

Middle Atlantic SC Senior Championships
at the Graham Aquatic Center - York, PA
Session Report

Session: 1 Wednesday Evening

Day of Meet: 1 Starts at 05:30 PM Heat Interval: 40 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	1 Women 1650 Freestyle	42	6 u	05:30 PM	_____
Finals	2 Men 1000 Freestyle	44	6 u	07:27 PM	_____
	Swimmers Counts for Warm-ups: 86	=====	=====		
	Entry / Heat Totals:	86	12		
	Finish Time			08:33 PM	_____

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Session: 2 Thursday Prelims

Day of Meet: 2 Starts at 09:00 AM Heat Interval: 20 Seconds / Back +5 Seconds

Round	Event	Entries	Heats	Starts at	
Prelims	3 Women 200 Freestyle	117	15 u	09:00 AM	_____
Prelims	4 Men 200 Freestyle	140	18 u	09:35 AM	_____
Prelims	5 Women 100 Breaststroke	85	11 u	10:14 AM	_____
Prelims	6 Men 100 Breaststroke	122	16 u	10:31 AM	_____
Prelims	7 Women 100 Butterfly	127	16 u	10:53 AM	_____
Prelims	8 Men 100 Butterfly	135	17 u	11:15 AM	_____
Prelims	9 Women 400 IM	88	11 u	11:37 AM	_____
Prelims	10 Men 400 IM	101	13 u	12:33 PM	_____
	Swimmers Counts for Warm-ups: 508	=====	=====		
	Entry / Heat Totals:	915	117		
	Finish Time			01:36 PM	_____

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Session: 3 Thursday Finals

Day of Meet: 2 Starts at 05:30 PM Heat Interval: 40 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	3 Women 200 Freestyle	24	3 u	05:30 PM	_____
Finals	4 Men 200 Freestyle	24	3 u	05:38 PM	_____
	Break: 5 Minutes:				
Finals	5 Women 100 Breaststroke	24	3 u	05:50 PM	_____
Finals	6 Men 100 Breaststroke	24	3 u	05:56 PM	_____
	Break: 5 Minutes:				
Finals	7 Women 100 Butterfly	24	3 u	06:05 PM	_____
Finals	8 Men 100 Butterfly	24	3 u	06:10 PM	_____
	Break: 5 Minutes:				
Finals	9 Women 400 IM	24	3 u	06:20 PM	_____
Finals	10 Men 400 IM	24	3 u	06:36 PM	_____
	Break: 10 Minutes:				
Finals	11 Women 800 Freestyle Relay	20	3 u	07:00 PM	_____
Finals	12 Men 800 Freestyle Relay	27	4 u	07:27 PM	_____
	Swimmers Counts for Warm-ups: 132	=====	=====		
	Entry / Heat Totals:	239	31		
	Finish Time			07:59 PM	_____

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Session: 4 Friday Prelims

Day of Meet: 3 Starts at 09:00 AM Heat Interval: 20 Seconds / Back +5 Seconds

Round	Event	Entries	Heats	Starts at	
Prelims	13 Women 200 Butterfly	96	12 u	09:00 AM	_____
Prelims	14 Men 200 Butterfly	91	12 u	09:31 AM	_____
Prelims	15 Women 50 Freestyle	141	18 u	10:01 AM	_____
Prelims	16 Men 50 Freestyle	143	18 u	10:14 AM	_____
Prelims	17 Women 200 Breaststroke	80	10 u	10:27 AM	_____
Prelims	18 Men 200 Breaststroke	84	11 u	10:56 AM	_____
Prelims	19 Women 100 Backstroke	137	18 u	11:26 AM	_____
Prelims	20 Men 100 Backstroke	156	20 u	11:52 AM	_____
Prelims	21 Women 500 Freestyle	88	11 u	12:19 PM	_____
Prelims	22 Men 500 Freestyle	96	12 u	01:21 PM	_____
	Swimmers Counts for Warm-ups: 578	=====	=====		
	Entry / Heat Totals:	1,112	142		
	Finish Time			02:24 PM	_____

