

2024 Middle Atlantic LCM Silver Championships Meet (July 26-28, 2024)
Meet/Session Timeline

	Session #	Age- Group	Session Length	# Swimmers	W-Up Start	Pre-Session Warm-up Sched	Meet Start	Meet Ends (approximately)	In-Session warm-up/warm-down breaks (incl in timeline)	DOORS OPEN FOR SWIMMERS	Notes
Friday, July 26, 2024	1	13-14 & 15-18 Prelims	4:33	456	6:15AM	3 x :25min (~19/lane)	7:40AM	12:15PM	3 x :08min	Doors open @ 6:00AM	* All relays have been eliminated from the meet * 13-14 & 15-18 400FR will not be swum in prelims. Positive check-in for the events will take place during prelims and the top 16 checked-in swimmers will swim event at finals.
	2	10&U & 11-12 Prelims	2:38	278	12:30PM	2 x :25min (~18/lane)	1:30PM	4:10PM	None	Doors open @ 12:00PM	* All relays have been eliminated from the meet * 11-12 400FR has been eliminated from the meet
	3	11&O Finals	3:15	286	4:30PM	:50min Open	5:30PM	8:45PM	4 x :08min	Doors open @ 4:00PM	* All relays have been eliminated from the meet * 2 heats of 400FR for 13-14 & 15-18s (8 heats total) will be swum as the last events of Finals session
Saturday, July 27, 2024	4	13-14 & 15-18 Prelims	3:55	358	6:15AM	3 x :25min (~15/lane)	7:40AM	11:35AM	2 x :08min	Doors open @ 6:00AM	* All relays have been eliminated from the meet
	5	10&U & 11-12 Prelims	3:10	274	12:30PM	2 x :25min (~18/lane)	1:30PM	4:40PM	None	Doors open @ 12:00PM	* All relays have been eliminated from the meet
	6	11&O Finals	2:23	210	4:30PM	:50min Open	5:30PM	7:55PM	3 x :08min	Doors open @ 4:00PM	* All relays have been eliminated from the meet
Sunday, July 28, 2024	7	13-14 & 15-18 Prelims	4:51	408	6:15AM	3 x :25min (~20/lane)	7:40AM	12:31PM	3 x :08min	Doors open @ 6:00AM	* All relays have been eliminated from the meet * 13-14 & 15-18 400IM will not be swum in prelims. Positive check-in for the events will take place during prelims and the top 16 checked-in swimmers will swim event at finals.
	8	10&U & 11-12 Prelims	2:55	302	12:30PM	2 x :25min (~19/lane)	1:30PM	4:25PM	None	Doors open @ 12:00PM	* All relays have been eliminated from the meet * 11-12 400IM has been eliminated from the meet
	9	11&O Finals	3:15	255	4:30PM	:50min Open	5:30PM	8:45PM	3 x :08min	Doors open @ 4:00PM	* All relays have been eliminated from the meet * 2 heats of 400IM for 13-14 & 15-18s (8 heats total) will be swum as the last events of Finals session