

2024 Middle Atlantic LCM Junior Champs - 7/18/2024 to 7/21/2024**Session Report**

Session: 1 Thursday 1500 (Warmups 3:00pm, Meet Starts 4:00pm)

Day of Meet: 1 Starts at 04:00 PM Heat Interval: 20 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	1 Girls 11-14 1500 Freestyle Break: 10 Minutes: pool open	26	4 u	04:00 PM	_____
Finals	2 Boys 11-14 1500 Freestyle Swimmers Counts for Warm-ups: 49 Entry / Heat Totals: Finish Time	23 ==== 49	3 u ==== 7	05:31 PM 06:30 PM	_____ _____

2024 Middle Atlantic LCM Junior Champs - 7/18/2024 to 7/21/2024**Session Report**

Session: 2 Friday 13-14 Prelims (Warmups 7:00am, Meet Starts 8:00am)

Day of Meet: 2 Starts at 08:00 AM Heat Interval: 20 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Prelims	3 Girls 13-14 200 Freestyle	35	5 u	08:00 AM	_____
Prelims	4 Boys 13-14 200 Freestyle	40	5 u	08:14 AM	_____
	Break: 10 Minutes: pool open				
Prelims	5 Girls 13-14 100 Breaststroke	42	6 u	08:36 AM	_____
Prelims	6 Boys 13-14 100 Breaststroke	45	6 u	08:46 AM	_____
	Break: 10 Minutes: pool open				
Prelims	7 Girls 13-14 100 Butterfly	39	5 u	09:06 AM	_____
Prelims	8 Boys 13-14 100 Butterfly	42	6 u	09:14 AM	_____
	Break: 10 Minutes: pool open				
Finals-S	9 Girls 13-14 400 Medley Relay	4	1 u	09:32 AM	_____
Finals-S	10 Boys 13-14 400 Medley Relay	4	1 u	09:38 AM	_____
	Break: 10 Minutes: pool open				
Prelims	11 Girls 13-14 400 IM	29	4 u	09:53 AM	_____
Prelims	12 Boys 13-14 400 IM	37	5 u	10:17 AM	_____
	Swimmers Counts for Warm-ups: 190	=====	=====		
	Entry / Heat Totals:	317	44		
	Finish Time			10:45 AM	_____

2024 Middle Atlantic LCM Junior Champs - 7/18/2024 to 7/21/2024**Session Report**

Session: 3 Friday 11-12/10&U (Warmups 11:30am, Meet Starts 12:30pm)

Day of Meet: 2 Starts at 12:30 PM Heat Interval: 20 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Prelims	13 Girls 11-12 200 Freestyle	27	4 u	12:30 PM	_____
Prelims	14 Boys 11-12 200 Freestyle	29	4 u	12:42 PM	_____
Finals	15 Girls 10 & Under 100 Freestyle	23	3 u	12:53 PM	_____
Finals	16 Boys 10 & Under 100 Freestyle	33	5 u	12:58 PM	_____
	Break: 5 Minutes: pool open/timers move				
Prelims	17 Girls 11-12 50 Backstroke	46	6 u	01:11 PM	_____
Prelims	18 Boys 11-12 50 Backstroke	29	4 u	01:18 PM	_____
Finals	19 Girls 10 & Under 50 Breaststroke	24	3 u	01:22 PM	_____
Finals	20 Boys 10 & Under 50 Breaststroke	30	4 u	01:26 PM	_____
	Break: 5 Minutes: pool open/timers move				
Prelims	21 Girls 11-12 100 Breaststroke	20	3 u	01:35 PM	_____
Prelims	22 Boys 11-12 100 Breaststroke	25	4 u	01:41 PM	_____
Finals	23 Girls 10 & Under 200 IM	15	2 u	01:48 PM	_____
Finals	24 Boys 10 & Under 200 IM	32	4 u	01:55 PM	_____
Prelims	25 Girls 11-12 100 Butterfly	31	4 u	02:09 PM	_____
Prelims	26 Boys 11-12 100 Butterfly	25	4 u	02:15 PM	_____
	Break: 5 Minutes: pool open				
Finals	27 Girls 10 & Under 200 Medley Relay	3	1 u	02:27 PM	_____
Finals	28 Boys 10 & Under 200 Medley Relay	4	1 u	02:30 PM	_____
Finals-S	29 Girls 11-12 400 Medley Relay	4	1 u	02:35 PM	_____
Finals-S	30 Boys 11-12 400 Medley Relay	0	0	02:41 PM	_____
	Break: 10 Minutes: pool open				
Finals	31 Girls 11-12 400 IM	26	4 u	02:51 PM	_____
Finals	32 Boys 11-12 400 IM	22	3 u	03:16 PM	_____
	Swimmers Counts for Warm-ups: 234	=====	=====		
	Entry / Heat Totals:	448	64		
	Finish Time			03:35 PM	_____

