

**Eastern Zone SC All-Star Championships**  
**Nassau County Aquatic Center, Eisenhower Park**  
**Session Report**

Session: 1 Day 1 - Girls 11 & Over Prelims

Day of Meet: 1 Starts at 09:00 AM Heat Interval: 40 Seconds / Back +15 Seconds

<b>Round</b>	<b>Event</b>	<b>Entries</b>	<b>Heats</b>	<b>Starts at</b>
Prelims	1 Women 11-12 200 Backstroke	20	3	09:00 AM
Prelims	3 Women 15-18 100 Breaststroke	17	3	09:11 AM
Prelims	5 Women 13-14 100 Breaststroke	20	3	09:16 AM
Prelims	7 Women 11-12 50 Breaststroke	20	3	09:22 AM
Prelims	9 Women 15-18 200 Freestyle	15	2	09:26 AM
Prelims	11 Women 13-14 200 Freestyle	20	3	09:31 AM
Prelims	13 Women 11-12 100 Freestyle	21	3	09:39 AM
Prelims	15 Women 15-18 100 Butterfly	15	2	09:45 AM
Prelims	17 Women 13-14 100 Butterfly	20	3	09:48 AM
Prelims	19 Women 11-12 50 Butterfly	19	3	09:53 AM
Prelims	21 Women 15-18 400 IM	15	2	09:57 AM
Prelims	23 Women 13-14 400 IM	20	3	10:08 AM
Prelims	25 Women 11-12 200 IM	20	3	10:25 AM
Finals	27 Women 15-18 1000 Freestyle	15	2	10:35 AM
Finals	29 Women 13-14 1000 Freestyle	20	3	10:59 AM
	Swimmer Count for Warm-ups: 193	=====	=====	
	Entry / Heat Totals:	277	41	
	Finish Time			11:35 AM

Session: 2 Day 1 - Boys 11 & Over Prelims

Day of Meet: 1 Starts at 09:00 AM Heat Interval: 40 Seconds / Back +15 Seconds

<b>Round</b>	<b>Event</b>	<b>Entries</b>	<b>Heats</b>	<b>Starts at</b>
Prelims	2 Men 11-12 200 Backstroke	20	3	09:00 AM
Prelims	4 Men 15-18 100 Breaststroke	17	3	09:11 AM
Prelims	6 Men 13-14 100 Breaststroke	20	3	09:16 AM
Prelims	8 Men 11-12 50 Breaststroke	20	3	09:22 AM
Prelims	10 Men 15-18 200 Freestyle	16	2	09:25 AM
Prelims	12 Men 13-14 200 Freestyle	20	3	09:31 AM
Prelims	14 Men 11-12 100 Freestyle	20	3	09:38 AM
Prelims	16 Men 15-18 100 Butterfly	17	3	09:43 AM
Prelims	18 Men 13-14 100 Butterfly	20	3	09:48 AM
Prelims	20 Men 11-12 50 Butterfly	21	3	09:53 AM
Prelims	22 Men 15-18 400 IM	17	3	09:57 AM
Prelims	24 Men 13-14 400 IM	20	3	10:13 AM
Prelims	26 Men 11-12 200 IM	20	3	10:29 AM
Finals	28 Men 15-18 1000 Freestyle	15	2	10:39 AM
Finals	30 Men 13-14 1000 Freestyle	20	3	11:02 AM
	Swimmer Count for Warm-ups: 193	=====	=====	
	Entry / Heat Totals:	283	43	
	Finish Time			11:36 AM

**Eastern Zone SC All-Star Championships**  
**Nassau County Aquatic Center, Eisenhower Park**  
**Session Report**

Session: 3 Day 1 - 10&Under Timed Finals  
Day of Meet: 1 Starts at 01:20 PM Heat Interval: 30 Seconds

