

**2009 PNS Long Course Championships - 7/23/2009 to 7/26/2009**  
**2008 PNS Long Course Championships, Sanction #: 0807-CHMP**  
**hosted by WEST Coast Aquatics**  
**Session Report**

Session: 1 Thursday Prelims

Day of Meet: 1 Starts at 10:00 AM Heat Interval: 20 Seconds / Back +15 Seconds

| Round   | Event                            | Entries | Heats | Starts at |       |
|---------|----------------------------------|---------|-------|-----------|-------|
| Prelims | 1 Girls 11-12 200 IM             | 52      | 7     | 10:00 AM  | _____ |
| Prelims | 2 Boys 11-12 200 IM              | 49      | 7     | 10:25 AM  | _____ |
| Prelims | 3 Girls 13 & Over 200 IM         | 115     | 15    | 10:48 AM  | _____ |
| Prelims | 4 Boys 13 & Over 200 IM          | 119     | 15    | 11:32 AM  | _____ |
| Prelims | 5 Girls 11-12 50 Freestyle       | 47      | 6     | 12:15 PM  | _____ |
| Prelims | 6 Boys 11-12 50 Freestyle        | 35      | 5     | 12:21 PM  | _____ |
| Prelims | 7 Girls 13 & Over 50 Freestyle   | 129     | 17    | 12:25 PM  | _____ |
| Prelims | 8 Boys 13 & Over 50 Freestyle    | 139     | 18    | 12:40 PM  | _____ |
| Finals  | 9 Girls 11-12 800 Freestyle      | 8       | 1u    | 12:54 PM  | _____ |
| Finals  | 10 Boys 11-12 800 Freestyle      | 6       | 1u    | 01:05 PM  | _____ |
| Finals  | 11 Girls 13 & Over 800 Freestyle | 54      | 7u    | 01:16 PM  | _____ |
| Finals  | 12 Boys 13 & Over 800 Freestyle  | 48      | 6u    | 02:28 PM  | _____ |
|         | Swimmer Count for Warm-ups: 580  | =====   | ===== |           |       |
|         | Entry / Heat Totals:             | 801     | 105   |           |       |
|         | Finish Time                      |         |       | 03:27 PM  | _____ |

Session: 2 Thursday Finals

Day of Meet: 1 Starts at 05:00 PM Heat Interval: 45 Seconds / Back +15 Seconds

| Round  | Event                               | Entries | Heats | Starts at |       |
|--------|-------------------------------------|---------|-------|-----------|-------|
| Finals | 1 Girls 11-12 200 IM                | 16      | 2u    | 05:00 PM  | _____ |
| Finals | 2 Boys 11-12 200 IM                 | 16      | 2u    | 05:07 PM  | _____ |
| Finals | 3 Girls 13 & Over 200 IM            | 32      | 4u    | 05:14 PM  | _____ |
| Finals | 4 Boys 13 & Over 200 IM             | 32      | 4u    | 05:27 PM  | _____ |
| Finals | 5 Girls 11-12 50 Freestyle          | 16      | 2u    | 05:39 PM  | _____ |
| Finals | 6 Boys 11-12 50 Freestyle           | 16      | 2u    | 05:42 PM  | _____ |
| Finals | 7 Girls 13 & Over 50 Freestyle      | 32      | 4u    | 05:44 PM  | _____ |
| Finals | 8 Boys 13 & Over 50 Freestyle       | 32      | 4u    | 05:49 PM  | _____ |
| Finals | 13 Girls 11-12 400 Medley Relay     | 20      | 3     | 05:54 PM  | _____ |
| Finals | 14 Boys 11-12 400 Medley Relay      | 14      | 2     | 06:14 PM  | _____ |
| Finals | 15 Girls 13-14 400 Medley Relay     | 17      | 3     | 06:27 PM  | _____ |
| Finals | 16 Boys 13-14 400 Medley Relay      | 16      | 2     | 06:46 PM  | _____ |
| Finals | 17 Girls 15 & Over 400 Medley Relay | 37      | 5     | 06:58 PM  | _____ |
| Finals | 18 Boys 15 & Over 400 Medley Relay  | 32      | 4     | 07:27 PM  | _____ |
|        | Swimmer Count for Warm-ups: 329     | =====   | ===== |           |       |
|        | Entry / Heat Totals:                | 328     | 43    |           |       |
|        | Finish Time                         |         |       | 07:48 PM  | _____ |