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Session: 5 Friday Finals

Day of Meet: 3 Starts at 05:30 PM Heat Interval: 40 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	13 Women 200 Butterfly	24	3 u	05:30 PM	_____
Finals	14 Men 200 Butterfly	24	3 u	05:39 PM	_____
	Break: 8 Minutes:				
Finals	15 Women 50 Freestyle	24	3 u	05:55 PM	_____
Finals	16 Men 50 Freestyle	24	3 u	05:58 PM	_____
	Break: 10 Minutes:				
Finals	17 Women 200 Breaststroke	24	3 u	06:11 PM	_____
Finals	18 Men 200 Breaststroke	24	3 u	06:20 PM	_____
	Break: 5 Minutes:				
Finals	19 Women 100 Backstroke	24	3 u	06:33 PM	_____
Finals	20 Men 100 Backstroke	24	3 u	06:38 PM	_____
	Break: 5 Minutes:				
Finals	21 Women 500 Freestyle	24	3 u	06:48 PM	_____
Finals	22 Men 500 Freestyle	24	3 u	07:05 PM	_____
	Break: 10 Minutes:				
Finals	23 Women 400 Freestyle Relay	31	4 u	07:31 PM	_____
Finals	24 Men 400 Freestyle Relay	37	5 u	07:49 PM	_____
	Swimmers Counts for Warm-ups: 170	=====	=====		
	Entry / Heat Totals:	308	39		
	Finish Time			08:10 PM	_____

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Session: 6 Saturday Prelims

Day of Meet: 4 Starts at 09:00 AM Heat Interval: 20 Seconds / Back +5 Seconds

Round	Event	Entries	Heats	Starts at	
Prelims	27 Women 200 Backstroke	107	14 u	09:00 AM	_____
Prelims	28 Men 200 Backstroke	122	16 u	09:37 AM	_____
Prelims	29 Women 100 Freestyle	148	19 u	10:17 AM	_____
Prelims	30 Men 100 Freestyle	158	20 u	10:41 AM	_____
Prelims	31 Women 200 IM	117	15 u	11:04 AM	_____
Prelims	32 Men 200 IM	189	24 u	11:43 AM	_____
	Swimmers Counts for Warm-ups: 488	=====	=====		
	Entry / Heat Totals:	841	108		
	Finish Time			12:42 PM	_____

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Session: 7 Saturday Distance

Day of Meet: 4 Starts at 01:05 PM Heat Interval: 30 Seconds

Round	Event	Entries	Heats	Starts at	
Finals-S	25 Women 1000 Freestyle	50	7 u	01:05 PM	_____
Finals-S	26 Men 1650 Freestyle	37	5 u	02:27 PM	_____
	Swimmers Counts for Warm-ups: 103	=====	=====		
	Entry / Heat Totals:	87	12		
	Finish Time			03:57 PM	_____

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Session: 8 Saturday Finals

Day of Meet: 4 Starts at 05:00 PM Heat Interval: 40 Seconds

Round	Event	Entries	Heats	Starts at	
Finals-1	25 Women 1000 Freestyle	8	1 u	05:00 PM	_____
Finals-1	26 Men 1650 Freestyle	8	1 u	05:12 PM	_____
	Break: 5 Minutes:				
Finals	27 Women 200 Backstroke	24	3 u	05:35 PM	_____
Finals	28 Men 200 Backstroke	24	3 u	05:44 PM	_____
	Break: 5 Minutes:				
Finals	29 Women 100 Freestyle	24	3 u	05:56 PM	_____
Finals	30 Men 100 Freestyle	24	3 u	06:01 PM	_____
	Break: 5 Minutes:				
Finals	31 Women 200 IM	24	3 u	06:10 PM	_____
Finals	32 Men 200 IM	24	3 u	06:19 PM	_____
	Break: 10 Minutes:				
Finals	33 Women 400 Medley Relay	27	4 u	06:36 PM	_____
Finals	34 Men 400 Medley Relay	31	4 u	06:55 PM	_____
	Swimmers Counts for Warm-ups: 201	=====	=====		
	Entry / Heat Totals:	218	28		
	Finish Time			07:13 PM	_____