

2026 Middle Atlantic Swimming Senior Champs - 3/19/2026 to 3/22/2026

Session Report

Session: 1 Thursday Distance and Relays

Day of Meet: 1 Starts at 05:00 PM Heat Interval: 20 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	1 Women 1650 Freestyle Fli 2 hts w/m,relays	22	3 u	05:00 PM	_____
Finals	2 Men 1650 Freestyle alt W/M aft relays	37	4 u	05:58 PM	_____
Finals	3 Women 800 Freestyle Relay	11	2 u	07:09 PM	_____
Finals	4 Men 800 Freestyle Relay	11	2 u	07:26 PM	_____
	Swimmers Counts for Warm-ups: 67	=====	=====		
	Entry / Heat Totals:	81	11		
	Finish Time			07:42 PM	_____

2026 Middle Atlantic Swimming Senior Champs - 3/19/2026 to 3/22/2026

Session Report

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	
Finals	5 Women 200 Medley Relay	26	3 u	09:00 AM	_____
Finals	6 Men 200 Medley Relay	28	3 u	09:12 AM	_____
Prelims	7 Women 200 Freestyle	56	6 u	09:21 AM	_____
Prelims	8 Men 200 Freestyle	71	8 u	09:35 AM	_____
Prelims	9 Women 50 Backstroke	38	4 u	09:52 AM	_____
Prelims	10 Men 50 Backstroke	41	5 u	09:58 AM	_____
Prelims	11 Women 100 Breaststroke	61	7 u	10:05 AM	_____
Prelims	12 Men 100 Breaststroke	64	7 u	10:16 AM	_____
Prelims	13 Women 100 Butterfly	62	7 u	10:25 AM	_____
Prelims	14 Men 100 Butterfly	77	8 u	10:35 AM	_____
Prelims	15 Women 400 IM	45	5 u	10:44 AM	_____
Prelims	16 Men 400 IM	44	5 u	11:10 AM	_____
	Swimmers Counts for Warm-ups: 360	====	====		
	Entry / Heat Totals:	613	68		
	Finish Time			11:33 AM	_____
	Finish Time			12:15 PM	_____

2026 Middle Atlantic Swimming Senior Champs - 3/19/2026 to 3/22/2026

Session Report

Session: 3 Friday Finals

Day of Meet: 2 Starts at 05:00 PM Heat Interval: 60 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	7 Women 200 Freestyle	30	3 u	05:00 PM	_____
Finals	8 Men 200 Freestyle	30	3 u	05:09 PM	_____
	Break: 12 Minutes: Awards				
Finals	9 Women 50 Backstroke	30	3 u	05:29 PM	_____
Finals	10 Men 50 Backstroke	30	3 u	05:36 PM	_____
	Break: 12 Minutes: Awards				
Finals	11 Women 100 Breaststroke	30	3 u	05:54 PM	_____
Finals	12 Men 100 Breaststroke	30	3 u	06:01 PM	_____
	Break: 12 Minutes: Awards				
Finals	13 Women 100 Butterfly	30	3 u	06:19 PM	_____
Finals	14 Men 100 Butterfly	30	3 u	06:24 PM	_____
	Break: 12 Minutes: Awards				
Finals	15 Women 400 IM	30	3 u	06:42 PM	_____
Finals	16 Men 400 IM	30	3 u	06:59 PM	_____
	Break: 12 Minutes: Awards				
Finals	17 Women 400 Freestyle Relay	23	3 u	07:27 PM	_____
Finals	18 Men 400 Freestyle Relay	25	3 u	07:41 PM	_____
	Break: 12 Minutes: Awards				
	Swimmers Counts for Warm-ups: 215	=====	=====		
	Entry / Heat Totals:	348	36		
	Finish Time			08:06 PM	_____

2026 Middle Atlantic Swimming Senior Champs - 3/19/2026 to 3/22/2026

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	19 Women 200 Butterfly	57	6 u	09:00 AM	_____
Prelims	20 Men 200 Butterfly	77	8 u	09:16 AM	_____
Prelims	21 Women 50 Freestyle	76	8 u	09:35 AM	_____
Prelims	22 Men 50 Freestyle	69	7 u	09:41 AM	_____
Prelims	23 Women 100 Backstroke	60	6 u	09:46 AM	_____
Prelims	24 Men 100 Backstroke	71	8 u	09:55 AM	_____
Prelims	25 Women 50 Breaststroke	45	5 u	10:07 AM	_____
Prelims	26 Men 50 Breaststroke	51	6 u	10:15 AM	_____
Prelims	27 Women 500 Freestyle	40	4 u	10:23 AM	_____
	Break: 10 Minutes:				
Prelims	28 Men 500 Freestyle	54	6 u	10:55 AM	_____
	Swimmers Counts for Warm-ups: 378	=====	=====		
	Entry / Heat Totals:	600	64		
	Finish Time			11:26 AM	_____
	Finish Time			12:30 PM	_____

