

**2010 - Last Chance to Spring Forward - 3/6/2010 to 3/7/2010****Hosted by Issaquah Swim Team, Sanction #: 1003-SP04****Hazen High School - Renton, Washington****Session Report**

Session: 1 Saturday a.m.

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

<b>Round</b>	<b>Event</b>	<b>Entries</b>	<b>Heats</b>	<b>Starts at</b>	
Finals	101 Girls 10 & Under 200 IM	17	3	09:00 AM	_____
Finals	102 Boys 11-12 200 IM	14	3	09:13 AM	_____
Finals	103 Girls 13 & Over 200 IM	49	9	09:24 AM	_____
Finals	104 Girls 10 & Under 100 Backstroke	29	5	09:55 AM	_____
Finals	105 Boys 11-12 100 Backstroke	17	3	10:08 AM	_____
Finals	106 Girls 13 & Over 100 Backstroke	39	7	10:16 AM	_____
Finals	107 Girls 10 & Under 50 Butterfly	46	8	10:30 AM	_____
Finals	108 Boys 11-12 50 Butterfly	21	4	10:41 AM	_____
Finals	109 Boys 11-12 200 Butterfly	2	1	10:46 AM	_____
Finals	110 Girls 13 & Over 200 Butterfly	11	2	10:49 AM	_____
Finals	111 Girls 10 & Under 100 Freestyle	42	7	10:56 AM	_____
Finals	112 Boys 11-12 100 Freestyle	27	5	11:11 AM	_____
Finals	113 Girls 13 & Over 100 Freestyle	57	10	11:20 AM	_____
Finals	114 Girls 10 & Under 50 Breaststroke	41	7	11:37 AM	_____
Finals	115 Boys 11-12 50 Breaststroke	14	3	11:47 AM	_____
Finals	116 Boys 11-12 200 Breaststroke	7	2	11:51 AM	_____
Finals	117 Girls 13 & Over 200 Breaststroke	25	5	11:58 AM	_____
Finals	118 Girls 10 & Under 500 Freestyle	3	1	12:17 PM	_____
Finals	119 Boys 11-12 500 Freestyle	6	1	12:25 PM	_____
Finals	120 Girls 13 & Over 500 Freestyle	19	4	12:32 PM	_____
	Swimmer Count for Warm-ups: 153	=====	=====		
	Entry / Heat Totals:	486	90		
	Finish Time			01:01 PM	_____

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Session: 2 Saturday p.m.

Day of Meet: 1 Starts at 02:00 PM Heat Interval: 30 Seconds / Back +10 Seconds

<b>Round</b>	<b>Event</b>	<b>Entries</b>	<b>Heats</b>	<b>Starts at</b>
Finals	201 Boys 10 & Under 200 IM	13	3	02:00 PM _____
Finals	202 Girls 11-12 200 IM	24	4	02:13 PM _____
Finals	203 Boys 13 & Over 200 IM	26	5	02:27 PM _____
Finals	204 Boys 10 & Under 100 Backstroke	36	6	02:44 PM _____
Finals	205 Girls 11-12 100 Backstroke	22	4	02:59 PM _____
Finals	206 Boys 13 & Over 100 Backstroke	30	5	03:08 PM _____
Finals	207 Boys 10 & Under 50 Butterfly	30	5	03:18 PM _____
Finals	208 Girls 11-12 50 Butterfly	33	6	03:25 PM _____
Finals	209 Girls 11-12 200 Butterfly	3	1	03:33 PM _____
Finals	210 Boys 13 & Over 200 Butterfly	5	1	03:36 PM _____
Finals	211 Boys 10 & Under 100 Freestyle	32	6	03:39 PM _____
Finals	212 Girls 11-12 100 Freestyle	37	7	03:52 PM _____
Finals	213 Boys 13 & Over 100 Freestyle	31	6	04:05 PM _____
Finals	214 Boys 10 & Under 50 Breaststroke	33	6	04:15 PM _____
Finals	215 Girls 11-12 50 Breaststroke	30	5	04:24 PM _____
Finals	216 Girls 11-12 200 Breaststroke	13	3	04:30 PM _____
Finals	217 Boys 13 & Over 200 Breaststroke	20	4	04:42 PM _____
Finals	218 Boys 10 & Under 500 Freestyle	4	1	04:56 PM _____
Finals	219 Girls 11-12 500 Freestyle	3	1	05:05 PM _____
Finals	220 Boys 13 & Over 500 Freestyle	14	3	05:12 PM _____
	Swimmer Count for Warm-ups: 134	=====	=====	
	Entry / Heat Totals:	439	82	
	Finish Time			05:33 PM _____

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Session: 3 Sunday a.m.

