

LAC Longing for Summer 2026 - 5/29/2026 to 5/31/2026**Session Report**

Session: 1 Session 1 - Friday 400s

Day of Meet: 1 Starts at 12:00 PM Heat Interval: 20 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	1 Girls 400 IM	25	4 u	12:00 PM	_____
Finals	2 Boys 400 IM	19	3 u	12:24 PM	_____
	Break: 10 Minutes: pool open				
Finals	3 Girls 400 Freestyle	82	11 u	12:54 PM	_____
Finals	4 Boys 400 Freestyle	69	9 u	01:56 PM	_____
	Break: 10 Minutes: half-way through 400 free				
	Swimmers Counts for Warm-ups: 190	====	====		
	Entry / Heat Totals:	195	27		
	Finish Time			02:55 PM	_____

LAC Longing for Summer 2026 - 5/29/2026 to 5/31/2026**Session Report**

Session: 2 Session 2 - Friday 13 & Over

Day of Meet: 1 Starts at 04:15 PM Heat Interval: 20 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	5 Girls 15 & Over 50 Freestyle	62	8 u	04:15 PM	_____
Finals	6 Boys 15 & Over 50 Freestyle	81	11 u	04:22 PM	_____
Finals	7 Girls 13-14 50 Freestyle	74	10 u	04:31 PM	_____
Finals	8 Boys 13-14 50 Freestyle	54	7 u	04:40 PM	_____
	Break: 5 Minutes: pool open/timers move				
Finals	9 Girls 15 & Over 200 Breaststroke	32	4 u	04:51 PM	_____
Finals	10 Boys 15 & Over 200 Breaststroke	30	4 u	05:05 PM	_____
Finals	11 Girls 13-14 200 Breaststroke	33	5 u	05:19 PM	_____
Finals	12 Boys 13-14 200 Breaststroke	28	4 u	05:37 PM	_____
	Break: 5 Minutes: pool open				
Finals	13 Girls 15 & Over 100 Butterfly	47	6 u	05:56 PM	_____
Finals	14 Boys 15 & Over 100 Butterfly	68	9 u	06:06 PM	_____
Finals	15 Girls 13-14 100 Butterfly	51	7 u	06:19 PM	_____
Finals	16 Boys 13-14 100 Butterfly	43	6 u	06:31 PM	_____
	Break: 5 Minutes: pool open				
Finals	17 Girls 15 & Over 50 Backstroke	42	6 u	06:47 PM	_____
Finals	18 Boys 15 & Over 50 Backstroke	48	6 u	06:54 PM	_____
Finals	19 Girls 13-14 50 Backstroke	54	7 u	07:01 PM	_____
Finals	20 Boys 13-14 50 Backstroke	44	6 u	07:10 PM	_____
	Swimmers Counts for Warm-ups: 317	=====	=====		
	Entry / Heat Totals:	791	106		
	Finish Time			07:17 PM	_____

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Session: 3 Session 3 - Saturday 9-12s

Day of Meet: 2 Starts at 07:30 AM Heat Interval: 20 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	21 Mixed 11-12 200 Backstroke Break: 3 Minutes: timers move	52	7 u	07:30 AM	_____
Finals	23 Mixed 12 & Under 50 Breaststroke Break: 3 Minutes: timers move	147	19 u	07:59 AM	_____
Finals	25 Mixed 12 & Under 100 Freestyle	168	21 u	08:25 AM	_____
Finals	27 Mixed 12 & Under 200 IM Break: 3 Minutes: timers move	83	11 u	09:02 AM	_____
Finals	29 Mixed 12 & Under 50 Backstroke Break: 3 Minutes: timers move	162	21 u	09:45 AM	_____
Finals	31 Mixed 12 & Under 100 Butterfly	66	9 u	10:17 AM	_____
Finals	33 Mixed 11-12 200 Breaststroke	49	7 u	10:34 AM	_____
	Swimmers Counts for Warm-ups: 224	=====	=====		
	Entry / Heat Totals:	727	95		
	Finish Time			11:03 AM	_____

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Session: 4 Session 4 - Saturday 15 & Over

Day of Meet: 2 Starts at 11:55 AM Heat Interval: 20 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	35 Girls 15 & Over 200 Freestyle	79	10 u	11:55 AM	_____
Finals	36 Boys 15 & Over 200 Freestyle	99	13 u	12:24 PM	_____
	Break: 5 Minutes: pool open				
Finals	37 Girls 15 & Over 100 Backstroke	68	9 u	01:03 PM	_____
Finals	38 Boys 15 & Over 100 Backstroke	69	9 u	01:20 PM	_____
	Break: 5 Minutes: pool open				
Finals	39 Girls 15 & Over 200 Butterfly	15	2 u	01:41 PM	_____
Finals	40 Boys 15 & Over 200 Butterfly	27	4 u	01:47 PM	_____
	Break: 5 Minutes: pool open				
Finals	41 Girls 15 & Over 100 Breaststroke	60	8 u	02:04 PM	_____
Finals	42 Boys 15 & Over 100 Breaststroke	75	10 u	02:19 PM	_____
	Swimmers Counts for Warm-ups: 229	=====	=====		
	Entry / Heat Totals:	492	65		
	Finish Time			02:36 PM	_____

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Session Report

Session: 4D Session 4D - 800 Freestyle

Day of Meet: 2 Starts at 03:00 PM Heat Interval: 15 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	83 Mixed 800 Freestyle	94	12 u	03:00 PM	_____
	Swimmers Counts for Warm-ups: 94	=====	=====		
	Entry / Heat Totals:	94	12		
	Finish Time			05:11 PM	_____

