## Southland Long Course Meet 2023 - 2/12/2023 to 3/12/2023 Session Report

Session: 1 Southland LC 2023 - Session 1
Day of Meet: 1 Starts at 02:30 PM Heat Interval: 25 Seconds / Back +15 Seconds

Round		Event	Entries	Heats	Starts at	
Finals	1	Mixed 12 & Under 200 Medley Relay	0	0	02:30 PM	
Finals	2	Mixed 13 & Over 200 Medley Relay	3	1 u	02:30 PM	
Finals	3	Mixed 12 & Over 800 Freestyle	4	1 u	02:34 PM	
Finals	4	Men 100 Backstroke	15	3 u	02:45 PM	
Finals	5	Women 100 Backstroke	16	3 u	02:51 PM	
Finals	6	Men 50 Freestyle	29	5 u	02:58 PM	
Finals	7	Women 50 Freestyle	24	4 u	03:03 PM	
Finals	8	Men 200 Breaststroke	8	2 u	03:07 PM	
Finals	9	Women 200 Breaststroke	8	2 u	03:16 PM	
		Break: 15 Minutes: Medals for events 1-9	)			
Finals	10	Men 50 Butterfly	16	3 u	03:39 PM	
Finals	11	Women 50 Butterfly	13	3 u	03:42 PM	
Finals	12	Mixed 10 & Over 400 IM	3	1 u	03:46 PM	
Finals	13	Men 200 Freestyle	13	3 u	03:52 PM	
Finals	14	Women 200 Freestyle	11	2 u	04:01 PM	
Finals	15	Men 100 Breaststroke	16	3 u	04:08 PM	
Finals	16	Women 100 Breaststroke	14	3 u	04:14 PM	
Finals	17	Mixed 12 & Under 200 Freestyle Relay	2	1 u	04:21 PM	
Finals	18	Mixed 13 & Over 200 Freestyle Relay	4	1 u	04:23 PM	
		Break: 15 Minutes: Medals for events 10	-18			
		Swimmers Counts for Warm-ups: 74	====	====		
		Entry / Heat Totals:	199	41		
		Finish Time			04:41 PM	

## Southland Long Course Meet 2023 - 2/12/2023 to 3/12/2023 Session Report

Session: 2 Southland LC 2023 - Session 2 Day of Meet: 2 Starts at 09:30 AM Heat Interval: 25 Seconds / Back +15 Seconds

Round		Event	Entries	Heats	Starts at	
Finals	19	Mixed 10 & Over 400 Freestyle	8	2 u	09:30 AM	
Finals	20	Men 50 Backstroke	20	4 u	09:43 AM	
Finals	21	Women 50 Backstroke	24	4 u	09:49 AM	
Finals	22	Men 100 Butterfly	5	1 u	09:55 AM	
Finals	23	Women 100 Butterfly	5	1 u	09:56 AM	
Finals	24	Mixed 12 & Over 1500 Freestyle	1	1 u	09:58 AM	
Finals	25	Men 200 Backstroke	3	1 u	10:17 AM	
Finals	26	Women 200 Backstroke	5	1 u	10:21 AM	
		Break: 15 Minutes: Medals for events 19	-26			
Finals	27	Men 50 Breaststroke	15	3 u	10:40 AM	
Finals	28	Women 50 Breaststroke	20	4 u	10:44 AM	
Finals	29	Mixed 10 & Over 200 Butterfly	2	1 u	10:49 AM	
Finals	30	Men 100 Freestyle	23	4 u	10:52 AM	
Finals	31	Women 100 Freestyle	22	4 u	10:59 AM	
Finals	32	Men 200 IM	7	2 u	11:07 AM	
Finals	33	Women 200 IM	6	1 u	11:14 AM	
Finals	34	Mixed 400 Freestyle Relay	5	1 u	11:18 AM	
		Break: 15 Minutes: Medals for events 27	-33			
		Swimmers Counts for Warm-ups: 69	====	====		
		Entry / Heat Totals:	171	35		
		Finish Time			11:38 AM	