

2024 Middle Atlantic Swimming LC Senior Champ - 7/11/2024 to 7/14/2024
Session Report

Session: 1 Thursday Timed Finals

Day of Meet: 1 Starts at 05:30 PM Heat Interval: 20 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	1 Women 200 Medley Relay	22	3 u	05:30 PM	_____
Finals	2 Men 200 Medley Relay	21	3 u	05:39 PM	_____
	Break: 10 Minutes:				
Finals	3 Women 1500 Freestyle	29	4 u	05:56 PM	_____
	Break: 10 Minutes:				
Finals	4 Men 1500 Freestyle	33	5 u	07:23 PM	_____
	Break: 10 Minutes:				
Finals	5 Women 200 Freestyle Relay	22	3 u	09:02 PM	_____
Finals	6 Men 200 Freestyle Relay	23	3 u	09:09 PM	_____
	Swimmers Counts for Warm-ups: 119	=====	=====		
	Entry / Heat Totals:	150	21		
	Finish Time			09:15 PM	_____

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Session: 2 Friday Prelims

Day of Meet: 2 Starts at 09:00 AM Heat Interval: 20 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Prelims	7 Women 50 Freestyle	124	16 u	09:00 AM	_____
Prelims	8 Men 50 Freestyle	114	15 u	09:14 AM	_____
	Break: 7 Minutes: Warm Down Break				
Prelims	9 Women 200 Backstroke	62	8 u	09:32 AM	_____
Prelims	10 Men 200 Backstroke	57	8 u	09:57 AM	_____
	Break: 7 Minutes: Warm Down Break				
Prelims	11 Women 100 Breaststroke	71	9 u	10:27 AM	_____
Prelims	12 Men 100 Breaststroke	90	12 u	10:41 AM	_____
	Break: 7 Minutes: Warm Down Break				
Prelims	13 Women 400 Freestyle	57	8 u	11:07 AM	_____
Prelims	14 Men 400 Freestyle	75	10 u	11:46 AM	_____
	Break: 7 Minutes: Warm Down Break				
Finals-S	15 Women 400 Medley Relay	18	3 u	12:40 PM	_____
Finals-S	16 Men 400 Medley Relay	19	3 u	12:56 PM	_____
	Swimmers Counts for Warm-ups: 424	=====	=====		
	Entry / Heat Totals:	687	92		
	Finish Time			01:11 PM	_____

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Session Report

Session: 3 Friday Finals

Day of Meet: 2 Starts at 05:30 PM Heat Interval: 60 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	7 Women 50 Freestyle	32	4 u	05:30 PM	_____
Finals	8 Men 50 Freestyle	32	4 u	05:36 PM	_____
	Break: 10 Minutes: Warm Down Break/Awa				
Finals	9 Women 200 Backstroke	32	4 u	05:52 PM	_____
Finals	10 Men 200 Backstroke	32	4 u	06:07 PM	_____
	Break: 10 Minutes: Warm Down Break/Awa				
Finals	11 Women 100 Breaststroke	32	4 u	06:30 PM	_____
Finals	12 Men 100 Breaststroke	32	4 u	06:39 PM	_____
	Break: 10 Minutes: Warm Down Break/Awa				
Finals	13 Women 400 Freestyle	32	4 u	06:58 PM	_____
Finals	14 Men 400 Freestyle	32	4 u	07:20 PM	_____
	Break: 10 Minutes: Warm Down Break/Awa				
Finals-1	15 Women 400 Medley Relay	8	1 u	07:51 PM	_____
Finals-1	16 Men 400 Medley Relay	8	1 u	07:57 PM	_____
	Swimmers Counts for Warm-ups: 240	=====	=====		
	Entry / Heat Totals:	272	34		
	Finish Time			08:03 PM	_____

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Session Report

Session: 4 Saturday Prelims

Day of Meet: 3 Starts at 09:00 AM Heat Interval: 20 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Prelims	17 Women 100 Freestyle	104	13 u	09:00 AM	_____
Prelims	18 Men 100 Freestyle	102	13 u	09:18 AM	_____
	Break: 7 Minutes:				
Prelims	19 Women 200 Butterfly	60	8 u	09:42 AM	_____
Prelims	20 Men 200 Butterfly	70	9 u	10:05 AM	_____
	Break: 7 Minutes: Warm Down Break				
Prelims	21 Women 100 Backstroke	79	10 u	10:36 AM	_____
Prelims	22 Men 100 Backstroke	77	10 u	10:53 AM	_____
	Break: 7 Minutes: Warm Down Break				
Prelims	23 Women 400 IM	60	8 u	11:17 AM	_____
Prelims	24 Men 400 IM	46	6 u	12:02 PM	_____
	Break: 7 Minutes: Warm Down Break				
Finals-S	25 Women 400 Freestyle Relay	15	2 u	12:40 PM	_____
Finals-S	26 Men 400 Freestyle Relay	18	3 u	12:50 PM	_____
	Swimmers Counts for Warm-ups: 380	=====	=====		
	Entry / Heat Totals:	631	82		
	Finish Time			01:02 PM	_____

