

**2010 RSA NC Good Stuff Long Course Meet - 5/14/2010 to 5/16/2010****Sanction #: NC10050****Session Report**

Session: 1 Friday PM Session - 11-12 and 13 &amp; Older Timed Finals

Day of Meet: 1 Starts at 05:00 PM Heat Interval: 15 Seconds / Back +15 Seconds

<b>Round</b>	<b>Event</b>	<b>Entries</b>	<b>Heats</b>	<b>Starts at</b>	
Finals	1 Women 13 & Over 200 Freestyle	101	13	05:00 PM	_____
Finals	2 Men 13 & Over 200 Freestyle	92	12	05:38 PM	_____
Finals	3 Girls 11-12 400 Freestyle	26	4u	06:10 PM	_____
Finals	4 Boys 11-12 400 Freestyle	25	4u	06:33 PM	_____
Finals	5 Girls 11-12 400 IM	10	2u	06:57 PM	_____
Finals	6 Boys 11-12 400 IM	3	1u	07:09 PM	_____
Finals	7 Women 13 & Over 400 IM	56	7u	07:15 PM	_____
Finals	8 Men 13 & Over 400 IM	56	7u	07:58 PM	_____
	Swimmer Count for Warm-ups: 269	=====	=====		
	Entry / Heat Totals:	369	50		
	Finish Time			08:39 PM	_____

**2010 RSA NC Good Stuff Long Course Meet - 5/14/2010 to 5/16/2010****Sanction #: NC10050****Session Report**

Session: 2 Sat AM Session - 12 &amp; Under Timed Finals

Day of Meet: 2 Starts at 08:00 AM Heat Interval: 0 Seconds

<b>Round</b>	<b>Event</b>	<b>Entries</b>	<b>Heats</b>	<b>Starts at</b>	
Finals	9 Girls 12 & Under 50 Butterfly	190	24	08:00 AM	_____
Finals	10 Boys 12 & Under 50 Butterfly	130	17	08:22 AM	_____
Finals	11 Girls 12 & Under 50 Backstroke	216	28	08:38 AM	_____
Finals	12 Boys 12 & Under 50 Backstroke	132	17	09:03 AM	_____
Finals	13 Girls 12 & Under 200 Freestyle	83	11	09:17 AM	_____
Finals	14 Boys 12 & Under 200 Freestyle	48	6	09:51 AM	_____
Finals	15 Girls 12 & Under 100 Breaststroke	103	13	10:09 AM	_____
Finals	16 Boys 12 & Under 100 Breaststroke	40	5	10:33 AM	_____
Finals	17 Girls 12 & Under 100 Freestyle	146	19	10:42 AM	_____
Finals	18 Boys 12 & Under 100 Freestyle	95	12	11:10 AM	_____
Finals	19 Girls 10 & Under 200 Medley Relay	12	2u	11:27 AM	_____
Finals	20 Boys 10 & Under 200 Medley Relay	10	2u	11:33 AM	_____
Finals	21 Girls 11-12 200 Medley Relay	13	2u	11:40 AM	_____
Finals	22 Boys 11-12 200 Medley Relay	7	1u	11:45 AM	_____
	Swimmer Count for Warm-ups: 424	=====	=====		
	Entry / Heat Totals:	1,225	159		
	Finish Time			11:47 AM	_____

**2010 RSA NC Good Stuff Long Course Meet - 5/14/2010 to 5/16/2010****Sanction #: NC10050****Session Report**

Session: 3 Saturday PM Session - 13&Over Timed Finals  
 Day of Meet: 2 Starts at 01:00 PM Heat Interval: 0 Seconds

<b>Round</b>	<b>Event</b>	<b>Entries</b>	<b>Heats</b>	<b>Starts at</b>	
Finals	23 Women 13 & Over 50 Breaststroke	31	4	01:00 PM	_____
Finals	24 Men 13 & Over 50 Breaststroke	23	3	01:04 PM	_____
Finals	25 Women 13 & Over 50 Backstroke	50	7	01:06 PM	_____
Finals	26 Men 13 & Over 50 Backstroke	30	4	01:11 PM	_____
Finals	27 Women 13 & Over 200 IM	104	13	01:14 PM	_____
Finals	28 Men 13 & Over 200 IM	92	12	01:52 PM	_____
Finals	29 Women 13 & Over 100 Freestyle	120	15	02:25 PM	_____
Finals	30 Men 13 & Over 100 Freestyle	96	12	02:43 PM	_____
Finals	31 Women 13 & Over 200 Backstroke	84	11	02:57 PM	_____
Finals	32 Men 13 & Over 200 Backstroke	71	9	03:28 PM	_____
Finals	33 Women 13 & Over 100 Butterfly	78	10	03:53 PM	_____
Finals	34 Men 13 & Over 100 Butterfly	68	9	04:06 PM	_____
Finals	35 Women 13 & Over 200 Breaststroke	47	6	04:18 PM	_____
Finals	36 Men 13 & Over 200 Breaststroke	41	6	04:38 PM	_____
Finals	37 Women 13-14 200 Medley Relay	6	1u	04:57 PM	_____
Finals	38 Men 13-14 200 Medley Relay	9	2u	04:59 PM	_____
Finals	39 Women 15 & Over 200 Medley Relay	10	2u	05:04 PM	_____
Finals	40 Men 15 & Over 200 Medley Relay	9	2u	05:08 PM	_____
	Swimmer Count for Warm-ups: 318	=====	=====		
	Entry / Heat Totals:	969	128		
	Finish Time			05:12 PM	_____

