

GSCY 2026 Long Course Cup - 5/29/2026 to 5/31/2026

Session Report

Session: 1A 11/Over 200 Back Breast

Day of Meet: 1 Starts at 05:00 PM Heat Interval: 15 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	1 Girls 11 & Over 200 Backstroke	95	10 u	05:00 PM	_____
Finals	2 Boys 11 & Over 200 Backstroke	101	11 u	05:33 PM	_____
Finals	3 Girls 11 & Over 200 Breaststroke	80	8 u	06:09 PM	_____
Finals	4 Boys 11 & Over 200 Breaststroke	65	7 u	06:37 PM	_____
	Swimmers Counts for Warm-ups: 341	=====	=====		
	Entry / Heat Totals:	341	36		
	Finish Time			07:00 PM	_____

Session: 1B 11 & Over 200 fly 400 Freestyle

Day of Meet: 1 Starts at 07:30 PM Heat Interval: 15 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	5 Girls 11 & Over 200 Butterfly	25	3 u	07:30 PM	_____
Finals	6 Boys 11 & Over 200 Butterfly	31	4 u	07:40 PM	_____
Finals	7 Girls 11 & Over 400 Freestyle	52	6 u	07:52 PM	_____
Finals	8 Boys 11 & Over 400 Freestyle	59	6 u	08:26 PM	_____
	Swimmers Counts for Warm-ups: 167	=====	=====		
	Entry / Heat Totals:	167	19		
	Finish Time			08:58 PM	_____

GSCY 2026 Long Course Cup - 5/29/2026 to 5/31/2026

Session Report

Session: 2 Session 2 10/u girls and boys, 11/12 girls

Day of Meet: 2 Starts at 08:45 AM Heat Interval: 15 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	9 Girls 11-12 200 Freestyle Relay	11	2 u	08:45 AM	_____
Finals	10 Girls 10 & Under 200 Freestyle Relay	7	1 u	08:51 AM	_____
Finals	11 Boys 10 & Under 200 Freestyle Relay	7	1 u	08:55 AM	_____
	Break: 5 Minutes:				
Finals	12 Girls 11-12 50 Freestyle	92	10 u	09:04 AM	_____
Finals	13 Girls 10 & Under 50 Freestyle	43	5 u	09:12 AM	_____
Finals	14 Boys 10 & Under 50 Freestyle	39	4 u	09:17 AM	_____
	Break: 5 Minutes:				
Finals	15 Girls 11-12 100 Butterfly	23	3 u	09:25 AM	_____
Finals	16 Girls 10 & Under 100 Butterfly	10	1 u	09:31 AM	_____
Finals	17 Boys 10 & Under 100 Butterfly	5	1 u	09:33 AM	_____
	Break: 5 Minutes:				
Finals	18 Girls 11-12 50 Breaststroke	58	6 u	09:40 AM	_____
Finals	19 Girls 10 & Under 50 Breaststroke	37	4 u	09:46 AM	_____
Finals	20 Boys 10 & Under 50 Breaststroke	32	4 u	09:51 AM	_____
	Break: 5 Minutes:				
Finals	21 Girls 11-12 100 Backstroke	70	7 u	10:00 AM	_____
Finals	22 Girls 10 & Under 100 Backstroke	35	4 u	10:15 AM	_____
Finals	23 Boys 10 & Under 100 Backstroke	32	4 u	10:23 AM	_____
Finals	24 Girls 11-12 200 Freestyle	55	6 u	10:32 AM	_____
Finals	25 Girls 10 & Under 200 Freestyle	30	3 u	10:51 AM	_____
Finals	26 Boys 10 & Under 200 Freestyle	22	3 u	11:02 AM	_____
	Swimmers Counts for Warm-ups: 209	=====	=====		
	Entry / Heat Totals:	608	69		
	Finish Time			11:13 AM	_____