2024 Middle Atlantic LCM Junior Champs - 7/18/2024 to 7/21/2024**Session Report**

Session: 4 Friday Finals (Warmups 4:00pm, Meet Starts 5:00pm)

Day of Meet: 2 Starts at 05:00 PM Heat Interval: 65 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals-1	9 Girls 13-14 400 Medley Relay	8	1 u	05:00 PM	_____
Finals-1	10 Boys 13-14 400 Medley Relay	8	1 u	05:07 PM	_____
Finals-1	29 Girls 11-12 400 Medley Relay	8	1 u	05:13 PM	_____
Finals-1	30 Boys 11-12 400 Medley Relay	5	1 u	05:19 PM	_____
Finals	11 Girls 13-14 400 IM	16	2 u	05:28 PM	_____
Finals	12 Boys 13-14 400 IM	16	2 u	05:41 PM	_____
	Break: 5 Minutes: pool open				
Finals	13 Girls 11-12 200 Freestyle	16	2 u	05:58 PM	_____
Finals	14 Boys 11-12 200 Freestyle	16	2 u	06:05 PM	_____
Finals	3 Girls 13-14 200 Freestyle	24	3 u	06:12 PM	_____
Finals	4 Boys 13-14 200 Freestyle	24	3 u	06:22 PM	_____
	Break: 10 Minutes: Awards				
Finals	17 Girls 11-12 50 Backstroke	24	3 u	06:42 PM	_____
Finals	18 Boys 11-12 50 Backstroke	24	3 u	06:48 PM	_____
	Break: 5 Minutes:				
Finals	5 Girls 13-14 100 Breaststroke	24	3 u	06:58 PM	_____
Finals	6 Boys 13-14 100 Breaststroke	24	3 u	07:06 PM	_____
Finals	21 Girls 11-12 100 Breaststroke	20	3 u	07:13 PM	_____
Finals	22 Boys 11-12 100 Breaststroke	24	3 u	07:20 PM	_____
	Break: 10 Minutes: Awards				
Finals	7 Girls 13-14 100 Butterfly	24	3 u	07:38 PM	_____
Finals	8 Boys 13-14 100 Butterfly	27	3 u	07:44 PM	_____
Finals	25 Girls 11-12 100 Butterfly	24	3 u	07:51 PM	_____
Finals	26 Boys 11-12 100 Butterfly	24	3 u	07:58 PM	_____
	Break: 10 Minutes: Awards				
	Swimmers Counts for Warm-ups: 263	=====	=====		
	Entry / Heat Totals:	380	48		
	Finish Time			08:15 PM	_____

2024 Middle Atlantic LCM Junior Champs - 7/18/2024 to 7/21/2024**Session Report**

Session: 5 Saturday 13-14 Prelims (Warmups 7:00am, Meet Starts 8:00am)

Day of Meet: 3 Starts at 08:00 AM Heat Interval: 20 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Prelims	33 Girls 13-14 200 Backstroke	32	4 u	08:00 AM	_____
Prelims	34 Boys 13-14 200 Backstroke	37	5 u	08:13 AM	_____
	Break: 10 Minutes: pool open/timers move				
Prelims	35 Girls 13-14 50 Freestyle	54	7 u	08:38 AM	_____
Prelims	36 Boys 13-14 50 Freestyle	52	7 u	08:44 AM	_____
	Break: 10 Minutes: pool open/timers move				
Prelims	37 Girls 13-14 200 Butterfly	27	4 u	09:00 AM	_____
Prelims	38 Boys 13-14 200 Butterfly	32	4 u	09:12 AM	_____
	Break: 10 Minutes: pool open				
Finals-S	39 Girls 13-14 400 Freestyle Relay	3	1 u	09:33 AM	_____
Finals-S	40 Boys 13-14 400 Freestyle Relay	4	1 u	09:38 AM	_____
	Break: 10 Minutes: pool open				
Prelims	41 Girls 13-14 400 Freestyle	27	4 u	09:52 AM	_____
Prelims	42 Boys 13-14 400 Freestyle	33	5 u	10:13 AM	_____
	Swimmers Counts for Warm-ups: 184	=====	=====		
	Entry / Heat Totals:	301	42		
	Finish Time			10:38 AM	_____

