

2026 Middle Atlantic Swimming LC Senior Champ - 7/9/2026 to 7/12/2026**Session Report**

Session: 1 Thursday Timed Finals

Day of Meet: 1 Starts at 04:30 PM Heat Interval: 20 Seconds / Back +15 Seconds

Round	Event	Starts at	
Finals	1 Women 1500 Freestyle	04:30 PM	_____
Finals	2 Men 1500 Freestyle	05:47 PM	_____
	Break: 10 Minutes: pool open for warm-up /		
Finals	3 Women 800 Freestyle Relay	07:27 PM	_____
	Break: 10 Minutes: pool open for warm-up /		
Finals	4 Men 800 Freestyle Relay	07:57 PM	_____
	Break: 10 Minutes: warm up / cool down tir		
Finals	101 Women 1500 Freestyle	08:25 PM	_____
Finals	102 Men 1500 Freestyle	08:25 PM	_____
	Swimmers Counts for Warm-ups: 82		
	Finish Time	08:25 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	Starts at	
Prelims	5 Women 200 Freestyle	09:00 AM	_____
Prelims	6 Men 200 Freestyle	09:26 AM	_____
	Break: 8 Minutes:		
Prelims	7 Women 50 Backstroke	10:00 AM	_____
Prelims	8 Men 50 Backstroke	10:10 AM	_____
	Break: 8 Minutes:		
Prelims	9 Women 100 Breaststroke	10:30 AM	_____
Prelims	10 Men 100 Breaststroke	10:43 AM	_____
	Break: 8 Minutes:		
Prelims	11 Women 100 Butterfly	11:03 AM	_____
Prelims	12 Men 100 Butterfly	11:15 AM	_____
	Break: 8 Minutes:		
Prelims	13 Women 400 IM	11:38 AM	_____
Prelims	14 Men 400 IM	12:18 PM	_____
	Swimmers Counts for Warm-ups: 456		
	Finish Time	12:50 PM	_____
	Finish Time	02:00 PM	_____

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Session: 3 Friday Finals

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

Round	Event	Starts at	
Finals	5 Women 200 Freestyle	05:30 PM	_____
Finals	6 Men 200 Freestyle	05:40 PM	_____
	Break: 8 Minutes: Awards		
Finals	7 Women 50 Backstroke	05:57 PM	_____
Finals	8 Men 50 Backstroke	06:04 PM	_____
	Break: 8 Minutes: Awards		
Finals	9 Women 100 Breaststroke	06:19 PM	_____
Finals	10 Men 100 Breaststroke	06:25 PM	_____
	Break: 8 Minutes: Awards		
Finals	11 Women 100 Butterfly	06:40 PM	_____
Finals	12 Men 100 Butterfly	06:46 PM	_____
	Break: 8 Minutes: Awards		
Finals	13 Women 400 IM	07:00 PM	_____
Finals	14 Men 400 IM	07:19 PM	_____
	Break: 8 Minutes: Awards		
Finals	15 Women 400 Freestyle Relay	07:44 PM	_____
Finals	16 Men 400 Freestyle Relay	08:00 PM	_____
	Swimmers Counts for Warm-ups: 231		
	Finish Time	08:14 PM	_____

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Session: 4 Saturday Prelims

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

Round	Event	Starts at	
Prelims	17 Women 200 Butterfly	09:00 AM	_____
Prelims	18 Men 200 Butterfly	09:18 AM	_____
	Break: 8 Minutes:		
Prelims	19 Women 50 Freestyle	09:47 AM	_____
Prelims	20 Men 50 Freestyle	09:55 AM	_____
	Break: 8 Minutes:		
Prelims	21 Women 100 Backstroke	10:10 AM	_____
Prelims	22 Men 100 Backstroke	10:24 AM	_____
	Break: 8 Minutes:		
Prelims	23 Women 50 Breaststroke	10:47 AM	_____
Prelims	24 Men 50 Breaststroke	10:58 AM	_____
	Break: 8 Minutes:		
Prelims	25 Women 400 Freestyle	11:17 AM	_____
Prelims	26 Men 400 Freestyle	11:57 AM	_____
	Swimmers Counts for Warm-ups: 460		
	Finish Time	12:34 PM	_____
	Finish Time	02:15 PM	_____

