

2021 MID CAP Championship
at the Keystone Aquatic Center
Session Report

Session: 1 2021 Women - (Warm-ups begin 8:15 AM)

Day of Meet: 1 Starts at 10:00 AM Heat Interval: 35 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	2 Girls 8 & Under 100 Medley Relay	5	1	10:00 AM	_____
Finals	4 Girls 9-10 200 Medley Relay	4	1	10:03 AM	_____
Finals	6 Girls 11-12 200 Medley Relay	7	1	10:08 AM	_____
Finals	8 Girls 13-14 200 Medley Relay	6	1	10:12 AM	_____
Finals	10 Girls 15 & Over 200 Medley Relay	8	1	10:16 AM	_____
	Break: 2 Minutes:				
Finals	12 Girls 9-10 100 IM	16	2	10:20 AM	_____
Finals	14 Girls 11-12 100 IM	16	2	10:25 AM	_____
Finals	16 Girls 13-14 100 IM	16	2	10:29 AM	_____
Finals	18 Girls 15 & Over 100 IM	16	2	10:32 AM	_____
	Break: 2 Minutes:				
Finals	20 Girls 8 & Under 25 Freestyle	16	2	10:38 AM	_____
	Break: 2 Minutes:				
Finals	22 Girls 9-10 50 Freestyle	16	2	10:42 AM	_____
Finals	24 Girls 11-12 50 Freestyle	16	2	10:44 AM	_____
Finals	26 Girls 13-14 50 Freestyle	16	2	10:46 AM	_____
Finals	28 Girls 15 & Over 50 Freestyle	16	2	10:48 AM	_____
	Break: 2 Minutes:				
Finals	30 Girls 8 & Under 25 Backstroke	16	2	10:52 AM	_____
	Break: 2 Minutes:				
Finals	32 Girls 9-10 50 Backstroke	16	2	10:57 AM	_____
Finals	34 Girls 11-12 50 Backstroke	16	2	11:00 AM	_____
Finals	36 Girls 13-14 50 Backstroke	16	2	11:03 AM	_____
Finals	38 Girls 15 & Over 50 Backstroke	16	2	11:06 AM	_____
	Break: 2 Minutes:				
Finals	40 Girls 9-10 100 Freestyle	16	2	11:10 AM	_____
Finals	42 Girls 11-12 100 Freestyle	16	2	11:14 AM	_____
Finals	44 Girls 13-14 100 Freestyle	16	2	11:18 AM	_____
Finals	46 Girls 15 & Over 100 Freestyle	16	2	11:21 AM	_____
	Break: 2 Minutes:				
Finals	48 Girls 8 & Under 25 Breaststroke	16	2	11:26 AM	_____
	Break: 2 Minutes:				
Finals	50 Girls 9-10 50 Breaststroke	16	2	11:30 AM	_____
Finals	52 Girls 11-12 50 Breaststroke	16	2	11:33 AM	_____
Finals	54 Girls 13-14 50 Breaststroke	16	2	11:36 AM	_____
Finals	56 Girls 15 & Over 50 Breaststroke	16	2	11:38 AM	_____
	Break: 2 Minutes:				
Finals	58 Girls 8 & Under 25 Butterfly	16	2	11:43 AM	_____
	Break: 2 Minutes:				
Finals	60 Girls 9-10 50 Butterfly	16	2	11:47 AM	_____
Finals	62 Girls 11-12 50 Butterfly	16	2	11:50 AM	_____
Finals	64 Girls 13-14 50 Butterfly	16	2	11:52 AM	_____
Finals	66 Girls 15 & Over 50 Butterfly	16	2	11:54 AM	_____

**2021 MID CAP Championship
at the Keystone Aquatic Center
Session Report**

Session: 1 2021 Women - (Warm-ups begin 8:15 AM)

Day of Meet: 1 Starts at 10:00 AM Heat Interval: 35 Seconds / Back +15 Seconds

Round	Event			Starts at	
	Break: 2 Minutes:				
Finals	68 Girls 8 & Under 100 Freestyle Relay	8	1	11:58 AM	_____
Finals	70 Girls 9-10 200 Freestyle Relay	8	1	12:02 PM	_____
Finals	72 Girls 11-12 200 Freestyle Relay	8	1	12:05 PM	_____
Finals	74 Girls 13-14 200 Freestyle Relay	8	1	12:08 PM	_____
Finals	76 Girls 15 & Over 200 Freestyle Relay	8	1	12:11 PM	_____
	Swimmers Counts for Warm-ups: 367	=====	=====		
	Entry / Heat Totals:	518	66		
	Finish Time			12:13 PM	_____

2021 MID CAP Championship
at the Keystone Aquatic Center
Session Report

Session: 2 2021 Men - (Warm-ups begin 1:15 PM)