2024 Middle Atlantic LCM Junior Champs - 7/18/2024 to 7/21/2024**Session Report**

Session: 6 Saturday 11-12/10&U (Warmups 11:30am, Meet Starts 12:30pm)
 Day of Meet: 3 Starts at 12:30 PM Heat Interval: 20 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Prelims	43 Girls 11-12 200 Backstroke	38	5 u	12:30 PM	_____
Prelims	44 Boys 11-12 200 Backstroke	27	4 u	12:47 PM	_____
Finals	45 Girls 10 & Under 100 Backstroke	17	3 u	01:01 PM	_____
Finals	46 Boys 10 & Under 100 Backstroke	31	4 u	01:07 PM	_____
	Break: 5 Minutes: pool open/timers move				
Prelims	47 Girls 11-12 50 Freestyle	31	4 u	01:20 PM	_____
Prelims	48 Boys 11-12 50 Freestyle	30	4 u	01:24 PM	_____
Finals	49 Girls 10 & Under 50 Butterfly	17	3 u	01:27 PM	_____
Finals	50 Boys 10 & Under 50 Butterfly	32	4 u	01:30 PM	_____
Prelims	51 Girls 11-12 50 Breaststroke	32	4 u	01:34 PM	_____
Prelims	52 Boys 11-12 50 Breaststroke	30	4 u	01:38 PM	_____
	Break: 5 Minutes: pool open/timers move				
Finals	53 Girls 10 & Under 100 Breaststroke	13	2 u	01:47 PM	_____
Finals	54 Boys 10 & Under 100 Breaststroke	19	3 u	01:51 PM	_____
Prelims	55 Girls 11-12 200 Butterfly	17	3 u	01:57 PM	_____
Prelims	56 Boys 11-12 200 Butterfly	16	2 u	02:07 PM	_____
Finals	57 Girls 10 & Under 200 Freestyle	15	2 u	02:14 PM	_____
Finals	58 Boys 10 & Under 200 Freestyle	27	4 u	02:20 PM	_____
	Break: 5 Minutes: pool open				
Finals-S	59 Girls 11-12 400 Freestyle Relay	3	1 u	02:38 PM	_____
Finals-S	60 Boys 11-12 400 Freestyle Relay	0	0	02:43 PM	_____
Finals	61 Girls 10 & Under 200 Freestyle Relay	3	1 u	02:43 PM	_____
Finals	62 Boys 10 & Under 200 Freestyle Relay	4	1 u	02:46 PM	_____
	Break: 5 Minutes: pool open				
Finals	63 Girls 11-12 400 Freestyle	26	4 u	02:54 PM	_____
Finals	64 Boys 11-12 400 Freestyle	24	3 u	03:16 PM	_____
	Swimmers Counts for Warm-ups: 239	=====	=====		
	Entry / Heat Totals:	452	65		
	Finish Time			03:33 PM	_____

2024 Middle Atlantic LCM Junior Champs - 7/18/2024 to 7/21/2024**Session Report**

Session: 7 Saturday Finals (Warmups 4:00pm, Meet Starts 5:00pm)

