

2010 NCS Senior Championships Short Course - 1/28/2010 to 1/31/2010**Session Report**

Session: 1 Thursday Evening

Day of Meet: 1 Starts at 05:30 PM Heat Interval: 30 Seconds / Back +15 Seconds

| Round | Event | Entries | Heats | Starts at |
|--------------|---|----------------|--------------|------------------|
| Finals | 1 Women 1000 Freestyle Break: 10 Minutes | 39 | 5 | 05:30 PM _____ |
| Finals | 3 Women 800 Freestyle Relay | 12 | 2 | 06:37 PM _____ |
| Finals | 4 Men 800 Freestyle Relay | 11 | 2 | 06:54 PM _____ |
| | Swimmer Count for Warm-ups: 39 | ===== | ===== | |
| | Entry / Heat Totals: | 62 | 9 | |
| | Finish Time | | | 07:10 PM _____ |

2010 NCS Senior Championships Short Course - 1/28/2010 to 1/31/2010
Session Report

Session: 2 Thursday Evening - Men's - Deep End

Day of Meet: 1 Starts at 05:30 PM Heat Interval: 30 Seconds / Back +15 Seconds

| Round | Event | Entries | Heats | Starts at |
|--------------|--------------------------------|----------------|--------------|------------------|
| Finals | 2 Men 1000 Freestyle | 52 | 6 | 05:30 PM _____ |
| | Break: 10 Minutes | | | |
| | Swimmer Count for Warm-ups: 52 | ===== | ===== | |
| | Entry / Heat Totals: | 52 | 6 | |
| | Finish Time | | | 06:45 PM _____ |

2010 NCS Senior Championships Short Course - 1/28/2010 to 1/31/2010
Session Report

Session: 3 Friday Morning Prelims

Day of Meet: 2 Starts at 08:30 AM Heat Interval: 30 Seconds / Back +15 Seconds

| Round | Event | Entries | Heats | Starts at |
|--------------|---------------------------------|----------------|--------------|------------------|
| Prelims | 5 Women 200 Freestyle | 61 | 8 | 08:30 AM _____ |
| Prelims | 6 Men 200 Freestyle | 99 | 13 | 08:50 AM _____ |
| Prelims | 7 Women 100 Breaststroke | 56 | 7 | 09:21 AM _____ |
| Prelims | 8 Men 100 Breaststroke | 40 | 5 | 09:32 AM _____ |
| Prelims | 9 Women 100 Butterfly | 80 | 10 | 09:40 AM _____ |
| Prelims | 10 Men 100 Butterfly | 70 | 9 | 09:55 AM _____ |
| Prelims | 11 Women 400 IM | 65 | 9 | 10:08 AM _____ |
| | Swimmer Count for Warm-ups: 283 | ===== | ===== | |
| | Entry / Heat Totals: | 471 | 61 | |
| | Finish Time | | | 10:56 AM _____ |

2010 NCS Senior Championships Short Course - 1/28/2010 to 1/31/2010
Session Report

Session: 4 Friday Morning - Men's 400 IM Deep End

Day of Meet: 2 Starts at 10:15 AM Heat Interval: 15 Seconds / Back +15 Seconds

| Round | Event | Entries | Heats | Starts at |
|--------------|--------------------------------|----------------|--------------|------------------|
| Prelims | 12 Men 400 IM | 59 | 6 | 10:15 AM _____ |
| | Swimmer Count for Warm-ups: 59 | ===== | ===== | |
| | Entry / Heat Totals: | 59 | 6 | |
| | Finish Time | | | 10:43 AM _____ |

