

2025 Pocono Cup Summer Swimming Championships - 7/26/2025**Session Report**

Session: 1 Pocono Summer League Champs

Day of Meet: 1 Starts at 10:00 AM Heat Interval: 20 Seconds / Back +30 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	1 Girls 15 & Over 200 Medley Relay	4	1	10:00 AM	_____
Finals	2 Boys 15 & Over 200 Medley Relay	4	1	10:04 AM	_____
Finals	3 Girls 13-14 200 Medley Relay	2	1	10:07 AM	_____
Finals	4 Boys 13-14 200 Medley Relay	2	1	10:11 AM	_____
Finals	5 Girls 11-12 100 Medley Relay	5	1	10:14 AM	_____
Finals	6 Boys 11-12 100 Medley Relay	3	1	10:17 AM	_____
Finals	7 Girls 9-10 100 Medley Relay	4	1	10:20 AM	_____
Finals	8 Boys 9-10 100 Medley Relay	4	1	10:22 AM	_____
Finals	9 Girls 8 & Under 100 Medley Relay	4	1	10:25 AM	_____
Finals	10 Boys 8 & Under 100 Medley Relay	4	1	10:29 AM	_____
Break: 5 Minutes:					
Finals	11 Girls 15 & Over 100 IM	5	1	10:38 AM	_____
Finals	12 Boys 15 & Over 100 IM	6	1	10:40 AM	_____
Finals	13 Girls 13-14 100 IM	6	1	10:42 AM	_____
Finals	14 Boys 13-14 100 IM	10	2	10:44 AM	_____
Finals	15 Girls 11-12 100 IM	11	2	10:48 AM	_____
Finals	16 Boys 11-12 100 IM	5	1	10:53 AM	_____
Break: 5 Minutes:					
Finals	17 Girls 6 & Under 25 Freestyle	4	1	11:00 AM	_____
Finals	18 Boys 6 & Under 25 Freestyle	6	1	11:01 AM	_____
Finals	19 Girls 7-8 25 Freestyle	22	4	11:03 AM	_____
Finals	20 Boys 7-8 25 Freestyle	14	3	11:07 AM	_____
Finals	21 Girls 9-10 25 Freestyle	24	4	11:10 AM	_____
Finals	22 Boys 9-10 25 Freestyle	19	4	11:13 AM	_____
Finals	23 Girls 11-12 50 Freestyle	16	3	11:16 AM	_____
Finals	24 Boys 11-12 50 Freestyle	15	3	11:20 AM	_____
Finals	25 Girls 13-14 50 Freestyle	16	3	11:23 AM	_____
Finals	26 Boys 13-14 50 Freestyle	15	3	11:26 AM	_____
Finals	27 Girls 15 & Over 50 Freestyle	7	2	11:29 AM	_____
Finals	28 Boys 15 & Over 50 Freestyle	13	3	11:31 AM	_____
Break: 5 Minutes:					
Finals	29 Girls 6 & Under 25 Butterfly	1	1	11:39 AM	_____
Finals	30 Boys 6 & Under 25 Butterfly	4	1	11:40 AM	_____
Finals	31 Girls 7-8 25 Butterfly	10	2	11:41 AM	_____
Finals	32 Boys 7-8 25 Butterfly	10	2	11:44 AM	_____
Finals	33 Girls 9-10 25 Butterfly	18	3	11:46 AM	_____
Finals	34 Boys 9-10 25 Butterfly	11	2	11:49 AM	_____
Finals	35 Girls 11-12 25 Butterfly	12	2	11:51 AM	_____
Finals	36 Boys 11-12 25 Butterfly	14	3	11:52 AM	_____
Finals	37 Girls 13-14 50 Butterfly	10	2	11:55 AM	_____
Finals	38 Boys 13-14 50 Butterfly	5	1	11:57 AM	_____
Finals	39 Girls 15 & Over 50 Butterfly	4	1	11:58 AM	_____
Finals	40 Boys 15 & Over 50 Butterfly	11	2	11:59 AM	_____
Break: 12 Minutes:					

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Round	Event	Entries	Heats	Starts at	
Finals	41 Girls 6 & Under 25 Backstroke	3	1	12:13 PM	_____
Finals	42 Boys 6 & Under 25 Backstroke	5	1	12:15 PM	_____
Finals	43 Girls 7-8 25 Backstroke	16	3	12:17 PM	_____
Finals	44 Boys 7-8 25 Backstroke	11	2	12:22 PM	_____
Finals	45 Girls 9-10 25 Backstroke	14	3	12:25 PM	_____
Finals	46 Boys 9-10 25 Backstroke	12	2	12:29 PM	_____
Finals	47 Girls 11-12 25 Backstroke	10	2	12:32 PM	_____
Finals	48 Boys 11-12 25 Backstroke	8	2	12:35 PM	_____
Finals	49 Girls 13-14 50 Backstroke	13	3	12:37 PM	_____
Finals	50 Boys 13-14 50 Backstroke	7	2	12:42 PM	_____
Finals	51 Girls 15 & Over 50 Backstroke	7	2	12:46 PM	_____
Finals	52 Boys 15 & Over 50 Backstroke	7	2	12:49 PM	_____
	Break: 5 Minutes:				
Finals	53 Girls 6 & Under 25 Breaststroke	2	1	12:57 PM	_____
Finals	54 Boys 6 & Under 25 Breaststroke	1	1	12:58 PM	_____
Finals	55 Girls 7-8 25 Breaststroke	12	2	12:59 PM	_____
Finals	56 Boys 7-8 25 Breaststroke	11	2	01:01 PM	_____
Finals	57 Girls 9-10 25 Breaststroke	14	3	01:03 PM	_____
Finals	58 Boys 9-10 25 Breaststroke	13	3	01:06 PM	_____
Finals	59 Girls 11-12 25 Breaststroke	17	3	01:08 PM	_____
Finals	60 Boys 11-12 25 Breaststroke	5	1	01:11 PM	_____
Finals	61 Girls 13-14 50 Breaststroke	16	3	01:12 PM	_____
Finals	62 Boys 13-14 50 Breaststroke	8	2	01:15 PM	_____
Finals	63 Girls 15 & Over 50 Breaststroke	7	2	01:18 PM	_____
Finals	64 Boys 15 & Over 50 Breaststroke	9	2	01:20 PM	_____
	Break: 5 Minutes:				
Finals	65 Girls 8 & Under 100 Freestyle Relay	4	1	01:27 PM	_____
Finals	66 Boys 8 & Under 100 Freestyle Relay	5	1	01:31 PM	_____
Finals	67 Girls 9-10 100 Freestyle Relay	4	1	01:34 PM	_____
Finals	68 Boys 9-10 100 Freestyle Relay	4	1	01:36 PM	_____
Finals	69 Girls 11-12 100 Freestyle Relay	5	1	01:38 PM	_____
Finals	70 Boys 11-12 100 Freestyle Relay	3	1	01:40 PM	_____
Finals	71 Girls 13-14 200 Freestyle Relay	3	1	01:42 PM	_____
Finals	72 Boys 13-14 200 Freestyle Relay	2	1	01:45 PM	_____
Finals	73 Girls 15 & Over 200 Freestyle Relay	3	1	01:48 PM	_____
Finals	74 Boys 15 & Over 200 Freestyle Relay	5	1	01:50 PM	_____
	Swimmers Counts for Warm-ups: 202	=====	=====		
	Entry / Heat Totals:	626	134		
	Finish Time			01:52 PM	_____