

**FRIDAY AM WILL START WITH PRELIMS
SESSION 2 WILL BE THE 400IM**

SUMMER SIZZLE XXI - 6/24/2011 to 6/26/2011

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Session Report



Session: 1 FRIDAY PRELIMS

Day of Meet: 1 Starts at 08:20 AM Heat Interval: 15 Seconds / Back +15 Seconds

Round	Event
Prelims	7 Women 13 & Over 100 Freestyle
Prelims	8 Men 13 & Over 100 Freestyle
Prelims	9 Women 13 & Over 200 Backstroke
Prelims	10 Men 13 & Over 200 Backstroke
Prelims	11 Women 13 & Over 100 Breaststroke
Prelims	12 Men 13 & Over 100 Breaststroke
	Swimmers Counts for Warm-ups: 479

Session: 2 13/OVER 400 INDIVIDUAL MEDLEYS

Day of Meet: 1 Starts at 11:15 AM Heat Interval: 10 Seconds / Back +15 Seconds

Round	Event
Prelims	5 Women 13 & Over 400 IM
Prelims	6 Men 13 & Over 400 IM
	Swimmers Counts for Warm-ups: 189

Session: 4 FRIDAY FINALS

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

Round	Event
Finals	5 Women 13 & Over 400 IM
Finals	6 Men 13 & Over 400 IM
Finals	7 Women 13 & Over 100 Freestyle
Finals	8 Men 13 & Over 100 Freestyle
Finals	9 Women 13 & Over 200 Backstroke
Finals	10 Men 13 & Over 200 Backstroke
Finals	11 Women 13 & Over 100 Breaststroke
Finals	12 Men 13 & Over 100 Breaststroke
Finals	13 Women 800 Freestyle Relay
Finals	14 Men 800 Freestyle Relay
	Swimmers Counts for Warm-ups: 174

THE 13/O 200 MEDLEY RELAYS WILL BE SWUM ON SATURDAY DURING FINALS

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Session: 8 SATURDAY FINALS
Day of Meet: 2 Starts at 07:00 PM Heat Interval: 25 Seconds / Back +15 Seconds

Round	Event
Finals	1 Women 13-14 200 Medley Relay
Finals	2 Men 13-14 200 Medley Relay
Finals	3 Women 200 Medley Relay
Finals	4 Men 200 Medley Relay
Finals	37 Women 13 & Over 400 Freestyle
Finals	38 Men 13 & Over 400 Freestyle
Finals	39 Women 13 & Over 100 Backstroke
Finals	40 Men 13 & Over 100 Backstroke
Finals	41 Women 13 & Over 200 Butterfly
Finals	42 Men 13 & Over 200 Butterfly
Finals	43 Women 13 & Over 50 Freestyle
Finals	44 Men 13 & Over 50 Freestyle
Finals	45 Women 13 & Over 200 IM
Finals	46 Men 13 & Over 200 IM
Finals-2	47 Women 400 Freestyle Relay
Finals-2	48 Men 400 Freestyle Relay

Swimmers Counts for Warm-ups: 254

THE 13/O 200 MEDLEY RELAYS WILL BE SWUM ON SATURDAY DURING FINALS