<b>Round</b>	<b>Event</b>	<b>Entries</b>	<b>Heats</b>	<b>Starts at</b>
Finals	37 Women 10 & Under 100 Freestyle	20	3	01:20 PM
Finals	38 Men 10 & Under 100 IM	20	3	01:25 PM
	Break: 8 Minutes			
Finals	39 Women 10 & Under 50 Breaststroke	19	3	01:38 PM
Finals	40 Men 10 & Under 100 Breaststroke	20	3	01:42 PM
	Break: 8 Minutes			
Finals	41 Women 10 & Under 50 Butterfly	20	3	01:56 PM
Finals	42 Men 10 & Under 50 Backstroke	20	3	01:59 PM
	Break: 8 Minutes			
Finals	43 Women 10 & Under 200 IM	20	3	02:10 PM
Finals	44 Men 10 & Under 200 Freestyle	20	3	02:20 PM
	Break: 8 Minutes			
Finals	45 Women 10 & Under 500 Freestyle	19	3	02:36 PM
	Break: 5 Minutes			
Finals	46 Men 10 & Under 400 Freestyle Relay	10	2	03:02 PM
Finals	47 Women 10 & Under 200 Freestyle Relay	10	2	03:12 PM
	Break: 8 Minutes			
	Swimmer Count for Warm-ups: 117	=====	=====	
	Entry / Heat Totals:	198	31	
	Finish Time			03:25 PM

**Eastern Zone SC All-Star Championships**  
**Nassau County Aquatic Center, Eisenhower Park**  
**Session Report**

Session: 4 Day 1 - 11 & Over FINALS

Day of Meet: 1 Starts at 06:00 PM Heat Interval: 60 Seconds / Back +15 Seconds

<b>Round</b>	<b>Event</b>	<b>Entries</b>	<b>Heats</b>	<b>Starts at</b>
Finals	1 Women 11-12 200 Backstroke	20	1	u06:00 PM
Finals	2 Men 11-12 200 Backstroke	20	1	u06:04 PM
Finals	3 Women 15-18 100 Breaststroke	17	1	u06:07 PM
Finals	4 Men 15-18 100 Breaststroke	17	1	u06:10 PM
Finals	5 Women 13-14 100 Breaststroke	20	1	u06:12 PM
Finals	6 Men 13-14 100 Breaststroke	20	1	u06:14 PM
Finals	7 Women 11-12 50 Breaststroke	20	1	u06:16 PM
Finals	8 Men 11-12 50 Breaststroke	20	1	u06:17 PM
Finals	9 Women 15-18 200 Freestyle	15	1	u06:19 PM
Finals	10 Men 15-18 200 Freestyle	16	1	u06:22 PM
Finals	11 Women 13-14 200 Freestyle	20	1	u06:24 PM
Finals	12 Men 13-14 200 Freestyle	20	1	u06:27 PM
Finals	13 Women 11-12 100 Freestyle	21	1	u06:30 PM
Finals	14 Men 11-12 100 Freestyle	20	1	u06:32 PM
Finals	15 Women 15-18 100 Butterfly	15	1	u06:34 PM
Finals	16 Men 15-18 100 Butterfly	17	1	u06:36 PM
Finals	17 Women 13-14 100 Butterfly	20	1	u06:38 PM
Finals	18 Men 13-14 100 Butterfly	20	1	u06:40 PM
Finals	19 Women 11-12 50 Butterfly	19	1	u06:42 PM
Finals	20 Men 11-12 50 Butterfly	21	1	u06:43 PM
Finals	21 Women 15-18 400 IM	15	1	u06:45 PM
Finals	22 Men 15-18 400 IM	17	1	u06:50 PM
Finals	23 Women 13-14 400 IM	20	1	u06:56 PM
Finals	24 Men 13-14 400 IM	20	1	u07:01 PM
Finals	25 Women 11-12 200 IM	20	1	u07:07 PM
Finals	26 Men 11-12 200 IM	20	1	u07:10 PM
	Break: 5 Minutes			
Finals	31 Women 15-18 400 Freestyle Relay	7	1	07:18 PM
Finals	32 Men 15-18 400 Freestyle Relay	8	1	07:23 PM
Finals	33 Women 13-14 400 Freestyle Relay	10	2	07:27 PM
Finals	34 Men 13-14 400 Freestyle Relay	10	2	07:37 PM
Finals	35 Women 11-12 400 Freestyle Relay	10	2	07:46 PM
Finals	36 Men 11-12 400 Freestyle Relay	10	2	07:56 PM
	Swimmer Count for Warm-ups: 175	=====	=====	
	Entry / Heat Totals:	545	36	
	Finish Time			08:06 PM