Day of Meet: 3 Starts at 05:00 PM Heat Interval: 65 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals-1	39 Girls 13-14 400 Freestyle Relay	8	1 u	05:00 PM	_____
Finals-1	40 Boys 13-14 400 Freestyle Relay	8	1 u	05:06 PM	_____
Finals-1	59 Girls 11-12 400 Freestyle Relay	8	1 u	05:11 PM	_____
Finals-1	60 Boys 11-12 400 Freestyle Relay	5	1 u	05:17 PM	_____
Finals	41 Girls 13-14 400 Freestyle	16	2 u	05:23 PM	_____
Finals	42 Boys 13-14 400 Freestyle	16	2 u	05:34 PM	_____
	Break: 5 Minutes: pool open				
Finals	43 Girls 11-12 200 Backstroke	16	2 u	05:51 PM	_____
Finals	44 Boys 11-12 200 Backstroke	16	2 u	05:59 PM	_____
Finals	33 Girls 13-14 200 Backstroke	24	3 u	06:07 PM	_____
Finals	34 Boys 13-14 200 Backstroke	24	3 u	06:18 PM	_____
	Break: 15 Minutes: awards				
Finals	47 Girls 11-12 50 Freestyle	24	3 u	06:44 PM	_____
Finals	48 Boys 11-12 50 Freestyle	24	3 u	06:49 PM	_____
Finals	35 Girls 13-14 50 Freestyle	24	3 u	06:54 PM	_____
Finals	36 Boys 13-14 50 Freestyle	24	3 u	06:59 PM	_____
Finals	51 Girls 11-12 50 Breaststroke	24	3 u	07:03 PM	_____
Finals	52 Boys 11-12 50 Breaststroke	24	3 u	07:08 PM	_____
	Break: 15 Minutes: awards				
Finals	37 Girls 13-14 200 Butterfly	24	3 u	07:29 PM	_____
Finals	38 Boys 13-14 200 Butterfly	24	3 u	07:40 PM	_____
Finals	55 Girls 11-12 200 Butterfly	16	2 u	07:50 PM	_____
Finals	56 Boys 11-12 200 Butterfly	16	2 u	07:58 PM	_____
	Break: 10 Minutes:				
	Swimmers Counts for Warm-ups: 254	=====	=====		
	Entry / Heat Totals:	365	46		
	Finish Time			08:16 PM	_____

2024 Middle Atlantic LCM Junior Champs - 7/18/2024 to 7/21/2024**Session Report**

Session: 8 Sunday 13-14 Prelims (Warmups 7:00am, Meet Starts 8:00am)
 Day of Meet: 4 Starts at 08:00 AM Heat Interval: 20 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Prelims	65 Girls 13-14 100 Freestyle	54	7 u	08:00 AM	_____
Prelims	66 Boys 13-14 100 Freestyle	44	6 u	08:10 AM	_____
	Break: 10 Minutes: pool open				
Prelims	67 Girls 13-14 100 Backstroke	42	6 u	08:28 AM	_____
Prelims	68 Boys 13-14 100 Backstroke	39	5 u	08:39 AM	_____
	Break: 10 Minutes: pool open				
Prelims	69 Girls 13-14 200 Breaststroke	40	5 u	08:57 AM	_____
Prelims	70 Boys 13-14 200 Breaststroke	45	6 u	09:14 AM	_____
	Break: 10 Minutes: pool open				
Prelims	71 Girls 13-14 200 IM	41	6 u	09:43 AM	_____
Prelims	72 Boys 13-14 200 IM	40	5 u	10:00 AM	_____
	Break: 10 Minutes: pool open				
Finals	73 Girls 13-14 800 Freestyle Relay	10	2 u	10:24 AM	_____
Finals	74 Boys 13-14 800 Freestyle Relay	12	2 u	10:44 AM	_____
	Swimmers Counts for Warm-ups: 208	=====	=====		
	Entry / Heat Totals:	367	50		
	Finish Time			11:03 AM	_____

2024 Middle Atlantic LCM Junior Champs - 7/18/2024 to 7/21/2024**Session Report**

Session: 9 Sunday 11-12/10&U (Warmups 11:30am, Meet Starts 12:30pm)