GSCY 2026 Long Course Cup - 5/29/2026 to 5/31/2026**Session Report**

Session: 3 Session 3 13/14 girls and boys, 11/12 boys

Day of Meet: 2 Starts at 12:40 PM Heat Interval: 15 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	27 Boys 11-12 200 Freestyle Relay	11	2 u	12:40 PM	_____
Finals	28 Girls 13-14 200 Freestyle Relay	13	2 u	12:46 PM	_____
Finals	29 Boys 13-14 200 Freestyle Relay	11	2 u	12:51 PM	_____
	Break: 5 Minutes:				
Finals	30 Boys 11-12 50 Freestyle	85	9 u	01:01 PM	_____
Finals	31 Girls 13-14 50 Freestyle	104	11 u	01:08 PM	_____
Finals	32 Boys 13-14 50 Freestyle	78	8 u	01:17 PM	_____
	Break: 5 Minutes:				
Finals	33 Boys 11-12 100 Butterfly	25	3 u	01:28 PM	_____
Finals	34 Girls 13-14 100 Butterfly	50	5 u	01:33 PM	_____
Finals	35 Boys 13-14 100 Butterfly	40	4 u	01:42 PM	_____
	Break: 5 Minutes:				
Finals	36 Boys 11-12 50 Breaststroke	44	5 u	01:53 PM	_____
Finals	37 Girls 13-14 50 Breaststroke	43	5 u	01:58 PM	_____
Finals	38 Boys 13-14 50 Breaststroke	28	3 u	02:04 PM	_____
	Break: 5 Minutes:				
Finals	39 Boys 11-12 100 Backstroke	57	6 u	02:12 PM	_____
Finals	40 Girls 13-14 100 Backstroke	71	8 u	02:24 PM	_____
Finals	41 Boys 13-14 100 Backstroke	59	6 u	02:39 PM	_____
Finals	42 Boys 11-12 200 Freestyle	40	4 u	02:50 PM	_____
Finals	43 Girls 13-14 200 Freestyle	78	8 u	03:03 PM	_____
Finals	44 Boys 13-14 200 Freestyle	70	7 u	03:27 PM	_____
	Swimmers Counts for Warm-ups: 312	=====	=====		
	Entry / Heat Totals:	907	98		
	Finish Time			03:46 PM	_____

GSCY 2026 Long Course Cup - 5/29/2026 to 5/31/2026

Session Report

Session: 4 Session 4 15/Over

Day of Meet: 2 Starts at 05:10 PM Heat Interval: 15 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	45 Girls 15 & Over 200 Freestyle Relay	12	2 u	05:10 PM	_____
Finals	46 Boys 15 & Over 200 Freestyle Relay	14	2 u	05:15 PM	_____
Finals	47 Girls 15 & Over 100 Freestyle	124	13 u	05:19 PM	_____
Finals	48 Boys 15 & Over 100 Freestyle	149	15 u	05:37 PM	_____
	Break: 5 Minutes:				
Finals	49 Girls 15 & Over 50 Breaststroke	32	4 u	06:01 PM	_____
Finals	50 Boys 15 & Over 50 Breaststroke	39	4 u	06:05 PM	_____
	Break: 5 Minutes:				
Finals	51 Girls 15 & Over 100 Butterfly	74	8 u	06:13 PM	_____
Finals	52 Boys 15 & Over 100 Butterfly	111	12 u	06:25 PM	_____
	Break: 5 Minutes:				
Finals	53 Girls 15 & Over 50 Backstroke	51	6 u	06:46 PM	_____
Finals	54 Boys 15 & Over 50 Backstroke	46	5 u	06:53 PM	_____
	Break: 5 Minutes:				
Finals	55 Girls 15 & Over 200 IM	73	8 u	07:03 PM	_____
Finals	56 Boys 15 & Over 200 IM	109	11 u	07:27 PM	_____
	Swimmers Counts for Warm-ups: 298	=====	=====		
	Entry / Heat Totals:	834	90		
	Finish Time			07:58 PM	_____

GSCY 2026 Long Course Cup - 5/29/2026 to 5/31/2026

Session Report

Session: 5 Session 5 10/u girls and boys, 11/12 girls

Day of Meet: 3 Starts at 08:45 AM Heat Interval: 15 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	57 Girls 11-12 200 Medley Relay	12	2 u	08:45 AM	_____
Finals	58 Girls 10 & Under 200 Medley Relay	8	1 u	08:52 AM	_____
Finals	59 Boys 10 & Under 200 Medley Relay	7	1 u	08:57 AM	_____
Finals	60 Girls 11-12 100 Freestyle	75	8 u	09:01 AM	_____
Finals	61 Girls 10 & Under 100 Freestyle	34	4 u	09:14 AM	_____
Finals	62 Boys 10 & Under 100 Freestyle	34	4 u	09:21 AM	_____
	Break: 5 Minutes:				
Finals	63 Girls 11-12 50 Butterfly	43	5 u	09:33 AM	_____
Finals	64 Girls 10 & Under 50 Butterfly	30	3 u	09:38 AM	_____
Finals	65 Boys 10 & Under 50 Butterfly	29	3 u	09:41 AM	_____
	Break: 5 Minutes:				
Finals	66 Girls 11-12 100 Breaststroke	59	6 u	09:49 AM	_____
Finals	67 Girls 10 & Under 100 Breaststroke	20	2 u	10:01 AM	_____
Finals	68 Boys 10 & Under 100 Breaststroke	15	2 u	10:05 AM	_____
	Break: 5 Minutes:				
Finals	69 Girls 11-12 50 Backstroke	58	6 u	10:14 AM	_____
Finals	70 Girls 10 & Under 50 Backstroke	47	5 u	10:22 AM	_____
Finals	71 Boys 10 & Under 50 Backstroke	37	4 u	10:28 AM	_____
	Break: 5 Minutes:				
Finals	72 Girls 11-12 200 IM	42	5 u	10:38 AM	_____
Finals	73 Girls 10 & Under 200 IM	12	2 u	10:56 AM	_____
Finals	74 Boys 10 & Under 200 IM	9	1 u	11:04 AM	_____
	Swimmers Counts for Warm-ups: 200	=====	=====		
	Entry / Heat Totals:	571	64		
	Finish Time			11:07 AM	_____