**Eastern Zone SC All-Star Championships**  
**Nassau County Aquatic Center, Eisenhower Park**  
**Session Report**

Session: 5 Day 2 - Girls 11 & Over Prelims

Day of Meet: 2 Starts at 09:00 AM Heat Interval: 40 Seconds / Back +15 Seconds

<b>Round</b>	<b>Event</b>	<b>Entries</b>	<b>Heats</b>	<b>Starts at</b>
Prelims	48 Women 11-12 200 Butterfly	20	3	09:00 AM
Prelims	50 Women 15-18 200 IM	17	3	09:10 AM
Prelims	52 Women 13-14 200 IM	20	3	09:19 AM
Prelims	54 Women 11-12 100 IM	21	3	09:29 AM
Prelims	56 Women 15-18 50 Freestyle	15	2	09:34 AM
Prelims	58 Women 13-14 50 Freestyle	20	3	09:37 AM
Prelims	60 Women 15-18 200 Breaststroke	16	2	09:40 AM
Prelims	62 Women 13-14 200 Breaststroke	20	3	09:47 AM
Prelims	64 Women 11-12 100 Breaststroke	20	3	09:57 AM
Prelims	66 Women 15-18 100 Backstroke	15	2	10:03 AM
Prelims	68 Women 13-14 100 Backstroke	20	3	10:07 AM
Prelims	70 Women 11-12 50 Backstroke	20	3	10:13 AM
Prelims	72 Women 15-18 500 Freestyle	16	2	10:17 AM
Prelims	74 Women 13-14 500 Freestyle	20	3	10:30 AM
Prelims	76 Women 11-12 200 Freestyle	20	3	10:48 AM
	Swimmer Count for Warm-ups: 192	=====	=====	
	Entry / Heat Totals:	280	41	
	Finish Time			10:57 AM

**Eastern Zone SC All-Star Championships**  
**Nassau County Aquatic Center, Eisenhower Park**  
**Session Report**

Session: 6 Day 2 - Boys 11 & Over Prelims

Day of Meet: 2 Starts at 09:00 AM Heat Interval: 40 Seconds / Back +15 Seconds

<b>Round</b>	<b>Event</b>	<b>Entries</b>	<b>Heats</b>	<b>Starts at</b>
Prelims	49 Men 11-12 200 Butterfly	17	3	09:00 AM
Prelims	51 Men 15-18 200 IM	18	3	09:10 AM
Prelims	53 Men 13-14 200 IM	20	3	09:18 AM
Prelims	55 Men 11-12 100 IM	20	3	09:27 AM
Prelims	57 Men 15-18 50 Freestyle	18	3	09:33 AM
Prelims	59 Men 13-14 50 Freestyle	20	3	09:36 AM
Prelims	61 Men 15-18 200 Breaststroke	16	2	09:39 AM
Prelims	63 Men 13-14 200 Breaststroke	20	3	09:45 AM
Prelims	65 Men 11-12 100 Breaststroke	19	3	09:55 AM
Prelims	67 Men 15-18 100 Backstroke	17	3	10:01 AM
Prelims	69 Men 13-14 100 Backstroke	20	3	10:07 AM
Prelims	71 Men 11-12 50 Backstroke	21	3	10:12 AM
Prelims	73 Men 15-18 500 Freestyle	18	3	10:17 AM
Prelims	75 Men 13-14 500 Freestyle	20	3	10:35 AM
Prelims	77 Men 11-12 200 Freestyle	20	3	10:53 AM
	Swimmer Count for Warm-ups: 197	=====	=====	
	Entry / Heat Totals:	284	44	
	Finish Time			11:02 AM

