

**CAC Distance Meet - Sanction # 2998-OH - 12/15/2007
Session Report**

**CAC Distance Meet
Saturday, December 15, 2007**

Warm-up Schedule and Time Line

Warm-Up Women 1650 and Combined Heat 1 Men and Women 1650 – 7:45 AM – 8:10 AM

Warm-Up Men 1650 – 10:15 AM – 10:40 AM

Session: 1 1650 Saturday AM

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

Round	Event	Entries	Heats	Starts at
Finals	101 Women 1650 Freestyle Break: 25 Minutes	26	5	08:15 AM _____
Finals	102 Men 1650 Freestyle Swimmer Count for Warm-ups: 44	18 =====	3 =====	10:40 AM _____
	Entry / Heat Totals:	44	8	
	Finish Time			11:56 AM _____

Warm-Up Women 500 – 12:00 PM – 12:20 AM

Warm-Up Men 500 – 1:20 PM – 1:40 PM

Session: 2 500 Saturday AM

Day of Meet: 1 Starts at 12:25 PM Heat Interval: 15 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at
Finals	103 Women 500 Freestyle Break: 20 Minutes	45	8	12:25 PM _____
Finals	104 Men 500 Freestyle Swimmer Count for Warm-ups: 75	30 =====	5 =====	01:43 PM _____
	Entry / Heat Totals:	75	13	
	Finish Time			02:19 PM _____