

NHSA 2019 State Championships
March 22-24, 2019 at the Upper Valley Aquatic Center
Session Report

Session: 1 Friday Evening

Day of Meet: 1 Starts at 05:30 PM Heat Interval: 15 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	1 Girls 11-12 200 IM	15	2	05:30 PM	_____
Finals	2 Boys 11-12 200 IM	8	1	05:37 PM	_____
Finals	3 Girls 13-14 200 IM	17	3	05:41 PM	_____
Finals	4 Boys 13-14 200 IM	10	2	05:50 PM	_____
Finals	5 Girls 15-19 200 IM	33	5	06:00 PM	_____
Finals	6 Boys 15-19 200 IM	20	3	06:14 PM	_____
Finals	7 Girls 11-12 200 Freestyle	15	2	06:22 PM	_____
Finals	8 Boys 11-12 200 Freestyle	8	1	06:28 PM	_____
Finals	9 Girls 13-14 500 Freestyle	18	3	06:31 PM	_____
Finals	10 Boys 13-14 500 Freestyle	12	2	06:52 PM	_____
Finals	11 Girls 15-19 500 Freestyle	32	4	07:05 PM	_____
Finals	12 Boys 15-19 500 Freestyle	22	3	07:32 PM	_____
	Swimmers Counts for Warm-ups: 198	=====	=====		
	Entry / Heat Totals:	210	31		
	Finish Time			07:50 PM	_____

Session: 2 Sat AM: 13-14 Girls and Boys

Day of Meet: 2 Starts at 09:35 AM Heat Interval: 20 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	13 Girls 13-14 200 Medley Relay	20	3	09:35 AM	_____
Finals	14 Boys 13-14 200 Medley Relay	11	2	09:45 AM	_____
	Break: 5 Minutes:				
Finals	15 Girls 13-14 200 Freestyle	26	4	09:56 AM	_____
Finals	16 Boys 13-14 200 Freestyle	18	3	10:07 AM	_____
Finals	17 Girls 13-14 50 Freestyle	70	9	10:16 AM	_____
Finals	18 Boys 13-14 50 Freestyle	39	5	10:24 AM	_____
Finals	19 Girls 13-14 100 Backstroke	47	6	10:29 AM	_____
Finals	20 Boys 13-14 100 Backstroke	30	4	10:41 AM	_____
	Break: 5 Minutes:				
Finals	21 Girls 13-14 100 Butterfly	31	4	10:55 AM	_____
Finals	22 Boys 13-14 100 Butterfly	23	3	11:02 AM	_____
Finals	23 Girls 13-14 100 Freestyle	70	9	11:07 AM	_____
Finals	24 Boys 13-14 100 Freestyle	41	6	11:22 AM	_____
Finals	25 Girls 13-14 100 Breaststroke	46	6	11:32 AM	_____
Finals	26 Boys 13-14 100 Breaststroke	33	5	11:43 AM	_____
	Break: 5 Minutes:				
Finals	27 Girls 13-14 200 Freestyle Relay	20	3	11:57 AM	_____
Finals	28 Boys 13-14 200 Freestyle Relay	11	2	12:05 PM	_____
	Swimmers Counts for Warm-ups: 163	=====	=====		
	Entry / Heat Totals:	536	74		
	Finish Time			12:10 PM	_____

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Session: 3 Sat PM: 15-19 Girls and Boys, 11-12 Boys

Day of Meet: 2 Starts at 02:30 PM Heat Interval: 20 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	29 Girls 15-19 200 Medley Relay	23	3	02:30 PM	_____
Finals	30 Boys 15-19 200 Medley Relay	14	2	02:39 PM	_____
Finals	31 Boys 11-12 200 Medley Relay	10	2	02:44 PM	_____
Finals	32 Girls 15-19 200 Freestyle	47	6	02:51 PM	_____
Finals	33 Boys 15-19 200 Freestyle	28	4	03:07 PM	_____
Finals	34 Boys 11-12 50 Freestyle	49	7	03:17 PM	_____
Finals	35 Girls 15-19 50 Freestyle	74	10	03:24 PM	_____
Finals	36 Boys 15-19 50 Freestyle	41	6	03:33 PM	_____
Finals	37 Boys 11-12 50 Backstroke	28	4	03:37 PM	_____
Finals	38 Girls 15-19 100 Backstroke	64	8	03:43 PM	_____
Finals	39 Boys 15-19 100 Backstroke	30	4	03:57 PM	_____
Finals	40 Boys 11-12 50 Butterfly	33	5	04:04 PM	_____
Finals	41 Girls 15-19 100 Butterfly	64	8	04:10 PM	_____
Finals	42 Boys 15-19 100 Butterfly	37	5	04:23 PM	_____
Finals	43 Boys 11-12 100 Freestyle	24	3	04:30 PM	_____
Finals	44 Girls 15-19 100 Freestyle	79	10	04:35 PM	_____
Finals	45 Boys 15-19 100 Freestyle	41	6	04:49 PM	_____
Finals	46 Boys 11-12 50 Breaststroke	34	5	04:57 PM	_____
Finals	47 Girls 15-19 100 Breaststroke	47	6	05:03 PM	_____
Finals	48 Boys 15-19 100 Breaststroke	32	4	05:14 PM	_____
Finals	49 Boys 11-12 200 Freestyle Relay	10	2	05:20 PM	_____
Finals	50 Girls 15-19 200 Freestyle Relay	22	3	05:26 PM	_____
Finals	51 Boys 15-19 200 Freestyle Relay	14	2	05:33 PM	_____
	Swimmers Counts for Warm-ups: 263	=====	=====		
	Entry / Heat Totals:	845	115		
	Finish Time			05:37 PM	_____