**Eastern Zone SC All-Star Championships**  
**Nassau County Aquatic Center, Eisenhower Park**  
**Session Report**

Session: 7 Day 2 - 10&Under Timed Finals  
Day of Meet: 2 Starts at 01:20 PM Heat Interval: 30 Seconds

<b>Round</b>	<b>Event</b>	<b>Entries</b>	<b>Heats</b>	<b>Starts at</b>
Finals	84 Men 10 & Under 100 Freestyle	20	3	01:20 PM
Finals	85 Women 10 & Under 100 IM	20	3	01:25 PM
	Break: 8 Minutes			
Finals	86 Men 10 & Under 50 Breaststroke	20	3	01:38 PM
Finals	87 Women 10 & Under 100 Breaststroke	19	3	01:42 PM
	Break: 8 Minutes			
Finals	88 Men 10 & Under 50 Butterfly	20	3	01:56 PM
Finals	89 Women 10 & Under 50 Backstroke	20	3	01:59 PM
	Break: 8 Minutes			
Finals	90 Men 10 & Under 200 IM	18	3	02:10 PM
Finals	91 Women 10 & Under 200 Freestyle	19	3	02:20 PM
	Break: 8 Minutes			
Finals	92 Men 10 & Under 500 Freestyle	18	3	02:36 PM
	Break: 5 Minutes			
Finals	93 Women 10 & Under 400 Freestyle Relay	10	2	03:01 PM
Finals	94 Men 10 & Under 200 Freestyle Relay	10	2	03:11 PM
	Break: 8 Minutes			
	Swimmer Count for Warm-ups: 120	=====	=====	
	Entry / Heat Totals:	194	31	
	Finish Time			03:24 PM

**Eastern Zone SC All-Star Championships**  
**Nassau County Aquatic Center, Eisenhower Park**  
**Session Report**

Session: 8 Day 2 - 11 & Over FINALS

Day of Meet: 2 Starts at 06:00 PM Heat Interval: 60 Seconds

Round	Event	Entries	Heats	Starts at
Finals	48 Women 11-12 200 Butterfly	20	1	u06:00 PM
Finals	49 Men 11-12 200 Butterfly	17	1	u06:04 PM
Finals	50 Women 15-18 200 IM	17	1	u06:07 PM
Finals	51 Men 15-18 200 IM	18	1	u06:10 PM
Finals	52 Women 13-14 200 IM	20	1	u06:13 PM
Finals	53 Men 13-14 200 IM	20	1	u06:16 PM
Finals	54 Women 11-12 100 IM	21	1	u06:19 PM
Finals	55 Men 11-12 100 IM	20	1	u06:22 PM
Finals	56 Women 15-18 50 Freestyle	15	1	u06:24 PM
Finals	57 Men 15-18 50 Freestyle	18	1	u06:25 PM
Finals	58 Women 13-14 50 Freestyle	20	1	u06:26 PM
Finals	59 Men 13-14 50 Freestyle	20	1	u06:28 PM
Finals	60 Women 15-18 200 Breaststroke	16	1	u06:29 PM
Finals	61 Men 15-18 200 Breaststroke	16	1	u06:33 PM
Finals	62 Women 13-14 200 Breaststroke	20	1	u06:36 PM
Finals	63 Men 13-14 200 Breaststroke	20	1	u06:39 PM
Finals	64 Women 11-12 100 Breaststroke	20	1	u06:43 PM
Finals	65 Men 11-12 100 Breaststroke	19	1	u06:45 PM
Finals	66 Women 15-18 100 Backstroke	15	1	u06:47 PM
Finals	67 Men 15-18 100 Backstroke	17	1	u06:49 PM
Finals	68 Women 13-14 100 Backstroke	20	1	u06:51 PM
Finals	69 Men 13-14 100 Backstroke	20	1	u06:53 PM
Finals	70 Women 11-12 50 Backstroke	20	1	u06:55 PM
Finals	71 Men 11-12 50 Backstroke	21	1	u06:56 PM
Finals	72 Women 15-18 500 Freestyle	16	1	u06:58 PM
Finals	73 Men 15-18 500 Freestyle	18	1	u07:04 PM
Finals	74 Women 13-14 500 Freestyle	20	1	u07:10 PM
Finals	75 Men 13-14 500 Freestyle	20	1	u07:16 PM
Finals	76 Women 11-12 200 Freestyle	20	1	u07:22 PM
Finals	77 Men 11-12 200 Freestyle	20	1	u07:25 PM
	Break: 5 Minutes			
Finals	78 Women 15-18 200 Freestyle Relay	7	1	07:33 PM
Finals	79 Men 15-18 200 Freestyle Relay	8	1	07:35 PM
Finals	80 Women 13-14 200 Freestyle Relay	10	2	07:38 PM
Finals	81 Men 13-14 200 Freestyle Relay	10	2	07:43 PM
Finals	82 Women 11-12 200 Freestyle Relay	10	2	07:49 PM
Finals	83 Men 11-12 200 Freestyle Relay	10	2	07:54 PM
	Swimmer Count for Warm-ups: 199	=====	=====	
	Entry / Heat Totals:	619	40	
	Finish Time			08:00 PM