2010 NCS Senior Championships Short Course - 1/28/2010 to 1/31/2010
Session Report

Session: 5 Friday Evening Finals

Day of Meet: 2 Starts at 06:00 PM Heat Interval: 60 Seconds / Back +15 Seconds

| Round | Event | Entries | Heats | Starts at |
|--------------|---------------------------------|----------------|--------------|------------------|
| Finals | 5 Women 200 Freestyle | 24 | 3u | 06:00 PM _____ |
| Finals | 6 Men 200 Freestyle | 24 | 3u | 06:09 PM _____ |
| Finals | 7 Women 100 Breaststroke | 24 | 3u | 06:17 PM _____ |
| Finals | 8 Men 100 Breaststroke | 24 | 3u | 06:24 PM _____ |
| Finals | 9 Women 100 Butterfly | 24 | 3u | 06:30 PM _____ |
| Finals | 10 Men 100 Butterfly | 24 | 3u | 06:36 PM _____ |
| Finals | 11 Women 400 IM | 24 | 3u | 06:41 PM _____ |
| Finals | 12 Men 400 IM | 24 | 3u | 06:58 PM _____ |
| | Break: 10 Minutes | | | |
| Finals | 13 Women 400 Freestyle Relay | 23 | 3 | 07:23 PM _____ |
| Finals | 14 Men 400 Freestyle Relay | 21 | 3 | 07:38 PM _____ |
| | Swimmer Count for Warm-ups: 139 | ===== | ===== | |
| | Entry / Heat Totals: | 236 | 30 | |
| | Finish Time | | | 07:51 PM _____ |

2010 NCS Senior Championships Short Course - 1/28/2010 to 1/31/2010**Session Report**

Session: 6 Saturday Morning Prelims

Day of Meet: 3 Starts at 08:30 AM Heat Interval: 30 Seconds / Back +15 Seconds

| Round | Event | Entries | Heats | Starts at |
|--------------|---------------------------------|----------------|--------------|------------------|
| Prelims | 15 Women 200 Butterfly | 48 | 6 | 08:30 AM _____ |
| Prelims | 16 Men 200 Butterfly | 44 | 6 | 08:47 AM _____ |
| Prelims | 17 Women 50 Freestyle | 113 | 15 | 09:02 AM _____ |
| Prelims | 18 Men 50 Freestyle | 89 | 12 | 09:16 AM _____ |
| Prelims | 19 Women 200 Breaststroke | 56 | 7 | 09:27 AM _____ |
| Prelims | 20 Men 200 Breaststroke | 44 | 6 | 09:48 AM _____ |
| Prelims | 21 Women 100 Backstroke | 97 | 13 | 10:05 AM _____ |
| Prelims | 22 Men 100 Backstroke | 74 | 10 | 10:28 AM _____ |
| Prelims | 23 Women 500 Freestyle | 73 | 10 | 10:45 AM _____ |
| | Swimmer Count for Warm-ups: 364 | ===== | ===== | |
| | Entry / Heat Totals: | 638 | 85 | |
| | Finish Time | | | 11:43 AM _____ |

2010 NCS Senior Championships Short Course - 1/28/2010 to 1/31/2010
Session Report

Session: 7 Saturday Morning - Men's 500 - Deep End

Day of Meet: 3 Starts at 10:45 AM Heat Interval: 30 Seconds / Back +15 Seconds

| Round | Event | Entries | Heats | Starts at |
|--------------|--------------------------------|----------------|--------------|------------------|
| Prelims | 24 Men 500 Freestyle | 93 | 10 | 10:45 AM _____ |
| | Swimmer Count for Warm-ups: 93 | ===== | ===== | |
| | Entry / Heat Totals: | 93 | 10 | |
| | Finish Time | | | 11:40 AM _____ |

2010 NCS Senior Championships Short Course - 1/28/2010 to 1/31/2010**Session Report**

Session: 8 Saturday Evening Finals

Day of Meet: 3 Starts at 06:00 PM Heat Interval: 60 Seconds / Back +15 Seconds

| Round | Event | Entries | Heats | Starts at |
|--------------|---------------------------------|----------------|--------------|------------------|
| Finals | 15 Women 200 Butterfly | 24 | 3u | 06:00 PM _____ |
| Finals | 16 Men 200 Butterfly | 24 | 3u | 06:10 PM _____ |
| Finals | 17 Women 50 Freestyle | 24 | 3u | 06:19 PM _____ |
| Finals | 18 Men 50 Freestyle | 24 | 3u | 06:23 PM _____ |
| Finals | 19 Women 200 Breaststroke | 24 | 3u | 06:27 PM _____ |
| Finals | 20 Men 200 Breaststroke | 24 | 3u | 06:37 PM _____ |
| Finals | 21 Women 100 Backstroke | 24 | 3u | 06:47 PM _____ |
| Finals | 22 Men 100 Backstroke | 24 | 3u | 06:54 PM _____ |
| Finals | 23 Women 500 Freestyle | 24 | 3u | 07:00 PM _____ |
| Finals | 24 Men 500 Freestyle | 24 | 3u | 07:18 PM _____ |
| | Swimmer Count for Warm-ups: 172 | ===== | ===== | |
| | Entry / Heat Totals: | 240 | 30 | |
| | Finish Time | | | 07:35 PM _____ |

