

**2018 Mid Cap Swimming Championships
at the Spring Grove High School Natatorium
Session Report**

Session: 1 2018 Mid Cap Meet - Session 1 (Warm-ups begin 7am)

Day of Meet: 1 Starts at 08:30 AM Heat Interval: 35 Seconds / Back +15 Seconds

| Round | Event | Entries | Heats | Starts at | |
|--------|--|---------|-------|-----------|-------|
| Finals | 1 Boys 8 & Under 100 Medley Relay | 4 | 1 | 08:30 AM | _____ |
| Finals | 2 Girls 8 & Under 100 Medley Relay | 8 | 2 | 08:33 AM | _____ |
| Finals | 3 Boys 9-10 200 Medley Relay | 8 | 2 | 08:39 AM | _____ |
| Finals | 4 Girls 9-10 200 Medley Relay | 8 | 2 | 08:47 AM | _____ |
| | Break: 5 Minutes: | | | | |
| Finals | 11 Boys 9-10 100 IM | 16 | 3 | 09:00 AM | _____ |
| Finals | 12 Girls 9-10 100 IM | 16 | 3 | 09:06 AM | _____ |
| | Break: 2 Minutes: | | | | |
| Finals | 19 Boys 8 & Under 25 Freestyle | 16 | 3 | 09:15 AM | _____ |
| Finals | 20 Girls 8 & Under 25 Freestyle | 16 | 3 | 09:18 AM | _____ |
| | Break: 2 Minutes: | | | | |
| Finals | 21 Boys 9-10 50 Freestyle | 16 | 3 | 09:23 AM | _____ |
| Finals | 22 Girls 9-10 50 Freestyle | 16 | 3 | 09:26 AM | _____ |
| | Break: 2 Minutes: | | | | |
| Finals | 29 Boys 8 & Under 25 Backstroke | 16 | 3 | 09:32 AM | _____ |
| Finals | 30 Girls 8 & Under 25 Backstroke | 16 | 3 | 09:36 AM | _____ |
| | Break: 2 Minutes: | | | | |
| Finals | 31 Boys 9-10 50 Backstroke | 16 | 3 | 09:41 AM | _____ |
| Finals | 32 Girls 9-10 50 Backstroke | 16 | 3 | 09:46 AM | _____ |
| | Break: 5 Minutes: | | | | |
| Finals | 39 Boys 9-10 100 Freestyle | 16 | 3 | 09:56 AM | _____ |
| Finals | 40 Girls 9-10 100 Freestyle | 16 | 3 | 10:02 AM | _____ |
| | Break: 2 Minutes: | | | | |
| Finals | 47 Boys 8 & Under 25 Breaststroke | 16 | 3 | 10:10 AM | _____ |
| Finals | 48 Girls 8 & Under 25 Breaststroke | 16 | 3 | 10:13 AM | _____ |
| | Break: 2 Minutes: | | | | |
| Finals | 49 Boys 9-10 50 Breaststroke | 16 | 3 | 10:18 AM | _____ |
| Finals | 50 Girls 9-10 50 Breaststroke | 16 | 3 | 10:23 AM | _____ |
| | Break: 2 Minutes: | | | | |
| Finals | 57 Boys 8 & Under 25 Butterfly | 16 | 3 | 10:29 AM | _____ |
| Finals | 58 Girls 8 & Under 25 Butterfly | 16 | 3 | 10:32 AM | _____ |
| | Break: 2 Minutes: | | | | |
| Finals | 59 Boys 9-10 50 Butterfly | 16 | 3 | 10:37 AM | _____ |
| Finals | 60 Girls 9-10 50 Butterfly | 16 | 3 | 10:41 AM | _____ |
| Finals | 67 Boys 8 & Under 100 Freestyle Relay | 8 | 2 | 10:45 AM | _____ |
| Finals | 68 Girls 8 & Under 100 Freestyle Relay | 8 | 2 | 10:49 AM | _____ |
| Finals | 69 Boys 9-10 200 Freestyle Relay | 8 | 2 | 10:54 AM | _____ |
| Finals | 70 Girls 9-10 200 Freestyle Relay | 8 | 2 | 11:01 AM | _____ |
| | Swimmers Counts for Warm-ups: 301 | ===== | ===== | | |
| | Entry / Heat Totals: | 380 | 75 | | |
| | Finish Time | | | 11:08 AM | _____ |