**Eastern Zone SC All-Star Championships**  
**Nassau County Aquatic Center, Eisenhower Park**  
**Session Report**

Session: 9 Day 3 - Girls 11 & Over Prelims

Day of Meet: 3 Starts at 09:00 AM Heat Interval: 40 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at
Finals	95 Women 11-12 500 Freestyle	19	3	09:00 AM
Prelims	97 Women 15-18 200 Backstroke	15	2	09:19 AM
Prelims	99 Women 11-12 200 Breaststroke	20	3	09:26 AM
Prelims	101 Women 13-14 200 Backstroke	20	3	09:36 AM
Prelims	103 Women 11-12 100 Backstroke	20	3	09:46 AM
Prelims	105 Women 15-18 100 Freestyle	17	3	09:52 AM
Prelims	107 Women 13-14 100 Freestyle	20	3	09:57 AM
Prelims	109 Women 11-12 50 Freestyle	21	3	10:02 AM
Prelims	111 Women 15-18 200 Butterfly	14	2	10:05 AM
Prelims	113 Women 13-14 200 Butterfly	17	3	10:11 AM
Prelims	115 Women 11-12 100 Butterfly	20	3	10:21 AM
Finals	117 Women 15-18 1650 Freestyle	16	2	10:26 AM
Finals	119 Women 13-14 1650 Freestyle	18	3	11:06 AM
	Swimmer Count for Warm-ups: 183	=====	=====	
	Entry / Heat Totals:	237	36	
	Finish Time			12:06 PM

Session: 10 Day 3 - Boys 11 & Over Prelims

Day of Meet: 3 Starts at 09:00 AM Heat Interval: 40 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at
Finals	96 Men 11-12 500 Freestyle	19	3	09:00 AM
Prelims	98 Men 15-18 200 Backstroke	16	2	09:20 AM
Prelims	100 Men 11-12 200 Breaststroke	19	3	09:26 AM
Prelims	102 Men 13-14 200 Backstroke	20	3	09:36 AM
Prelims	104 Men 11-12 100 Backstroke	21	3	09:46 AM
Prelims	106 Men 15-18 100 Freestyle	18	3	09:52 AM
Prelims	108 Men 13-14 100 Freestyle	20	3	09:57 AM
Prelims	110 Men 11-12 50 Freestyle	20	3	10:02 AM
Prelims	112 Men 15-18 200 Butterfly	15	2	10:05 AM
Prelims	114 Men 13-14 200 Butterfly	20	3	10:11 AM
Prelims	116 Men 11-12 100 Butterfly	19	3	10:20 AM
Finals	118 Men 15-18 1650 Freestyle	16	2	10:25 AM
Finals	120 Men 13-14 1650 Freestyle	20	3	11:03 AM
	Swimmer Count for Warm-ups: 177	=====	=====	
	Entry / Heat Totals:	243	36	
	Finish Time			11:58 AM

