

**Ohio Long Course Junior Olympics 2008 - 7/17/2008 to 7/20/2008**  
**Sanctions # 3064-OH Time Trials # 3065-OH**  
**Session Report & Warmup Sessions**

**Warmup Session #1** 13-14 Age Group Only 11:30 AM– 12:15 PM [75 Swimmers - 45 minutes]

Note: Warmup Pool will be Open Thursday Beginning at 12:30 PM for All Ages

**Warmup Session # 2** 10&U and 11-12 Only 3:45 PM – 4:15 PM [100 Swimmers - 30 minutes]

**Warmup Session # 3** 13-14 Age Group Only [88 Swimmers - 10 minutes]

**Session: 1 Thursday Afternoon**

Day of Meet: 1 Starts at 12:30 PM Heat Interval: 15 Seconds / Back +15 Seconds

<b>Round</b>	<b>Event</b>	<b>Entries</b>	<b>Heats</b>	<b>Starts at</b>
Finals	101 Girls 13-14 1500 Freestyle	40	5	12:30 PM _____
Finals	102 Boys 13-14 1500 Freestyle	35	5	02:12 PM _____
<b>Break: 35 Minutes - Warmups #2</b>				
Finals	103 Girls 11-12 400 Freestyle	30	4	04:20 PM _____
Finals	104 Boys 11-12 400 Freestyle	16	2	04:45 PM _____
Finals	105 Girls 10 & Under 200 Freestyle	31	4	04:56 PM _____
Finals	106 Boys 10 & Under 200 Freestyle	23	3	05:08 PM _____
<b>Break: 10 Minutes – Warmups #3</b>				
Finals	107 Girls 13-14 800 Freestyle Relay	20	3	05:25 PM _____
Finals	108 Boys 13-14 800 Freestyle Relay	21	3	05:58 PM _____
	Swimmer Count for Warm-ups: 260	=====	=====	
	Entry / Heat Totals:	216	29	
	Finish Time			06:25 PM _____