**2010 RSA NC Good Stuff Long Course Meet - 5/14/2010 to 5/16/2010****Sanction #: NC10050****Session Report**

Session: 4 Sunday AM Session - 12&Under Timed Finals  
 Day of Meet: 3 Starts at 08:00 AM Heat Interval: 0 Seconds

<b>Round</b>	<b>Event</b>	<b>Entries</b>	<b>Heats</b>	<b>Starts at</b>	
Finals	41 Girls 12 & Under 50 Freestyle	215	27	08:00 AM	_____
Finals	42 Boys 12 & Under 50 Freestyle	147	19	08:21 AM	_____
Finals	43 Girls 12 & Under 50 Breaststroke	190	24	08:35 AM	_____
Finals	44 Boys 12 & Under 50 Breaststroke	112	15	08:59 AM	_____
Finals	45 Girls 12 & Under 100 Butterfly	46	6	09:15 AM	_____
Finals	46 Boys 12 & Under 100 Butterfly	33	5	09:24 AM	_____
Finals	47 Girls 12 & Under 100 Backstroke	159	20	09:32 AM	_____
Finals	48 Boys 12 & Under 100 Backstroke	85	11	10:06 AM	_____
Finals	49 Girls 12 & Under 200 IM	109	14	10:24 AM	_____
Finals	50 Boys 12 & Under 200 IM	68	9	11:11 AM	_____
Finals	51 Girls 10 & Under 200 Freestyle Relay	12	2u	11:41 AM	_____
Finals	52 Boys 10 & Under 200 Freestyle Relay	10	2u	11:47 AM	_____
Finals	53 Girls 11-12 200 Freestyle Relay	12	2u	11:52 AM	_____
Finals	54 Boys 11-12 200 Freestyle Relay	8	1u	11:57 AM	_____
	Swimmer Count for Warm-ups: 422	=====	=====		
	Entry / Heat Totals:	1,206	157		
	Finish Time			11:59 AM	_____

**2010 RSA NC Good Stuff Long Course Meet - 5/14/2010 to 5/16/2010****Sanction #: NC10050****Session Report**

Session: 5 Sunday PM Session - 13&Over Timed Finals  
 Day of Meet: 3 Starts at 01:00 PM Heat Interval: 0 Seconds

<b>Round</b>	<b>Event</b>	<b>Entries</b>	<b>Heats</b>	<b>Starts at</b>	
Finals	55 Women 13 & Over 50 Butterfly	41	6	01:00 PM	_____
Finals	56 Men 13 & Over 50 Butterfly	37	5	01:05 PM	_____
Finals	57 Women 13 & Over 50 Freestyle	132	17	01:08 PM	_____
Finals	58 Men 13 & Over 50 Freestyle	108	14	01:17 PM	_____
Finals	59 Women 13 & Over 100 Breaststroke	82	11	01:25 PM	_____
Finals	60 Men 13 & Over 100 Breaststroke	75	10	01:42 PM	_____
Finals	61 Women 13 & Over 200 Butterfly	24	3	01:58 PM	_____
Finals	62 Men 13 & Over 200 Butterfly	27	4	02:07 PM	_____
Finals	63 Women 13 & Over 100 Backstroke	124	16	02:18 PM	_____
Finals	64 Men 13 & Over 100 Backstroke	99	13	02:41 PM	_____
Finals	65 Women 13-14 200 Freestyle Relay	8	1u	02:58 PM	_____
Finals	66 Men 13-14 200 Freestyle Relay	10	2u	03:00 PM	_____
Finals	67 Women 15 & Over 200 Freestyle Relay	8	1u	03:04 PM	_____
Finals	68 Men 15 & Over 200 Freestyle Relay	10	2u	03:06 PM	_____
Finals	69 Women 13 & Over 400 Freestyle	81	11u	03:09 PM	_____
Finals	70 Men 13 & Over 400 Freestyle	85	11u	04:07 PM	_____
	Swimmer Count for Warm-ups: 316	=====	=====		
	Entry / Heat Totals:	951	127		
	Finish Time			05:01 PM	_____