2010 NCS Senior Championships Short Course - 1/28/2010 to 1/31/2010**Session Report**

Session: 9 Sunday Morning Prelims

Day of Meet: 4 Starts at 08:30 AM Heat Interval: 30 Seconds / Back +15 Seconds

| Round | Event | Entries | Heats | Starts at |
|--------------|---------------------------------|----------------|--------------|------------------|
| Prelims | 25 Women 100 Freestyle | 108 | 14 | 08:30 AM _____ |
| Prelims | 26 Men 100 Freestyle | 119 | 15 | 08:50 AM _____ |
| Prelims | 29 Women 200 Backstroke | 78 | 10 | 09:11 AM _____ |
| Prelims | 28 Men 200 Backstroke | 62 | 8 | 09:40 AM _____ |
| Prelims | 31 Women 200 IM | 100 | 13 | 10:03 AM _____ |
| Prelims | 32 Men 200 IM | 76 | 10 | 10:39 AM _____ |
| | Break: 10 Minutes | | | |
| Finals-S | 33 Women 400 Medley Relay | 15 | 2 | 11:14 AM _____ |
| Finals-S | 34 Men 400 Medley Relay | 10 | 2 | 11:24 AM _____ |
| Finals-S | 27 Women 1650 Freestyle | 36 | 5 | 11:33 AM _____ |
| | Swimmer Count for Warm-ups: 329 | ===== | ===== | |
| | Entry / Heat Totals: | 604 | 79 | |
| | Finish Time | | | 01:07 PM _____ |

2010 NCS Senior Championships Short Course - 1/28/2010 to 1/31/2010
Session Report

Session: 10 Sunday Morning - Men's 1650 - Deep End
 Day of Meet: 4 Starts at 11:35 AM Heat Interval: 30 Seconds / Back +15 Seconds

| Round | Event | Entries | Heats | Starts at |
|--------------|--------------------------------|----------------|--------------|------------------|
| Finals-S | 30 Men 1650 Freestyle | 32 | 4 | 11:35 AM _____ |
| | Swimmer Count for Warm-ups: 32 | ===== | ===== | |
| | Entry / Heat Totals: | 32 | 4 | |
| | Finish Time | | | 12:46 PM _____ |

2010 NCS Senior Championships Short Course - 1/28/2010 to 1/31/2010
Session Report

Session: 11 Sunday Evening Finals

Day of Meet: 4 Starts at 05:30 PM Heat Interval: 60 Seconds / Back +15 Seconds

| Round | Event | Entries | Heats | Starts at |
|--------------|---------------------------------|----------------|--------------|------------------|
| Finals | 25 Women 100 Freestyle | 24 | 3u | 05:30 PM _____ |
| Finals | 26 Men 100 Freestyle | 24 | 3u | 05:36 PM _____ |
| Finals-1 | 27 Women 1650 Freestyle | 8 | 1 | 05:41 PM _____ |
| Finals | 28 Men 200 Backstroke | 24 | 3u | 06:00 PM _____ |
| Finals | 29 Women 200 Backstroke | 24 | 3u | 06:09 PM _____ |
| Finals-1 | 30 Men 1650 Freestyle | 8 | 1 | 06:19 PM _____ |
| Finals | 31 Women 200 IM | 24 | 3u | 06:37 PM _____ |
| Finals | 32 Men 200 IM | 24 | 3u | 06:46 PM _____ |
| | Break: 10 Minutes | | | |
| Finals-1 | 33 Women 400 Medley Relay | 8 | 1 | 07:05 PM _____ |
| Finals-1 | 34 Men 400 Medley Relay | 8 | 1 | 07:10 PM _____ |
| | Swimmer Count for Warm-ups: 120 | ===== | ===== | |
| | Entry / Heat Totals: | 176 | 22 | |
| | Finish Time | | | 07:15 PM _____ |