

24th Annual Cascade Slingshot Speed Meet Gold - 07/11/2009 to 08/11/2009

Sanction #: 8337

Session Report

Session: 1 Saturday - Prelims

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

Round	Event	Entries	Heats	Starts at
Prelims	1 Men 100 Freestyle	33	5u	09:00 AM _____
Prelims	2 Women 200 Freestyle	27	4u	09:07 AM _____
Prelims	3 Men 50 Breaststroke	20	3u	09:18 AM _____
Prelims	4 Women 100 Breaststroke	18	3u	09:21 AM _____
Prelims	5 Men 400 IM	21	3u	09:26 AM _____
Prelims	6 Women 100 Butterfly	22	3u	09:41 AM _____
Prelims	7 Men 100 Backstroke	25	4u	09:46 AM _____
Prelims	8 Women 50 Backstroke	20	3u	09:53 AM _____
Prelims	9 Men 200 Butterfly	17	3u	09:57 AM _____
Prelims	10 Women 200 IM	25	4u	10:04 AM _____
Prelims	11 Men 400 Freestyle	22	3u	10:16 AM _____
Prelims	12 Women 50 Freestyle	25	4u	10:29 AM _____
Prelims	13 Men 200 Breaststroke	19	3u	10:33 AM _____
Finals-S	14 Women 800 Freestyle	12	2u	10:42 AM _____
Prelims	15 Men 50 Butterfly	33	5u	11:01 AM _____
Prelims	16 Women 200 Backstroke	22	3u	11:06 AM _____
	Swimmer Count for Warm-ups: 146	=====	=====	
	Entry / Heat Totals:	361	55	
	Finish Time			11:15 AM _____

24th Annual Cascade Slingshot Speed Meet Gold - 07/11/2009 to 08/11/2009

Sanction #: 8337

Session Report

Session: 2 Saturday - Finals

Day of Meet: 1 Starts at 04:00 PM Heat Interval: 30 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at
Finals	1 Men 100 Freestyle	8	1u	04:00 PM _____
Finals	2 Women 200 Freestyle	8	1u	04:02 PM _____
Finals	3 Men 50 Breaststroke	8	1u	04:04 PM _____
Finals	4 Women 100 Breaststroke	8	1u	04:05 PM _____
Finals	5 Men 400 IM	8	1u	04:07 PM _____
Finals	6 Women 100 Butterfly	8	1u	04:12 PM _____
Finals	7 Men 100 Backstroke	8	1u	04:13 PM _____
Finals	8 Women 50 Backstroke	8	1u	04:15 PM _____
Finals	9 Men 200 Butterfly	8	1u	04:16 PM _____
Finals	10 Women 200 IM	8	1u	04:19 PM _____
Finals	11 Men 400 Freestyle	8	1u	04:22 PM _____
Finals	12 Women 50 Freestyle	8	1u	04:26 PM _____
Finals	13 Men 200 Breaststroke	8	1u	04:27 PM _____
Finals-1	14 Women 800 Freestyle	8	1u	04:30 PM _____
Finals	15 Men 50 Butterfly	8	1u	04:39 PM _____
Finals	16 Women 200 Backstroke	8	1u	04:40 PM _____
Finals	17 Men 200 Medley Relay	11	2u	04:43 PM _____
Finals	18 Women 200 Freestyle Relay	12	2u	04:48 PM _____
	Swimmer Count for Warm-ups: 100	=====	=====	
	Entry / Heat Totals:	151	20	
	Finish Time			04:53 PM _____

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Session Report

Session: 3 Sunday - Prelims

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

Round	Event	Entries	Heats	Starts at
Prelims	19 Women 100 Freestyle	30	4u	09:00 AM _____
Prelims	20 Men 200 Freestyle	29	4u	09:06 AM _____
Prelims	21 Women 50 Breaststroke	15	2u	09:16 AM _____
Prelims	22 Men 100 Breaststroke	18	3u	09:18 AM _____
Prelims	23 Women 400 IM	21	3u	09:23 AM _____
Prelims	24 Men 100 Butterfly	29	4u	09:39 AM _____
Prelims	25 Women 100 Backstroke	23	3u	09:45 AM _____
Prelims	26 Men 50 Backstroke	21	3u	09:51 AM _____
Prelims	27 Women 200 Butterfly	14	2u	09:54 AM _____
Prelims	28 Men 200 IM	24	3u	10:00 AM _____
Prelims	29 Women 400 Freestyle	23	3u	10:08 AM _____
Prelims	30 Men 50 Freestyle	31	4u	10:23 AM _____
Prelims	31 Women 200 Breaststroke	19	3u	10:26 AM _____
Finals-S	32 Men 1500 Freestyle	7	1u	10:36 AM _____
Prelims	33 Women 50 Butterfly	28	4u	10:52 AM _____
Prelims	34 Men 200 Backstroke	24	3u	10:56 AM _____
	Swimmer Count for Warm-ups: 147	=====	=====	
	Entry / Heat Totals:	356	49	
	Finish Time			11:05 AM _____

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Session Report

Session: 4 Sunday - Finals

Day of Meet: 2 Starts at 04:00 PM Heat Interval: 30 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at
Finals	19 Women 100 Freestyle	8	1u	04:00 PM _____
Finals	20 Men 200 Freestyle	8	1u	04:02 PM _____
Finals	21 Women 50 Breaststroke	8	1u	04:04 PM _____
Finals	22 Men 100 Breaststroke	8	1u	04:05 PM _____
Finals	23 Women 400 IM	8	1u	04:07 PM _____
Finals	24 Men 100 Butterfly	8	1u	04:12 PM _____
Finals	25 Women 100 Backstroke	8	1u	04:14 PM _____
Finals	26 Men 50 Backstroke	8	1u	04:15 PM _____
Finals	27 Women 200 Butterfly	8	1u	04:16 PM _____
Finals	28 Men 200 IM	8	1u	04:19 PM _____
Finals	29 Women 400 Freestyle	8	1u	04:22 PM _____
Finals	30 Men 50 Freestyle	8	1u	04:26 PM _____
Finals	31 Women 200 Breaststroke	8	1u	04:27 PM _____
Finals-1	32 Men 1500 Freestyle	8	1u	04:30 PM _____
Finals	33 Women 50 Butterfly	8	1u	04:47 PM _____
Finals	34 Men 200 Backstroke	8	1u	04:48 PM _____
Finals	35 Women 200 Medley Relay	12	2u	04:51 PM _____
Finals	36 Men 200 Freestyle Relay	11	2u	04:56 PM _____
	Swimmer Count for Warm-ups: 101	=====	=====	
	Entry / Heat Totals:	151	20	
	Finish Time			05:00 PM _____