Day of Meet: 1 Starts at 03:00 PM Heat Interval: 35 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	1 Boys 8 & Under 100 Medley Relay	1	1 u	03:00 PM	_____
Finals	3 Boys 9-10 200 Medley Relay	2	1 u	03:03 PM	_____
Finals	5 Boys 11-12 200 Medley Relay	4	1 u	03:07 PM	_____
Finals	7 Boys 13-14 200 Medley Relay	7	1 u	03:10 PM	_____
Finals	9 Boys 15 & Over 200 Medley Relay	7	1 u	03:14 PM	_____
	Break: 2 Minutes:				
Finals	11 Boys 9-10 100 IM	16	2 u	03:19 PM	_____
Finals	13 Boys 11-12 100 IM	16	2 u	03:23 PM	_____
Finals	15 Boys 13-14 100 IM	16	2 u	03:28 PM	_____
Finals	17 Boys 15 & Over 100 IM	16	2 u	03:31 PM	_____
	Break: 2 Minutes:				
Finals	19 Boys 8 & Under 25 Freestyle	16	2 u	03:36 PM	_____
	Break: 2 Minutes:				
Finals	21 Boys 9-10 50 Freestyle	16	2 u	03:40 PM	_____
Finals	23 Boys 11-12 50 Freestyle	16	2 u	03:43 PM	_____
Finals	25 Boys 13-14 50 Freestyle	16	2 u	03:45 PM	_____
Finals	27 Boys 15 & Over 50 Freestyle	16	2 u	03:47 PM	_____
	Break: 2 Minutes:				
Finals	29 Boys 8 & Under 25 Backstroke	16	2 u	03:51 PM	_____
	Break: 2 Minutes:				
Finals	31 Boys 9-10 50 Backstroke	16	2 u	03:55 PM	_____
Finals	33 Boys 11-12 50 Backstroke	16	2 u	03:59 PM	_____
Finals	35 Boys 13-14 50 Backstroke	16	2 u	04:01 PM	_____
Finals	37 Boys 15 & Over 50 Backstroke	16	2 u	04:04 PM	_____
	Break: 2 Minutes:				
Finals	39 Boys 9-10 100 Freestyle	16	2 u	04:09 PM	_____
Finals	41 Boys 11-12 100 Freestyle	16	2 u	04:13 PM	_____
Finals	43 Boys 13-14 100 Freestyle	16	2 u	04:17 PM	_____
Finals	45 Boys 15 & Over 100 Freestyle	16	2 u	04:20 PM	_____
	Break: 2 Minutes:				
Finals	47 Boys 8 & Under 25 Breaststroke	11	2 u	04:25 PM	_____
	Break: 2 Minutes:				
Finals	49 Boys 9-10 50 Breaststroke	16	2 u	04:29 PM	_____
Finals	51 Boys 11-12 50 Breaststroke	16	2 u	04:32 PM	_____
Finals	53 Boys 13-14 50 Breaststroke	16	2 u	04:35 PM	_____
Finals	55 Boys 15 & Over 50 Breaststroke	16	2 u	04:37 PM	_____
	Break: 2 Minutes:				
Finals	57 Boys 8 & Under 25 Butterfly	14	2 u	04:42 PM	_____
	Break: 2 Minutes:				
Finals	59 Boys 9-10 50 Butterfly	16	2 u	04:46 PM	_____
Finals	61 Boys 11-12 50 Butterfly	16	2 u	04:48 PM	_____
Finals	63 Boys 13-14 50 Butterfly	16	2 u	04:51 PM	_____
Finals	65 Boys 15 & Over 50 Butterfly	16	2 u	04:53 PM	_____

**2021 MID CAP Championship
at the Keystone Aquatic Center
Session Report**

Session: 2 2021 Men - (Warm-ups begin 1:15 PM)

Day of Meet: 1 Starts at 03:00 PM Heat Interval: 35 Seconds / Back +15 Seconds

Round	Event	Starts at			
	Break: 2 Minutes:				
Finals	67 Boys 8 & Under 100 Freestyle Relay	6	1 u	04:57 PM	_____
Finals	69 Boys 9-10 200 Freestyle Relay	7	1 u	05:00 PM	_____
Finals	71 Boys 11-12 200 Freestyle Relay	6	1 u	05:04 PM	_____
Finals	73 Boys 13-14 200 Freestyle Relay	7	1 u	05:06 PM	_____
Finals	75 Boys 15 & Over 200 Freestyle Relay	8	1 u	05:09 PM	_____
	Swimmers Counts for Warm-ups: 314	=====	=====		
	Entry / Heat Totals:	496	66		
	Finish Time			05:12 PM	_____