	16	2u	03:28 PM	_____
Finals	408 Boys 10 & Under 100 Freestyle	16	2u	03:32 PM	_____
Finals	409 Girls 11-12 100 Freestyle	16	2u	03:36 PM	_____
Finals	410 Boys 11-12 100 Freestyle	16	2u	03:40 PM	_____
Finals	411 Girls 13-14 100 Freestyle	16	2u	03:44 PM	_____
Finals	412 Boys 13-14 100 Freestyle	16	2u	03:47 PM	_____
Finals	413 Girls 10 & Under 100 Butterfly	16	2u	03:51 PM	_____
Finals	414 Boys 10 & Under 100 Butterfly	16	2u	03:56 PM	_____
Finals	415 Girls 11-12 100 Butterfly	16	2u	04:00 PM	_____
Finals	416 Boys 11-12 100 Butterfly	16	2u	04:04 PM	_____
Finals	417 Girls 13-14 100 Butterfly	16	2u	04:08 PM	_____
Finals	418 Boys 13-14 100 Butterfly	16	2u	04:12 PM	_____
	Swimmer Count for Warm-ups: 204	=====	=====		
	Entry / Heat Totals:	288	36		
	Finish Time			04:16 PM	_____