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Session: 4 Sun AM: 8&U Girls and Boys, 11-12 Girls

Day of Meet: 3 Starts at 09:05 AM Heat Interval: 20 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	52 Girls 8 & Under 100 Medley Relay	5	1	09:05 AM	_____
Finals	53 Boys 8 & Under 100 Medley Relay	5	1	09:08 AM	_____
Finals	54 Girls 11-12 200 Medley Relay	25	4	09:11 AM	_____
	Break: 3 Minutes:				
Finals	55 Girls 8 & Under 25 Freestyle	34	5	09:28 AM	_____
Finals	56 Boys 8 & Under 25 Freestyle	35	5	09:32 AM	_____
	Break: 3 Minutes:				
Finals	57 Girls 11-12 50 Freestyle	85	11	09:39 AM	_____
Finals	58 Girls 8 & Under 100 IM	9	2	09:50 AM	_____
Finals	59 Boys 8 & Under 100 IM	4	1	09:55 AM	_____
	Break: 3 Minutes:				
Finals	60 Girls 8 & Under 25 Backstroke	29	4	10:00 AM	_____
Finals	61 Boys 8 & Under 25 Backstroke	35	5	10:05 AM	_____
	Break: 3 Minutes:				
Finals	62 Girls 11-12 50 Backstroke	80	10	10:13 AM	_____
	Break: 3 Minutes:				
Finals	63 Girls 8 & Under 25 Butterfly	10	2	10:30 AM	_____
Finals	64 Boys 8 & Under 25 Butterfly	6	1	10:31 AM	_____
	Break: 3 Minutes:				
Finals	65 Girls 11-12 50 Butterfly	61	8	10:35 AM	_____
Finals	66 Girls 8 & Under 50 Freestyle	22	3	10:44 AM	_____
Finals	67 Boys 8 & Under 50 Freestyle	30	4	10:48 AM	_____
Finals	68 Girls 11-12 100 Freestyle	61	8	10:54 AM	_____
	Break: 3 Minutes:				
Finals	69 Girls 8 & Under 25 Breaststroke	22	3	11:11 AM	_____
Finals	70 Boys 8 & Under 25 Breaststroke	12	2	11:14 AM	_____
	Break: 3 Minutes:				
Finals	71 Girls 11-12 50 Breaststroke	54	7	11:19 AM	_____
Finals	72 Girls 8 & Under 100 Freestyle Relay	5	1	11:28 AM	_____
Finals	73 Boys 8 & Under 100 Freestyle Relay	5	1	11:30 AM	_____
Finals	74 Girls 11-12 200 Freestyle Relay	25	4	11:32 AM	_____
	Swimmers Counts for Warm-ups: 207	=====	=====		
	Entry / Heat Totals:	659	93		
	Finish Time			11:43 AM	_____

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Session: 5 Bonus Events

Day of Meet: 3 Starts at 12:45 PM Heat Interval: 15 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	75 Mixed 13 & Over 200 Backstroke	25	4	12:45 PM	_____
Finals	76 Mixed 13 & Over 200 Breaststroke	18	3	12:58 PM	_____
Finals	77 Mixed 13 & Over 200 Butterfly	12	2	01:08 PM	_____
Finals	78 Mixed 13 & Over 400 IM	8	1	01:14 PM	_____
	Swimmers Counts for Warm-ups: 54	=====	=====		
	Entry / Heat Totals:	63	10		
	Finish Time			01:21 PM	_____

Session: 6 Sun PM: 9-10 Girls and Boys

Day of Meet: 3 Starts at 02:55 PM Heat Interval: 20 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	79 Girls 9-10 200 Medley Relay	21	3	02:55 PM	_____
Finals	80 Boys 9-10 200 Medley Relay	14	2	03:07 PM	_____
Finals	81 Girls 9-10 50 Freestyle	69	9	03:16 PM	_____
Finals	82 Boys 9-10 50 Freestyle	50	7	03:25 PM	_____
Finals	83 Girls 9-10 100 IM	48	6	03:34 PM	_____
Finals	84 Boys 9-10 100 IM	23	3	03:47 PM	_____
Finals	85 Girls 9-10 50 Backstroke	63	8	03:54 PM	_____
Finals	86 Boys 9-10 50 Backstroke	49	7	04:05 PM	_____
Finals	87 Girls 9-10 50 Butterfly	34	5	04:16 PM	_____
Finals	88 Boys 9-10 50 Butterfly	20	3	04:23 PM	_____
Finals	89 Girls 9-10 100 Freestyle	40	5	04:27 PM	_____
Finals	90 Boys 9-10 100 Freestyle	35	5	04:37 PM	_____
Finals	91 Girls 9-10 50 Breaststroke	58	8	04:48 PM	_____
Finals	92 Boys 9-10 50 Breaststroke	35	5	04:58 PM	_____
Finals	93 Girls 9-10 200 Freestyle Relay	21	3	05:06 PM	_____
Finals	94 Boys 9-10 200 Freestyle Relay	15	2	05:16 PM	_____
	Swimmers Counts for Warm-ups: 178	=====	=====		
	Entry / Heat Totals:	595	81		
	Finish Time			05:23 PM	_____