Session: 3 Friday Prelims

Day of Meet: 2 Starts at 09:00 AM Heat Interval: 5 Seconds / Back +15 Seconds

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| Round                           | Event                                | Entries | Heats | Starts at |       |
|---------------------------------|--------------------------------------|---------|-------|-----------|-------|
| Finals                          | 19 Girls 10 & Under 200 Medley Relay | 10      | 2     | 09:00 AM  | _____ |
| Finals                          | 20 Boys 10 & Under 200 Medley Relay  | 7       | 1     | 09:07 AM  | _____ |
| Prelims                         | 27 Girls 11-12 200 Butterfly         | 28      | 4     | 09:10 AM  | _____ |
| Prelims                         | 28 Boys 11-12 200 Butterfly          | 14      | 2     | 09:24 AM  | _____ |
| Prelims                         | 29 Girls 13 & Over 200 Butterfly     | 87      | 11    | 09:31 AM  | _____ |
| Prelims                         | 30 Boys 13 & Over 200 Butterfly      | 65      | 9     | 10:01 AM  | _____ |
| Finals                          | 31 Girls 10 & Under 100 Breaststroke | 17      | 3     | 10:25 AM  | _____ |
| Finals                          | 32 Boys 10 & Under 100 Breaststroke  | 13      | 2     | 10:31 AM  | _____ |
| Prelims                         | 33 Girls 11-12 100 Breaststroke      | 36      | 5     | 10:34 AM  | _____ |
| Prelims                         | 34 Boys 11-12 100 Breaststroke       | 50      | 7     | 10:43 AM  | _____ |
| Prelims                         | 35 Girls 13 & Over 100 Breaststroke  | 94      | 12    | 10:55 AM  | _____ |
| Prelims                         | 36 Boys 13 & Over 100 Breaststroke   | 98      | 13    | 11:13 AM  | _____ |
| Finals                          | 37 Girls 10 & Under 100 Freestyle    | 19      | 3     | 11:31 AM  | _____ |
| Finals                          | 38 Boys 10 & Under 100 Freestyle     | 18      | 3     | 11:36 AM  | _____ |
| Prelims                         | 39 Girls 11-12 100 Freestyle         | 49      | 7     | 11:40 AM  | _____ |
| Prelims                         | 40 Boys 11-12 100 Freestyle          | 42      | 6     | 11:49 AM  | _____ |
| Prelims                         | 41 Girls 13 & Over 100 Freestyle     | 115     | 15    | 11:57 AM  | _____ |
| Prelims                         | 42 Boys 13 & Over 100 Freestyle      | 126     | 16    | 12:15 PM  | _____ |
| Finals                          | 43 Girls 10 & Under 50 Backstroke    | 25      | 4     | 12:32 PM  | _____ |
| Finals                          | 44 Boys 10 & Under 50 Backstroke     | 26      | 4     | 12:36 PM  | _____ |
| Prelims                         | 45 Girls 11-12 50 Backstroke         | 49      | 7     | 12:41 PM  | _____ |
| Prelims                         | 46 Boys 11-12 50 Backstroke          | 43      | 6     | 12:48 PM  | _____ |
| Finals                          | 47 Girls 10 & Under 50 Freestyle     | 26      | 4     | 12:54 PM  | _____ |
| Finals                          | 48 Boys 10 & Under 50 Freestyle      | 28      | 4     | 12:57 PM  | _____ |
| Finals                          | 49 Girls 13 & Over 400 Freestyle     | 85      | 11u   | 12:59 PM  | _____ |
| Finals                          | 50 Boys 13 & Over 400 Freestyle      | 106     | 14u   | 01:53 PM  | _____ |
| Finals                          | 51 Girls 11-12 400 Freestyle         | 35      | 5u    | 02:59 PM  | _____ |
| Finals                          | 52 Boys 11-12 400 Freestyle          | 32      | 4u    | 03:26 PM  | _____ |
| Swimmer Count for Warm-ups: 766 |                                      | =====   | ===== |           |       |
| Entry / Heat Totals:            |                                      | 1,343   | 184   |           |       |
| Finish Time                     |                                      |         |       | 03:48 PM  | _____ |