GSCY 2026 Long Course Cup - 5/29/2026 to 5/31/2026

Session Report

Session: 6 Session 6 13/14 girls & boys, 11/12 boys

Day of Meet: 3 Starts at 12:30 PM Heat Interval: 15 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	75 Boys 11-12 200 Medley Relay	14	2 u	12:30 PM	_____
Finals	76 Girls 13-14 200 Medley Relay	12	2 u	12:37 PM	_____
Finals	77 Boys 13-14 200 Medley Relay	10	1 u	12:43 PM	_____
Finals	78 Boys 11-12 100 Freestyle	67	7 u	12:46 PM	_____
Finals	79 Girls 13-14 100 Freestyle	100	10 u	12:57 PM	_____
Finals	80 Boys 13-14 100 Freestyle	92	10 u	01:11 PM	_____
	Break: 5 Minutes:				
Finals	81 Boys 11-12 50 Butterfly	51	6 u	01:30 PM	_____
Finals	82 Girls 13-14 50 Butterfly	65	7 u	01:36 PM	_____
Finals	83 Boys 13-14 50 Butterfly	35	4 u	01:42 PM	_____
	Break: 5 Minutes:				
Finals	84 Boys 11-12 100 Breaststroke	23	3 u	01:51 PM	_____
Finals	85 Girls 13-14 100 Breaststroke	57	6 u	01:57 PM	_____
Finals	86 Boys 13-14 100 Breaststroke	54	6 u	02:08 PM	_____
	Break: 5 Minutes:				
Finals	87 Boys 11-12 50 Backstroke	63	7 u	02:24 PM	_____
Finals	88 Girls 13-14 50 Backstroke	52	6 u	02:32 PM	_____
Finals	89 Boys 13-14 50 Backstroke	20	2 u	02:39 PM	_____
	Break: 5 Minutes:				
Finals	90 Boys 11-12 200 IM	31	4 u	02:47 PM	_____
Finals	91 Girls 13-14 200 IM	77	8 u	03:02 PM	_____
Finals	92 Boys 13-14 200 IM	75	8 u	03:28 PM	_____
	Swimmers Counts for Warm-ups: 310	=====	=====		
	Entry / Heat Totals:	898	99		
	Finish Time			03:53 PM	_____

GSCY 2026 Long Course Cup - 5/29/2026 to 5/31/2026

Session Report

Session: 7 Session 7 15/Over

Day of Meet: 3 Starts at 05:20 PM Heat Interval: 15 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	93 Girls 15 & Over 200 Medley Relay	11	2 u	05:20 PM	_____
Finals	94 Boys 15 & Over 200 Medley Relay	12	2 u	05:26 PM	_____
	Break: 5 Minutes:				
Finals	95 Girls 15 & Over 50 Butterfly	52	6 u	05:36 PM	_____
Finals	96 Boys 15 & Over 50 Butterfly	67	7 u	05:41 PM	_____
	Break: 5 Minutes:				
Finals	97 Girls 15 & Over 100 Breaststroke	50	5 u	05:51 PM	_____
Finals	98 Boys 15 & Over 100 Breaststroke	72	8 u	06:00 PM	_____
	Break: 5 Minutes:				
Finals	99 Girls 15 & Over 50 Freestyle	97	10 u	06:17 PM	_____
Finals	100 Boys 15 & Over 50 Freestyle	135	14 u	06:25 PM	_____
	Break: 5 Minutes:				
Finals	101 Girls 15 & Over 100 Backstroke	69	7 u	06:40 PM	_____
Finals	102 Boys 15 & Over 100 Backstroke	67	7 u	06:52 PM	_____
Finals	103 Girls 15 & Over 200 Freestyle	93	10 u	07:03 PM	_____
Finals	104 Boys 15 & Over 200 Freestyle	118	12 u	07:30 PM	_____
Finals	105 Girls 15 & Over 400 IM	6	1 u	08:00 PM	_____
Finals	106 Boys 15 & Over 400 IM	15	2 u	08:07 PM	_____
	Swimmers Counts for Warm-ups: 297	=====	=====		
	Entry / Heat Totals:	864	93		
	Finish Time			08:19 PM	_____