

**2024 ATST Here Comes the Sun LCM Specialty - 4/5/2024 to 4/7/2024**  
**Hosted by ATST and Determination Aquatics, Sanction #: NE24-0405ATST**  
**Check meet info at [meets.swimdna.org/atst-24apr!](https://meets.swimdna.org/atst-24apr!)**  
**Session Report**

Session: 1 Friday Distance Session

Day of Meet: 1 Starts at 05:00 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	1 Girls Open 400 IM	27	5 u	05:00 PM	_____
Finals	2 Boys Open 400 IM	34	6 u	05:33 PM	_____
	Break: 10 Minutes: Pool is Open				
Finals	3 Mixed 11 & Over 1500 Freestyle	27	5 u	06:18 PM	_____
	Swimmers Counts for Warm-ups: 84	=====	=====		
	Entry / Heat Totals:	88	16		
	Finish Time			08:06 PM	_____

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**Session Report**

Session: 2 Saturday 13&Over Session

Day of Meet: 2 Starts at 08:00 AM Heat Interval: 15 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	4 Girls 13 & Over 200 Freestyle	49	9 u	08:00 AM	_____
Finals	5 Boys 13 & Over 200 Freestyle	54	9 u	08:27 AM	_____
	Break: 5 Minutes: Timers Move				
Finals	6 Girls 13 & Over 50 Butterfly	29	5 u	08:56 AM	_____
Finals	7 Boys 13 & Over 50 Butterfly	21	4 u	09:00 AM	_____
	Break: 10 Minutes: Pool is Open				
Finals	8 Girls 13 & Over 200 Backstroke	42	7 u	09:14 AM	_____
Finals	9 Boys 13 & Over 200 Backstroke	30	5 u	09:37 AM	_____
Finals	10 Girls 13 & Over 100 Breaststroke	33	6 u	09:53 AM	_____
Finals	11 Boys 13 & Over 100 Breaststroke	35	6 u	10:05 AM	_____
	Break: 10 Minutes: Pool is Open				
Finals	12 Girls 13 & Over 200 Butterfly	14	3 u	10:25 AM	_____
Finals	13 Boys 13 & Over 200 Butterfly	21	4 u	10:35 AM	_____
	Break: 5 Minutes: Timers Move				
Finals	14 Girls 13 & Over 50 Freestyle	58	10 u	10:51 AM	_____
Finals	15 Boys 13 & Over 50 Freestyle	58	10 u	10:59 AM	_____
	Swimmers Counts for Warm-ups: 139	=====	=====		
	Entry / Heat Totals:	444	78		
	Finish Time			11:07 AM	_____

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**Session Report**

Session: 3 Saturday Distance and Time Trials Session

Day of Meet: 2 Starts at 11:45 AM Heat Interval: 15 Seconds / Back +15 Seconds

<b>Round</b>	<b>Event</b>	<b>Entries</b>	<b>Heats</b>	<b>Starts at</b>	
Finals	16 Mixed 11 & Over 800 Freestyle	33	6 u	11:45 AM	_____
	Swimmers Counts for Warm-ups: 33	=====	=====		
	Entry / Heat Totals:	33	6		
	Finish Time			12:57 PM	_____

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**Session Report**

Session: 4 Saturday 12&Under Session  
Day of Meet: 2 Starts at 02:35 PM Heat Interval: 20 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	17 Girls 12 & Under 200 Freestyle	58	10 u	02:35 PM	_____
Finals	18 Boys 12 & Under 200 Freestyle	29	5 u	03:12 PM	_____
	Break: 5 Minutes: Timers Move				
Finals	19 Girls 12 & Under 50 Butterfly	73	13 u	03:36 PM	_____
Finals	20 Boys 12 & Under 50 Butterfly	59	10 u	03:54 PM	_____
	Break: 10 Minutes: Pool is Open				
Finals	21 Girls 12 & Under 200 Backstroke	17	3 u	04:18 PM	_____
Finals	22 Boys 12 & Under 200 Backstroke	11	2 u	04:30 PM	_____
Finals	23 Girls 12 & Under 100 Breaststroke	74	13 u	04:38 PM	_____
Finals	24 Boys 12 & Under 100 Breaststroke	53	9 u	05:11 PM	_____
	Break: 10 Minutes: Pool is Open				
Finals	25 Girls 12 & Under 200 Butterfly	1	1 u	05:43 PM	_____
Finals	26 Boys 12 & Under 200 Butterfly	6	1 u	05:47 PM	_____
	Break: 5 Minutes: Timers Move				
Finals	27 Girls 12 & Under 50 Freestyle	99	17 u	05:55 PM	_____
Finals	28 Boys 12 & Under 50 Freestyle	76	13 u	06:15 PM	_____
	Swimmers Counts for Warm-ups: 179	=====	=====		
	Entry / Heat Totals:	556	97		
	Finish Time			06:30 PM	_____