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

<b>Round</b>	<b>Event</b>	<b>Entries</b>	<b>Heats</b>	<b>Starts at</b>	
Finals	301 Boys 10 & Under 200 Freestyle	8	2	09:00 AM	_____
Finals	302 Girls 11-12 200 Freestyle	17	3	09:09 AM	_____
Finals	303 Boys 13 & Over 200 Freestyle	31	6	09:19 AM	_____
Finals	304 Boys 10 & Under 100 Butterfly	8	2	09:38 AM	_____
Finals	305 Girls 11-12 100 Butterfly	17	3	09:42 AM	_____
Finals	306 Boys 13 & Over 100 Butterfly	25	5	09:49 AM	_____
Finals	307 Boys 10 & Under 50 Freestyle	35	6	09:58 AM	_____
Finals	308 Girls 11-12 50 Freestyle	50	9	10:05 AM	_____
Finals	309 Boys 13 & Over 50 Freestyle	35	6	10:15 AM	_____
Finals	310 Boys 10 & Under 50 Backstroke	39	7	10:21 AM	_____
Finals	311 Girls 11-12 50 Backstroke	40	7	10:32 AM	_____
Finals	312 Girls 11-12 200 Backstroke	5	1	10:43 AM	_____
Finals	313 Boys 13 & Over 200 Backstroke	20	4	10:47 AM	_____
Finals	314 Boys 10 & Under 100 Breaststroke	22	4	11:01 AM	_____
Finals	315 Girls 11-12 100 Breaststroke	35	6	11:10 AM	_____
Finals	316 Boys 13 & Over 100 Breaststroke	25	5	11:24 AM	_____
Finals	317 Boys 10 & Under 100 IM	36	6	11:34 AM	_____
Finals	318 Girls 11-12 100 IM	44	8	11:48 AM	_____
Finals	319 Girls 11-12 400 IM	3	1	12:04 PM	_____
Finals	320 Boys 13 & Over 400 IM	14	3	12:11 PM	_____
	Swimmer Count for Warm-ups: 152	=====	=====		
	Entry / Heat Totals:	509	94		
	Finish Time			12:28 PM	_____

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Session: 4 Sunday p.m.

Day of Meet: 2 Starts at 01:30 PM Heat Interval: 30 Seconds / Back +15 Seconds

<b>Round</b>	<b>Event</b>	<b>Entries</b>	<b>Heats</b>	<b>Starts at</b>
Finals	401 Girls 10 & Under 200 Freestyle	11	2	01:30 PM _____
Finals	402 Boys 11-12 200 Freestyle	9	2	01:39 PM _____
Finals	403 Girls 13 & Over 200 Freestyle	34	6	01:47 PM _____
Finals	404 Girls 10 & Under 100 Butterfly	6	1	02:06 PM _____
Finals	405 Boys 11-12 100 Butterfly	10	2	02:09 PM _____
Finals	406 Girls 13 & Over 100 Butterfly	31	6	02:13 PM _____
Finals	407 Girls 10 & Under 50 Freestyle	46	8	02:24 PM _____
Finals	408 Boys 11-12 50 Freestyle	23	4	02:34 PM _____
Finals	409 Girls 13 & Over 50 Freestyle	50	9	02:38 PM _____
Finals	410 Girls 10 & Under 50 Backstroke	40	7	02:47 PM _____
Finals	411 Boys 11-12 50 Backstroke	21	4	02:58 PM _____
Finals	412 Boys 11-12 200 Backstroke	4	1	03:04 PM _____
Finals	413 Girls 13 & Over 200 Backstroke	25	5	03:08 PM _____
Finals	414 Girls 10 & Under 100 Breaststroke	32	6	03:25 PM _____
Finals	415 Boys 11-12 100 Breaststroke	13	3	03:40 PM _____
Finals	416 Girls 13 & Over 100 Breaststroke	36	6	03:48 PM _____
Finals	417 Girls 10 & Under 100 IM	48	8	04:00 PM _____
Finals	418 Boys 11-12 100 IM	23	4	04:18 PM _____
Finals	419 Boys 11-12 400 IM	3	1	04:26 PM _____
Finals	420 Girls 13 & Over 400 IM	15	3	04:32 PM _____
	Swimmer Count for Warm-ups: 147	=====	=====	
	Entry / Heat Totals:	480	88	
	Finish Time			04:52 PM _____