Session: 4 Friday Finals

Day of Meet: 2 Starts at 05:00 PM Heat Interval: 45 Seconds / Back +15 Seconds

| Round  | Event                               | Entries | Heats | Starts at |       |
|--------|-------------------------------------|---------|-------|-----------|-------|
| Finals | 21 Girls 11-12 200 Medley Relay     | 21      | 3     | 05:00 PM  | _____ |
| Finals | 22 Boys 11-12 200 Medley Relay      | 18      | 3     | 05:11 PM  | _____ |
| Finals | 23 Girls 13-14 200 Medley Relay     | 19      | 3     | 05:22 PM  | _____ |
| Finals | 24 Boys 13-14 200 Medley Relay      | 18      | 3     | 05:32 PM  | _____ |
| Finals | 25 Girls 15 & Over 200 Medley Relay | 39      | 5     | 05:42 PM  | _____ |
| Finals | 26 Boys 15 & Over 200 Medley Relay  | 30      | 4     | 05:58 PM  | _____ |
| Finals | 27 Girls 11-12 200 Butterfly        | 16      | 2u    | 06:10 PM  | _____ |
| Finals | 28 Boys 11-12 200 Butterfly         | 14      | 2u    | 06:18 PM  | _____ |

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|---------------------------------|----|----------------------------------|-------|-------|----------|----------------|
| Finals                          | 29 | Girls 13 & Over 200 Butterfly    | 32    | 4u    | 06:25 PM | _____          |
| Finals                          | 30 | Boys 13 & Over 200 Butterfly     | 32    | 4u    | 06:38 PM | _____          |
| Finals                          | 33 | Girls 11-12 100 Breaststroke     | 16    | 2u    | 06:50 PM | _____          |
| Finals                          | 34 | Boys 11-12 100 Breaststroke      | 16    | 2u    | 06:55 PM | _____          |
| Finals                          | 35 | Girls 13 & Over 100 Breaststroke | 32    | 4u    | 06:59 PM | _____          |
| Finals                          | 36 | Boys 13 & Over 100 Breaststroke  | 32    | 4u    | 07:08 PM | _____          |
| Finals                          | 39 | Girls 11-12 100 Freestyle        | 16    | 2u    | 07:15 PM | _____          |
| Finals                          | 40 | Boys 11-12 100 Freestyle         | 16    | 2u    | 07:19 PM | _____          |
| Finals                          | 41 | Girls 13 & Over 100 Freestyle    | 32    | 4u    | 07:23 PM | _____          |
| Finals                          | 42 | Boys 13 & Over 100 Freestyle     | 32    | 4u    | 07:30 PM | _____          |
| Finals                          | 45 | Girls 11-12 50 Backstroke        | 16    | 2u    | 07:36 PM | _____          |
| Finals                          | 46 | Boys 11-12 50 Backstroke         | 16    | 2u    | 07:40 PM | _____          |
| Swimmer Count for Warm-ups: 398 |    |                                  | ===== | ===== |          |                |
| Entry / Heat Totals:            |    |                                  | 463   | 61    |          |                |
| Finish Time                     |    |                                  |       |       |          | 07:43 PM _____ |