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Session: 5 Saturday Finals

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

Round	Event	Starts at	
Finals	17 Women 200 Butterfly	05:30 PM	_____
Finals	18 Men 200 Butterfly	05:41 PM	_____
	Break: 8 Minutes: Awards		
Finals	19 Women 50 Freestyle	05:58 PM	_____
Finals	20 Men 50 Freestyle	06:03 PM	_____
	Break: 8 Minutes: Awards		
Finals	21 Women 100 Backstroke	06:15 PM	_____
Finals	22 Men 100 Backstroke	06:22 PM	_____
	Break: 8 Minutes: Awards		
Finals	23 Women 50 Breaststroke	06:37 PM	_____
Finals	24 Men 50 Breaststroke	06:43 PM	_____
	Break: 8 Minutes: Awards		
Finals	25 Women 400 Freestyle	06:58 PM	_____
Finals	26 Men 400 Freestyle	07:14 PM	_____
	Break: 8 Minutes: Awards		
Finals	27 Women 400 Medley Relay	07:38 PM	_____
Finals	28 Men 400 Medley Relay	07:56 PM	_____
	Swimmers Counts for Warm-ups: 225		
	Finish Time	08:13 PM	_____

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Session: 6 Sunday Prelims

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

Round	Event	Starts at	
Prelims	29 Women 200 Backstroke	09:00 AM	_____
Prelims	30 Men 200 Backstroke	09:22 AM	_____
	Break: 8 Minutes:		
Prelims	31 Women 50 Butterfly	09:47 AM	_____
Prelims	32 Men 50 Butterfly	09:56 AM	_____
	Break: 8 Minutes:		
Prelims	33 Women 200 Breaststroke	10:16 AM	_____
Prelims	34 Men 200 Breaststroke	10:42 AM	_____
	Break: 8 Minutes:		
Prelims	35 Women 100 Freestyle	11:11 AM	_____
Prelims	36 Men 100 Freestyle	11:24 AM	_____
	Break: 8 Minutes:		
Prelims	37 Women 200 IM	11:50 AM	_____
Prelims	38 Men 200 IM	12:16 PM	_____
	Swimmers Counts for Warm-ups: 438		
	Finish Time	12:37 PM	_____
	Finish Time	12:30 PM	_____

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Session Report

Session: 7 Sunday 800 Prelims
Day of Meet: 4 Starts at 03:30 PM Heat Interval: 20 Seconds / Back +15 Seconds

Round	Event	Starts at	
Finals-S	39 Women 800 Freestyle	03:30 PM	_____
Finals-S	40 Men 800 Freestyle	04:01 PM	_____
	Swimmers Counts for Warm-ups: 69		
	Finish Time	04:29 PM	_____

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Session: 8 Sunday Finals

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

Round	Event	Starts at	
Finals-1	39 Women 800 Freestyle	05:30 PM	_____
Finals-1	40 Men 800 Freestyle	05:41 PM	_____
	Break: 8 Minutes: Awards		
Finals	29 Women 200 Backstroke	05:59 PM	_____
Finals	30 Men 200 Backstroke	06:10 PM	_____
	Break: 8 Minutes: Awards		
Finals	31 Women 50 Butterfly	06:29 PM	_____
Finals	32 Men 50 Butterfly	06:35 PM	_____
	Break: 8 Minutes: Awards		
Finals	33 Women 200 Breaststroke	06:49 PM	_____
Finals	34 Men 200 Breaststroke	07:00 PM	_____
	Break: 8 Minutes: Awards		
Finals	35 Women 100 Freestyle	07:19 PM	_____
Finals	36 Men 100 Freestyle	07:25 PM	_____
	Break: 8 Minutes:		
Finals	37 Women 200 IM	07:38 PM	_____
Finals	38 Men 200 IM	07:49 PM	_____
	Swimmers Counts for Warm-ups: 264		
	Finish Time	07:58 PM	_____