**Eastern Zone SC All-Star Championships**  
**Nassau County Aquatic Center, Eisenhower Park**  
**Session Report**

Session: 11 Day 3 - 10&Under Timed Finals  
 Day of Meet: 3 Starts at 01:30 PM Heat Interval: 30 Seconds

<b>Round</b>	<b>Event</b>	<b>Entries</b>	<b>Heats</b>	<b>Starts at</b>
Finals	127 Women 10 & Under 100 Backstroke	20	3	01:30 PM
Finals	128 Men 10 & Under 100 Backstroke	20	3	01:36 PM
	Break: 8 Minutes			
Finals	129 Women 10 & Under 50 Freestyle	20	3	01:49 PM
Finals	130 Men 10 & Under 50 Freestyle	20	3	01:52 PM
	Break: 8 Minutes			
Finals	131 Women 10 & Under 100 Butterfly	20	3	02:03 PM
Finals	132 Men 10 & Under 100 Butterfly	20	3	02:08 PM
	Break: 8 Minutes			
Finals	133 Women 10 & Under 200 Medley Relay	10	2	02:21 PM
Finals	134 Men 10 & Under 200 Medley Relay	10	2	02:27 PM
	Break: 8 Minutes			
	Swimmer Count for Warm-ups: 97	=====	=====	
	Entry / Heat Totals:	140	22	
	Finish Time			02:40 PM

**Eastern Zone SC All-Star Championships**  
**Nassau County Aquatic Center, Eisenhower Park**  
**Session Report**

Session: 12 Day 3 - 11 & Over FINALS

Day of Meet: 3 Starts at 06:00 PM Heat Interval: 75 Seconds

Round	Event	Entries	Heats	Starts at
Finals	97 Women 15-18 200 Backstroke	15	1	u06:00 PM
Finals	98 Men 15-18 200 Backstroke	16	1	u06:04 PM
Finals	99 Women 11-12 200 Breaststroke	20	1	u06:07 PM
Finals	100 Men 11-12 200 Breaststroke	19	1	u06:11 PM
Finals	101 Women 13-14 200 Backstroke	20	1	u06:15 PM
Finals	102 Men 13-14 200 Backstroke	20	1	u06:18 PM
Finals	103 Women 11-12 100 Backstroke	20	1	u06:21 PM
Finals	104 Men 11-12 100 Backstroke	21	1	u06:23 PM
Finals	105 Women 15-18 100 Freestyle	17	1	u06:26 PM
Finals	106 Men 15-18 100 Freestyle	18	1	u06:28 PM
Finals	107 Women 13-14 100 Freestyle	20	1	u06:30 PM
Finals	108 Men 13-14 100 Freestyle	20	1	u06:32 PM
Finals	109 Women 11-12 50 Freestyle	21	1	u06:34 PM
Finals	110 Men 11-12 50 Freestyle	20	1	u06:36 PM
Finals	111 Women 15-18 200 Butterfly	14	1	u06:38 PM
Finals	112 Men 15-18 200 Butterfly	15	1	u06:41 PM
Finals	113 Women 13-14 200 Butterfly	17	1	u06:44 PM
Finals	114 Men 13-14 200 Butterfly	20	1	u06:48 PM
Finals	115 Women 11-12 100 Butterfly	20	1	u06:51 PM
Finals	116 Men 11-12 100 Butterfly	19	1	u06:53 PM
	Break: 5 Minutes			
Finals	121 Women 15-18 400 Medley Relay	7	1	07:01 PM
Finals	122 Men 15-18 400 Medley Relay	8	1	07:06 PM
Finals	123 Women 13-14 400 Medley Relay	10	2	07:11 PM
Finals	124 Men 13-14 400 Medley Relay	10	2	07:22 PM
Finals	125 Women 11-12 200 Medley Relay	10	2	07:32 PM
Finals	126 Men 11-12 200 Medley Relay	10	2	07:39 PM
	Swimmer Count for Warm-ups: 157	=====	=====	
	Entry / Heat Totals:	427	30	
	Finish Time			07:45 PM