Session: 5 Saturday Prelims

Day of Meet: 3 Starts at 09:00 AM Heat Interval: 5 Seconds / Back +15 Seconds

| Round                           |    | Event                                | Entries | Heats | Starts at |                |
|---------------------------------|----|--------------------------------------|---------|-------|-----------|----------------|
| Finals                          | 53 | Girls 10 & Under 200 Freestyle Relay | 10      | 2     | 09:00 AM  | _____          |
| Finals                          | 54 | Boys 10 & Under 200 Freestyle Relay  | 8       | 1     | 09:06 AM  | _____          |
| Prelims                         | 61 | Girls 11-12 200 Backstroke           | 52      | 7     | 09:08 AM  | _____          |
| Prelims                         | 62 | Boys 11-12 200 Backstroke            | 34      | 5     | 09:32 AM  | _____          |
| Prelims                         | 63 | Girls 13 & Over 200 Backstroke       | 109     | 14    | 09:49 AM  | _____          |
| Prelims                         | 64 | Boys 13 & Over 200 Backstroke        | 81      | 11    | 10:31 AM  | _____          |
| Prelims                         | 65 | Girls 11-12 200 Breaststroke         | 47      | 6     | 11:03 AM  | _____          |
| Prelims                         | 66 | Boys 11-12 200 Breaststroke          | 44      | 6     | 11:24 AM  | _____          |
| Prelims                         | 67 | Girls 13 & Over 200 Breaststroke     | 99      | 13    | 11:46 AM  | _____          |
| Prelims                         | 68 | Boys 13 & Over 200 Breaststroke      | 99      | 13    | 12:27 PM  | _____          |
| Finals                          | 69 | Girls 10 & Under 50 Butterfly        | 23      | 3     | 01:06 PM  | _____          |
| Finals                          | 70 | Boys 10 & Under 50 Butterfly         | 19      | 3     | 01:08 PM  | _____          |
| Prelims                         | 71 | Girls 11-12 50 Butterfly             | 35      | 5     | 01:11 PM  | _____          |
| Prelims                         | 72 | Boys 11-12 50 Butterfly              | 28      | 4     | 01:14 PM  | _____          |
| Finals                          | 73 | Girls 10 & Under 200 IM              | 21      | 3     | 01:17 PM  | _____          |
| Finals                          | 74 | Boys 10 & Under 200 IM               | 18      | 3     | 01:27 PM  | _____          |
| Finals                          | 75 | Girls 11-12 400 IM                   | 49      | 7u    | 01:38 PM  | _____          |
| Finals                          | 76 | Boys 11-12 400 IM                    | 38      | 5u    | 02:22 PM  | _____          |
| Finals                          | 77 | Girls 13 & Over 400 IM               | 94      | 12u   | 02:54 PM  | _____          |
| Finals                          | 78 | Boys 13 & Over 400 IM                | 87      | 11u   | 04:00 PM  | _____          |
| Swimmer Count for Warm-ups: 638 |    |                                      | =====   | ===== |           |                |
| Entry / Heat Totals:            |    |                                      | 995     | 134   |           |                |
| Finish Time                     |    |                                      |         |       |           | 04:59 PM _____ |

Session: 6 Saturday Finals

Day of Meet: 3 Starts at 06:00 PM Heat Interval: 45 Seconds / Back +15 Seconds

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|--------|----------------------------------------|---------|-------|-----------|-------|
| Finals | 55 Girls 11-12 200 Freestyle Relay     | 23      | 3     | 06:00 PM  | _____ |
| Finals | 56 Boys 11-12 200 Freestyle Relay      | 18      | 3     | 06:09 PM  | _____ |
| Finals | 57 Girls 13-14 200 Freestyle Relay     | 19      | 3     | 06:19 PM  | _____ |
| Finals | 58 Boys 13-14 200 Freestyle Relay      | 17      | 3     | 06:27 PM  | _____ |
| Finals | 59 Girls 15 & Over 200 Freestyle Relay | 38      | 5     | 06:36 PM  | _____ |
| Finals | 60 Boys 15 & Over 200 Freestyle Relay  | 29      | 4     | 06:49 PM  | _____ |
| Finals | 61 Girls 11-12 200 Backstroke          | 16      | 2u    | 06:59 PM  | _____ |
| Finals | 62 Boys 11-12 200 Backstroke           | 16      | 2u    | 07:07 PM  | _____ |
| Finals | 63 Girls 13 & Over 200 Backstroke      | 32      | 4u    | 07:14 PM  | _____ |
| Finals | 64 Boys 13 & Over 200 Backstroke       | 32      | 4u    | 07:28 PM  | _____ |
| Finals | 65 Girls 11-12 200 Breaststroke        | 16      | 2u    | 07:42 PM  | _____ |
| Finals | 66 Boys 11-12 200 Breaststroke         | 16      | 2u    | 07:49 PM  | _____ |
| Finals | 67 Girls 13 & Over 200 Breaststroke    | 32      | 4u    | 07:57 PM  | _____ |
| Finals | 68 Boys 13 & Over 200 Breaststroke     | 32      | 4u    | 08:12 PM  | _____ |
| Finals | 71 Girls 11-12 50 Butterfly            | 16      | 2u    | 08:25 PM  | _____ |
| Finals | 72 Boys 11-12 50 Butterfly             | 16      | 2u    | 08:28 PM  | _____ |
|        | Swimmer Count for Warm-ups: 362        | =====   | ===== |           |       |
|        | Entry / Heat Totals:                   | 368     | 49    |           |       |
|        | Finish Time                            |         |       | 08:30 PM  | _____ |