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Session Report

Session: 5 Saturday Finals

Day of Meet: 3 Starts at 05:30 PM Heat Interval: 60 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	17 Women 100 Freestyle	32	4 u	05:30 PM	_____
Finals	18 Men 100 Freestyle	32	4 u	05:38 PM	_____
	Break: 10 Minutes: Warm Down Break/Awa				
Finals	19 Women 200 Butterfly	32	4 u	05:56 PM	_____
Finals	20 Men 200 Butterfly	32	4 u	06:10 PM	_____
	Break: 10 Minutes: Warm Down Break/Awa				
Finals	21 Women 100 Backstroke	32	4 u	06:33 PM	_____
Finals	22 Men 100 Backstroke	32	4 u	06:42 PM	_____
	Break: 10 Minutes: Warm Down Break/Awa				
Finals	23 Women 400 IM	32	4 u	07:01 PM	_____
Finals	24 Men 400 IM	32	4 u	07:26 PM	_____
	Break: 10 Minutes: Warm Down Break/Awa				
Finals-1	25 Women 400 Freestyle Relay	8	1 u	07:59 PM	_____
Finals-1	26 Men 400 Freestyle Relay	8	1 u	08:05 PM	_____
	Swimmers Counts for Warm-ups: 219	=====	=====		
	Entry / Heat Totals:	272	34		
	Finish Time			08:09 PM	_____

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Session Report

Session: 6 Sunday Prelims

Day of Meet: 4 Starts at 09:00 AM Heat Interval: 20 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Prelims	27 Women 100 Butterfly	80	10 u	09:00 AM	_____
Prelims	28 Men 100 Butterfly	86	11 u	09:15 AM	_____
	Break: 7 Minutes: Warm Down Break				
Prelims	29 Women 200 IM	72	9 u	09:37 AM	_____
Prelims	30 Men 200 IM	96	12 u	10:02 AM	_____
	Break: 7 Minutes: Warm Down Break				
Prelims	31 Women 200 Freestyle	80	10 u	10:41 AM	_____
Prelims	32 Men 200 Freestyle	61	8 u	11:07 AM	_____
	Break: 7 Minutes: Warm Down Break				
Prelims	33 Women 200 Breaststroke	55	7 u	11:33 AM	_____
Prelims	34 Men 200 Breaststroke	66	9 u	11:55 AM	_____
	Swimmers Counts for Warm-ups: 370	=====	=====		
	Entry / Heat Totals:	596	76		
	Finish Time			12:22 PM	_____

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Session Report

Session: 7 Sunday 800 Prelims

Day of Meet: 4 Starts at 03:10 PM Heat Interval: 20 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals-S	35 Women 800 Freestyle	30	4 u	03:10 PM	_____
	Break: 10 Minutes: Warm Down Break				
Finals-S	36 Men 800 Freestyle	23	3 u	04:01 PM	_____
	Swimmers Counts for Warm-ups: 69	====	====		
	Entry / Heat Totals:	53	7		
	Finish Time			04:29 PM	_____

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Session Report

Session: 8 Sunday Finals

Day of Meet: 4 Starts at 05:30 PM Heat Interval: 60 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals-1	35 Women 800 Freestyle	8	1 u	05:30 PM	_____
Finals-1	36 Men 800 Freestyle	8	1 u	05:41 PM	_____
	Break: 10 Minutes: Warm Down Break/Awa				
Finals	27 Women 100 Butterfly	32	4 u	06:01 PM	_____
Finals	28 Men 100 Butterfly	32	4 u	06:10 PM	_____
	Break: 10 Minutes: Warm Down Break/Awa				
Finals	29 Women 200 IM	32	4 u	06:28 PM	_____
Finals	30 Men 200 IM	32	4 u	06:41 PM	_____
	Break: 10 Minutes: Warm Down Break/Awa				
Finals	31 Women 200 Freestyle	32	4 u	07:04 PM	_____
Finals	32 Men 200 Freestyle	32	4 u	07:17 PM	_____
	Break: 10 Minutes: Warm Down Break/Awa				
Finals	33 Women 200 Breaststroke	32	4 u	07:39 PM	_____
Finals	34 Men 200 Breaststroke	32	4 u	07:54 PM	_____
	Swimmers Counts for Warm-ups: 234	=====	=====		
	Entry / Heat Totals:	272	34		
	Finish Time			08:08 PM	_____