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Session: 5 Session 5 - Saturday 13-14

Day of Meet: 2 Starts at 06:00 PM Heat Interval: 20 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	43 Mixed 13-14 200 Freestyle Break: 5 Minutes: pool open	142	18 u	06:00 PM	_____
Finals	45 Mixed 13-14 100 Backstroke Break: 5 Minutes: pool open	134	17 u	06:59 PM	_____
Finals	47 Mixed 13-14 200 Butterfly Break: 5 Minutes: pool open	35	5 u	07:38 PM	_____
Finals	49 Mixed 13-14 100 Breaststroke Swimmers Counts for Warm-ups: 186	136 =====	17 u =====	07:59 PM	_____
	Entry / Heat Totals:	447	57		
	Finish Time			08:32 PM	_____

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Session: 6 Session 6 - Sunday 9-12s

Day of Meet: 3 Starts at 07:30 AM Heat Interval: 20 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	51 Girls 11-12 200 Butterfly	10	2 u	07:30 AM	_____
Finals	52 Boys 11-12 200 Butterfly	6	1 u	07:38 AM	_____
	Break: 5 Minutes: timers move/pool open				
Finals	53 Girls 12 & Under 50 Freestyle	104	13 u	07:47 AM	_____
Finals	54 Boys 12 & Under 50 Freestyle	94	12 u	08:00 AM	_____
	Break: 5 Minutes: timers move/pool open				
Finals	55 Girls 12 & Under 100 Breaststroke	74	10 u	08:17 AM	_____
Finals	56 Boys 12 & Under 100 Breaststroke	62	8 u	08:40 AM	_____
	Break: 5 Minutes: timers move				
Finals	57 Girls 12 & Under 50 Butterfly	73	10 u	09:02 AM	_____
Finals	58 Boys 12 & Under 50 Butterfly	70	9 u	09:14 AM	_____
	Break: 5 Minutes: timers move/pool open				
Finals	59 Girls 12 & Under 100 Backstroke	76	10 u	09:28 AM	_____
Finals	60 Boys 12 & Under 100 Backstroke	64	8 u	09:50 AM	_____
	Break: 5 Minutes: timers move/pool open				
Finals	61 Girls 12 & Under 200 Freestyle	59	8 u	10:13 AM	_____
Finals	62 Boys 12 & Under 200 Freestyle	57	8 u	10:39 AM	_____
	Swimmers Counts for Warm-ups: 227				
	Entry / Heat Totals:	749	99		
	Finish Time			11:05 AM	_____

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Session: 7 Session 7 - Sunday 15 & Over

Day of Meet: 3 Starts at 12:15 PM Heat Interval: 20 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	63 Girls 15 & Over 50 Breaststroke	38	5 u	12:15 PM	_____
Finals	64 Boys 15 & Over 50 Breaststroke	53	7 u	12:21 PM	_____
	Break: 5 Minutes: timers move/pool open				
Finals	65 Girls 15 & Over 200 Backstroke	43	6 u	12:33 PM	_____
Finals	66 Boys 15 & Over 200 Backstroke	36	5 u	12:53 PM	_____
	Break: 5 Minutes: pool open				
Finals	67 Girls 15 & Over 100 Freestyle	76	10 u	01:14 PM	_____
Finals	68 Boys 15 & Over 100 Freestyle	104	13 u	01:30 PM	_____
	Break: 5 Minutes: pool open				
Finals	69 Girls 15 & Over 50 Butterfly	44	6 u	01:53 PM	_____
Finals	70 Boys 15 & Over 50 Butterfly	60	8 u	01:59 PM	_____
	Break: 5 Minutes: timers move/pool open				
Finals	71 Girls 15 & Over 200 IM	63	8 u	02:11 PM	_____
Finals	72 Boys 15 & Over 200 IM	75	10 u	02:36 PM	_____
	Swimmers Counts for Warm-ups: 216	=====	=====		
	Entry / Heat Totals:	592	78		
	Finish Time			03:05 PM	_____

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Session: 8 Session 8 - Sunday 13-14

Day of Meet: 3 Starts at 04:30 PM Heat Interval: 20 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	73 Girls 13-14 50 Breaststroke	59	8 u	04:30 PM	_____
Finals	74 Boys 13-14 50 Breaststroke	53	7 u	04:39 PM	_____
	Break: 5 Minutes: pool open/timers move				
Finals	75 Girls 13-14 200 Backstroke	35	5 u	04:52 PM	_____
Finals	76 Boys 13-14 200 Backstroke	30	4 u	05:08 PM	_____
	Break: 5 Minutes: pool open				
Finals	77 Girls 13-14 100 Freestyle	80	10 u	05:28 PM	_____
Finals	78 Boys 13-14 100 Freestyle	78	10 u	05:43 PM	_____
	Break: 5 Minutes: pool open/timers move				
Finals	79 Girls 13-14 50 Butterfly	51	7 u	06:03 PM	_____
Finals	80 Boys 13-14 50 Butterfly	53	7 u	06:10 PM	_____
	Break: 5 Minutes: pool open/timers move				
Finals	81 Girls 13-14 200 IM	55	7 u	06:22 PM	_____
Finals	82 Boys 13-14 200 IM	58	8 u	06:45 PM	_____
	Swimmers Counts for Warm-ups: 185	=====	=====		
	Entry / Heat Totals:	552	73		
	Finish Time			07:12 PM	_____