Session: 7 Sunday Prelims

Day of Meet: 4 Starts at 09:00 AM Heat Interval: 5 Seconds / Back +15 Seconds

| Round   | Event                               | Entries | Heats | Starts at |       |
|---------|-------------------------------------|---------|-------|-----------|-------|
| Finals  | 79 Girls 10 & Under 200 Freestyle   | 18      | 3     | 09:00 AM  | _____ |
| Finals  | 80 Boys 10 & Under 200 Freestyle    | 11      | 2     | 09:09 AM  | _____ |
| Prelims | 81 Girls 11-12 200 Freestyle        | 37      | 5     | 09:15 AM  | _____ |
| Prelims | 82 Boys 11-12 200 Freestyle         | 39      | 5     | 09:29 AM  | _____ |
| Prelims | 83 Girls 13 & Over 200 Freestyle    | 103     | 13    | 09:43 AM  | _____ |
| Prelims | 84 Boys 13 & Over 200 Freestyle     | 106     | 14    | 10:14 AM  | _____ |
| Finals  | 85 Girls 10 & Under 100 Butterfly   | 21      | 3     | 10:46 AM  | _____ |
| Finals  | 86 Boys 10 & Under 100 Butterfly    | 15      | 2     | 10:51 AM  | _____ |
| Prelims | 87 Girls 11-12 100 Butterfly        | 51      | 7     | 10:55 AM  | _____ |
| Prelims | 88 Boys 11-12 100 Butterfly         | 31      | 4     | 11:06 AM  | _____ |
| Prelims | 89 Girls 13 & Over 100 Butterfly    | 113     | 15    | 11:12 AM  | _____ |
| Prelims | 90 Boys 13 & Over 100 Butterfly     | 117     | 15    | 11:31 AM  | _____ |
| Finals  | 91 Girls 10 & Under 100 Backstroke  | 20      | 3     | 11:49 AM  | _____ |
| Finals  | 92 Boys 10 & Under 100 Backstroke   | 20      | 3     | 11:55 AM  | _____ |
| Prelims | 93 Girls 11-12 100 Backstroke       | 47      | 6     | 12:00 PM  | _____ |
| Prelims | 94 Boys 11-12 100 Backstroke        | 44      | 6     | 12:11 PM  | _____ |
| Prelims | 95 Girls 13 & Over 100 Backstroke   | 116     | 15    | 12:22 PM  | _____ |
| Prelims | 96 Boys 13 & Over 100 Backstroke    | 92      | 12    | 12:46 PM  | _____ |
| Finals  | 97 Girls 10 & Under 50 Breaststroke | 15      | 2     | 01:04 PM  | _____ |