Day of Meet: 4 Starts at 12:30 PM Heat Interval: 20 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Prelims	75 Girls 11-12 100 Freestyle	33	5 u	12:30 PM	_____
Prelims	76 Boys 11-12 100 Freestyle	37	5 u	12:38 PM	_____
	Break: 5 Minutes: pool open/timers move				
Finals	77 Girls 10 & Under 50 Backstroke	18	3 u	12:50 PM	_____
Finals	78 Boys 10 & Under 50 Backstroke	32	4 u	12:54 PM	_____
Prelims	79 Girls 11-12 50 Butterfly	42	6 u	12:59 PM	_____
Prelims	80 Boys 11-12 50 Butterfly	29	4 u	01:04 PM	_____
Finals	81 Girls 10 & Under 50 Freestyle	29	4 u	01:08 PM	_____
Finals	82 Boys 10 & Under 50 Freestyle	26	4 u	01:12 PM	_____
	Break: 10 Minutes: pool open/timers move				
Prelims	83 Girls 11-12 200 Breaststroke	22	3 u	01:25 PM	_____
Prelims	84 Boys 11-12 200 Breaststroke	23	3 u	01:36 PM	_____
Finals	85 Girls 10 & Under 100 Butterfly	7	1 u	01:46 PM	_____
Finals	86 Boys 10 & Under 100 Butterfly	27	4 u	01:48 PM	_____
	Break: 5 Minutes: pool open				
Prelims	87 Girls 11-12 200 IM	33	5 u	02:01 PM	_____
Prelims	88 Boys 11-12 200 IM	31	4 u	02:16 PM	_____
	Break: 10 Minutes: pool open				
Prelims	89 Girls 11-12 100 Backstroke	31	4 u	02:39 PM	_____
Prelims	90 Boys 11-12 100 Backstroke	20	3 u	02:46 PM	_____
Finals	91 Girls 10 & Under 400 Freestyle Relay	3	1 u	02:52 PM	_____
Finals	92 Boys 10 & Under 400 Freestyle Relay	4	1 u	02:58 PM	_____
Finals	93 Girls 11-12 200 Freestyle Relay	12	2 u	03:07 PM	_____
Finals	94 Boys 11-12 200 Freestyle Relay	6	1 u	03:12 PM	_____
	Break: 5 Minutes: pool open				
Finals	95 Girls 10 & Under 400 Freestyle	9	2 u	03:20 PM	_____
Finals	96 Boys 10 & Under 400 Freestyle	17	3 u	03:33 PM	_____
	Swimmers Counts for Warm-ups: 239	=====	=====		
	Entry / Heat Totals:	491	72		
	Finish Time			03:51 PM	_____

2024 Middle Atlantic LCM Junior Champs - 7/18/2024 to 7/21/2024**Session Report**

Session: 10 Sunday Finals (Warmups 4:00pm, Meet Starts 5:00pm)

Day of Meet: 4 Starts at 05:00 PM Heat Interval: 65 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	75 Girls 11-12 100 Freestyle	24	3 u	05:00 PM	_____
Finals	76 Boys 11-12 100 Freestyle	24	3 u	05:07 PM	_____
Finals	65 Girls 13-14 100 Freestyle	24	3 u	05:14 PM	_____
Finals	66 Boys 13-14 100 Freestyle	24	3 u	05:20 PM	_____
	Break: 10 Minutes:				
Finals	79 Girls 11-12 50 Butterfly	24	3 u	05:36 PM	_____
Finals	80 Boys 11-12 50 Butterfly	27	3 u	05:41 PM	_____
	Break: 5 Minutes:				
Finals	67 Girls 13-14 100 Backstroke	24	3 u	05:51 PM	_____
Finals	68 Boys 13-14 100 Backstroke	24	3 u	05:58 PM	_____
	Break: 10 Minutes:				
Finals	83 Girls 11-12 200 Breaststroke	16	2 u	06:16 PM	_____
Finals	84 Boys 11-12 200 Breaststroke	16	2 u	06:24 PM	_____
Finals	69 Girls 13-14 200 Breaststroke	24	3 u	06:32 PM	_____
Finals	70 Boys 13-14 200 Breaststroke	24	3 u	06:44 PM	_____
	Break: 10 Minutes:				
Finals	87 Girls 11-12 200 IM	16	2 u	07:06 PM	_____
Finals	88 Boys 11-12 200 IM	16	2 u	07:13 PM	_____
Finals	71 Girls 13-14 200 IM	24	3 u	07:21 PM	_____
Finals	72 Boys 13-14 200 IM	24	3 u	07:32 PM	_____
	Break: 10 Minutes:				
Finals	89 Girls 11-12 100 Backstroke	24	3 u	07:52 PM	_____
Finals	90 Boys 11-12 100 Backstroke	20	3 u	08:00 PM	_____
	Swimmers Counts for Warm-ups: 226	=====	=====		
	Entry / Heat Totals:	399	50		
	Finish Time			08:08 PM	_____