2026 Middle Atlantic Swimming Senior Champs - 3/19/2026 to 3/22/2026

Session Report

Session: 5 Saturday Finals

Day of Meet: 3 Starts at 05:00 PM Heat Interval: 60 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	19 Women 200 Butterfly	30	3 u	05:00 PM	_____
Finals	20 Men 200 Butterfly	30	3 u	05:10 PM	_____
	Break: 12 Minutes: Awards				
Finals	21 Women 50 Freestyle	30	3 u	05:31 PM	_____
Finals	22 Men 50 Freestyle	30	3 u	05:35 PM	_____
	Break: 12 Minutes: Awards				
Finals	23 Women 100 Backstroke	30	3 u	05:51 PM	_____
Finals	24 Men 100 Backstroke	30	3 u	05:58 PM	_____
	Break: 12 Minutes: Awards				
Finals	25 Women 50 Breaststroke	30	3 u	06:16 PM	_____
Finals	26 Men 50 Breaststroke	30	3 u	06:22 PM	_____
	Break: 12 Minutes: Awards				
Finals	27 Women 500 Freestyle	30	3 u	06:40 PM	_____
Finals	28 Men 500 Freestyle	30	3 u	06:59 PM	_____
	Break: 12 Minutes: Awards				
Finals	29 Women 400 Medley Relay	21	3 u	07:28 PM	_____
Finals	30 Men 400 Medley Relay	26	3 u	07:44 PM	_____
	Break: 12 Minutes: Awards				
	Swimmers Counts for Warm-ups: 214	=====	=====		
	Entry / Heat Totals:	347	36		
	Finish Time			08:11 PM	_____

2026 Middle Atlantic Swimming Senior Champs - 3/19/2026 to 3/22/2026

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	
Finals	31 Women 200 Freestyle Relay	25	3 u	09:00 AM	_____
Finals	32 Men 200 Freestyle Relay	27	3 u	09:07 AM	_____
Prelims	33 Women 200 Backstroke	51	6 u	09:12 AM	_____
Prelims	34 Men 200 Backstroke	48	5 u	09:29 AM	_____
Prelims	35 Women 50 Butterfly	42	5 u	09:42 AM	_____
Prelims	36 Men 50 Butterfly	58	6 u	09:48 AM	_____
Prelims	37 Women 200 Breaststroke	61	7 u	09:56 AM	_____
Prelims	38 Men 200 Breaststroke	51	6 u	10:16 AM	_____
Prelims	39 Women 100 Freestyle	63	7 u	10:32 AM	_____
Prelims	40 Men 100 Freestyle	78	8 u	10:40 AM	_____
Prelims	41 Women 200 IM	62	7 u	10:49 AM	_____
Prelims	42 Men 200 IM	65	7 u	11:07 AM	_____
	Swimmers Counts for Warm-ups: 339	====	====		
	Entry / Heat Totals:	631	70		
	Finish Time			11:24 AM	_____
	Finish Time			12:15 PM	_____

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Session Report

Session: 7 Sunday Distance

Day of Meet: 4 Starts at 02:30 PM Heat Interval: 20 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals-S	43 Women 1000 Freestyle	14	2 u	02:30 PM	_____
Finals-S	44 Men 1000 Freestyle	20	2 u	02:53 PM	_____
	Swimmers Counts for Warm-ups: 54	=====	=====		
	Entry / Heat Totals:	34	4		
	Finish Time			03:14 PM	_____

2026 Middle Atlantic Swimming Senior Champs - 3/19/2026 to 3/22/2026

Session Report

Session: 8 Sunday Finals

Day of Meet: 4 Starts at 05:00 PM Heat Interval: 60 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals-1	43 Women 1000 Freestyle	10	1 u	05:00 PM	_____
Finals-1	44 Men 1000 Freestyle	10	1 u	05:13 PM	_____
	Break: 12 Minutes: Awards				
Finals	33 Women 200 Backstroke	30	3 u	05:36 PM	_____
Finals	34 Men 200 Backstroke	30	3 u	05:46 PM	_____
	Break: 12 Minutes: Awards				
Finals	35 Women 50 Butterfly	30	3 u	06:07 PM	_____
Finals	36 Men 50 Butterfly	30	3 u	06:13 PM	_____
	Break: 12 Minutes: Awards				
Finals	37 Women 200 Breaststroke	30	3 u	06:31 PM	_____
Finals	38 Men 200 Breaststroke	30	3 u	06:41 PM	_____
	Break: 12 Minutes: Awards				
Finals	39 Women 100 Freestyle	30	3 u	07:02 PM	_____
Finals	40 Men 100 Freestyle	30	3 u	07:08 PM	_____
	Break: 12 Minutes: Awards				
Finals	41 Women 200 IM	30	3 u	07:25 PM	_____
Finals	42 Men 200 IM	30	3 u	07:35 PM	_____
	Break: 12 Minutes:				
	Swimmers Counts for Warm-ups: 233	=====	=====		
	Entry / Heat Totals:	320	32		
	Finish Time			07:56 PM	_____