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|---------------------------------|-----|---------------------------------|-------|-------|----------|-------|
| Finals                          | 98  | Boys 10 & Under 50 Breaststroke | 19    | 3     | 01:06 PM | _____ |
| Prelims                         | 99  | Girls 11-12 50 Breaststroke     | 40    | 5     | 01:08 PM | _____ |
| Prelims                         | 100 | Boys 11-12 50 Breaststroke      | 40    | 5     | 01:13 PM | _____ |
| Finals                          | 101 | Girls 10 & Under 400 Freestyle  | 11    | 2     | 01:17 PM | _____ |
| Finals                          | 102 | Boys 10 & Under 400 Freestyle   | 2     | 1     | 01:30 PM | _____ |
| Finals                          | 103 | Girls 11-12 1500 Freestyle      | 5     | 1u    | 01:36 PM | _____ |
| Finals                          | 104 | Boys 11-12 1500 Freestyle       | 8     | 1u    | 01:56 PM | _____ |
| Finals                          | 105 | Girls 13 & Over 1500 Freestyle  | 60    | 8     | 02:16 PM | _____ |
| Finals                          | 106 | Boys 13 & Over 1500 Freestyle   | 52    | 7     |          | _____ |
| Swimmer Count for Warm-ups: 716 |     |                                 | ===== | ===== |          |       |
| Entry / Heat Totals:            |     |                                 | 1,253 | 168   |          |       |
| Finish Time                     |     |                                 |       |       | 05:20 PM | _____ |

Session: 8 Sunday Finals

Day of Meet: 4 Starts at 06:00 PM Heat Interval: 45 Seconds / Back +15 Seconds

| Round                           |     | Event                               | Entries | Heats | Starts at |       |
|---------------------------------|-----|-------------------------------------|---------|-------|-----------|-------|
| Finals                          | 81  | Girls 11-12 200 Freestyle           | 16      | 2u    | 06:00 PM  | _____ |
| Finals                          | 82  | Boys 11-12 200 Freestyle            | 16      | 2u    | 06:07 PM  | _____ |
| Finals                          | 83  | Girls 13 & Over 200 Freestyle       | 32      | 4u    | 06:13 PM  | _____ |
| Finals                          | 84  | Boys 13 & Over 200 Freestyle        | 32      | 4u    | 06:25 PM  | _____ |
| Finals                          | 87  | Girls 11-12 100 Butterfly           | 16      | 2u    | 06:36 PM  | _____ |
| Finals                          | 88  | Boys 11-12 100 Butterfly            | 16      | 2u    | 06:40 PM  | _____ |
| Finals                          | 89  | Girls 13 & Over 100 Butterfly       | 32      | 4u    | 06:44 PM  | _____ |
| Finals                          | 90  | Boys 13 & Over 100 Butterfly        | 32      | 4u    | 06:51 PM  | _____ |
| Finals                          | 93  | Girls 11-12 100 Backstroke          | 16      | 2u    | 06:58 PM  | _____ |
| Finals                          | 94  | Boys 11-12 100 Backstroke           | 16      | 2u    | 07:03 PM  | _____ |
| Finals                          | 95  | Girls 13 & Over 100 Backstroke      | 32      | 4u    | 07:08 PM  | _____ |
| Finals                          | 96  | Boys 13 & Over 100 Backstroke       | 32      | 4u    | 07:16 PM  | _____ |
| Finals                          | 99  | Girls 11-12 50 Breaststroke         | 16      | 2u    | 07:24 PM  | _____ |
| Finals                          | 100 | Boys 11-12 50 Breaststroke          | 16      | 2u    | 07:27 PM  | _____ |
| Finals                          | 107 | Girls 11-12 400 Freestyle Relay     | 19      | 3     | 07:30 PM  | _____ |
| Finals                          | 108 | Boys 11-12 400 Freestyle Relay      | 15      | 2     | 07:47 PM  | _____ |
| Finals                          | 109 | Girls 13-14 400 Freestyle Relay     | 17      | 3     | 07:59 PM  | _____ |
| Finals                          | 110 | Boys 13-14 400 Freestyle Relay      | 16      | 2     | 08:14 PM  | _____ |
| Finals                          | 111 | Girls 15 & Over 400 Freestyle Relay | 32      | 4     | 08:25 PM  | _____ |
| Finals                          | 112 | Boys 15 & Over 400 Freestyle Relay  | 26      | 4     | 08:45 PM  | _____ |
| Swimmer Count for Warm-ups: 372 |     |                                     | =====   | ===== |           |       |
| Entry / Heat Totals:            |     |                                     | 445     | 58    |           |       |
| Finish Time                     |     |                                     |         |       | 09:03 PM  | _____ |