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**Session Report**

Session: 5 Sunday 13&Over Session

Day of Meet: 3 Starts at 08:00 AM Heat Interval: 15 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	29 Girls 13 & Over 50 Backstroke	16	3 u	08:00 AM	_____
Finals	30 Boys 13 & Over 50 Backstroke	17	3 u	08:04 AM	_____
	Break: 5 Minutes: Timers Move				
Finals	31 Girls 13 & Over 100 Butterfly	50	9 u	08:13 AM	_____
Finals	32 Boys 13 & Over 100 Butterfly	45	8 u	08:27 AM	_____
	Break: 10 Minutes: Pool is Open				
Finals	33 Girls 13 & Over 50 Breaststroke	16	3 u	08:49 AM	_____
Finals	34 Boys 13 & Over 50 Breaststroke	12	2 u	08:53 AM	_____
	Break: 5 Minutes: Timers Move				
Finals	35 Girls 13 & Over 100 Freestyle	49	9 u	09:00 AM	_____
Finals	36 Boys 13 & Over 100 Freestyle	58	10 u	09:13 AM	_____
Finals	37 Girls 13 & Over 200 IM	37	7 u	09:27 AM	_____
Finals	38 Boys 13 & Over 200 IM	37	7 u	09:49 AM	_____
	Break: 10 Minutes: Pool is Open				
Finals	39 Girls 13 & Over 100 Backstroke	41	7 u	10:20 AM	_____
Finals	40 Boys 13 & Over 100 Backstroke	37	7 u	10:34 AM	_____
Finals	41 Girls 13 & Over 200 Breaststroke	24	4 u	10:47 AM	_____
Finals	42 Boys 13 & Over 200 Breaststroke	26	5 u	11:01 AM	_____
	Swimmers Counts for Warm-ups: 141	=====	=====		
	Entry / Heat Totals:	465	84		
	Finish Time			11:18 AM	_____

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**Session Report**

Session: 6 Sunday Distance Session

Day of Meet: 3 Starts at 11:50 AM Heat Interval: 15 Seconds / Back +15 Seconds

<b>Round</b>	<b>Event</b>	<b>Entries</b>	<b>Heats</b>	<b>Starts at</b>	
Finals	43 Mixed Open 400 Freestyle	85	15 u	11:50 AM	_____
	Swimmers Counts for Warm-ups: 85	=====	=====		
	Entry / Heat Totals:	85	15		
	Finish Time			01:18 PM	_____

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**Session Report**

Session: 7 Sunday 12&Under Session

Day of Meet: 3 Starts at 02:30 PM Heat Interval: 20 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	44 Girls 12 & Under 50 Backstroke	64	11 u	02:30 PM	_____
Finals	45 Boys 12 & Under 50 Backstroke	58	10 u	02:47 PM	_____
	Break: 5 Minutes: Timers Move				
Finals	46 Girls 12 & Under 100 Butterfly	14	3 u	03:08 PM	_____
Finals	47 Boys 12 & Under 100 Butterfly	16	3 u	03:15 PM	_____
	Break: 10 Minutes: Pool is Open				
Finals	48 Girls 12 & Under 50 Breaststroke	58	10 u	03:31 PM	_____
Finals	49 Boys 12 & Under 50 Breaststroke	39	7 u	03:45 PM	_____
	Break: 5 Minutes: Timers Move				
Finals	50 Girls 12 & Under 100 Freestyle	65	11 u	04:00 PM	_____
Finals	51 Boys 12 & Under 100 Freestyle	52	9 u	04:24 PM	_____
Finals	52 Girls 12 & Under 200 IM	23	4 u	04:44 PM	_____
Finals	53 Boys 12 & Under 200 IM	18	3 u	05:01 PM	_____
	Break: 10 Minutes: Pool is Open				
Finals	54 Girls 12 & Under 100 Backstroke	52	9 u	05:23 PM	_____
Finals	55 Boys 12 & Under 100 Backstroke	36	6 u	05:45 PM	_____
Finals	56 Girls 12 & Under 200 Breaststroke	14	3 u	06:01 PM	_____
Finals	57 Boys 12 & Under 200 Breaststroke	11	2 u	06:13 PM	_____
	Swimmers Counts for Warm-ups: 149	=====	=====		
	Entry / Heat Totals:	520	91		
	Finish Time			06:21 PM	_____