

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

Session: 1 Thursday 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	54	7u	05:30 PM	_____
Finals	2 Men 1000 Freestyle	46	6u	07:45 PM	_____
	Swimmers Counts for Warm-ups: 100	=====	=====		
	Entry / Heat Totals:	100	13		
	Finish Time			08:51 PM	_____

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Session: 2 Friday 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	139	18u	09:00 AM	_____
Prelims	4 Men 200 Freestyle	144	18u	09:42 AM	_____
Prelims	5 Women 100 Breaststroke	123	16u	10:21 AM	_____
Prelims	6 Men 100 Breaststroke	142	18u	10:46 AM	_____
Prelims	7 Women 100 Butterfly	172	22u	11:11 AM	_____
Prelims	8 Men 100 Butterfly	171	22u	11:41 AM	_____
Prelims	9 Women 400 IM	96	12u	12:09 PM	_____
Prelims	10 Men 400 IM	95	12u	01:10 PM	_____
	Swimmers Counts for Warm-ups: 608	=====	=====		
	Entry / Heat Totals:	1,082	138		
	Finish Time			02:07 PM	_____

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Session: 3 Friday Finals

Day of Meet: 2 Starts at 05:30 PM Heat Interval: 55 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	3 Women 200 Freestyle	24	3u	05:30 PM	_____
Finals	4 Men 200 Freestyle	24	3u	05:39 PM	_____
Finals	5 Women 100 Breaststroke	24	3u	05:47 PM	_____
Finals	6 Men 100 Breaststroke	24	3u	05:53 PM	_____
Finals	7 Women 100 Butterfly	24	3u	05:59 PM	_____
Finals	8 Men 100 Butterfly	24	3u	06:04 PM	_____
Finals	9 Women 400 IM	24	3u	06:09 PM	_____
Finals	10 Men 400 IM	24	3u	06:26 PM	_____
	Break: 10 Minutes:				
Finals	11 Women 800 Freestyle Relay	28	4u	06:51 PM	_____
Finals	12 Men 800 Freestyle Relay	29	4u	07:27 PM	_____
	Swimmers Counts for Warm-ups: 139	=====	=====		
	Entry / Heat Totals:	249	32		
	Finish Time			08:01 PM	_____

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Session: 4 Saturday 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	113	15u	09:00 AM	_____
Prelims	14 Men 200 Butterfly	96	12u	09:40 AM	_____
Prelims	15 Women 50 Freestyle	194	25u	10:09 AM	_____
Prelims	16 Men 50 Freestyle	156	20u	10:28 AM	_____
Prelims	17 Women 200 Breaststroke	104	13u	10:42 AM	_____
Prelims	18 Men 200 Breaststroke	112	14u	11:20 AM	_____
Prelims	19 Women 100 Backstroke	163	21u	11:57 AM	_____
Prelims	20 Men 100 Backstroke	191	24u	12:28 PM	_____
Prelims	21 Women 500 Freestyle	102	13u	01:01 PM	_____
Prelims	22 Men 500 Freestyle	89	12u	02:14 PM	_____
	Swimmers Counts for Warm-ups: 694	=====	=====		
	Entry / Heat Totals:	1,320	169		
	Finish Time			03:18 PM	_____

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Session: 5 Saturday Finals

Day of Meet: 3 Starts at 05:30 PM Heat Interval: 55 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	13 Women 200 Butterfly	24	3u	05:30 PM	_____
Finals	14 Men 200 Butterfly	24	3u	05:40 PM	_____
Finals	15 Women 50 Freestyle	24	3u	05:48 PM	_____
Finals	16 Men 50 Freestyle	24	3u	05:52 PM	_____
Finals	17 Women 200 Breaststroke	24	3u	05:56 PM	_____
Finals	18 Men 200 Breaststroke	24	3u	06:06 PM	_____
Finals	19 Women 100 Backstroke	24	3u	06:15 PM	_____
Finals	20 Men 100 Backstroke	24	3u	06:21 PM	_____
Finals	21 Women 500 Freestyle	24	3u	06:26 PM	_____
Finals	22 Men 500 Freestyle	24	3u	06:44 PM	_____
	Break: 10 Minutes:				
Finals	23 Women 400 Freestyle Relay	38	5u	07:11 PM	_____
Finals	24 Men 400 Freestyle Relay	40	5u	07:34 PM	_____
	Swimmers Counts for Warm-ups: 185	=====	=====		
	Entry / Heat Totals:	318	40		
	Finish Time			07:56 PM	_____

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Session: 6 Sunday 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	126	16u	09:00 AM	_____
Prelims	28 Men 200 Backstroke	135	17u	09:43 AM	_____
Prelims	29 Women 100 Freestyle	195	25u	10:25 AM	_____
Prelims	30 Men 100 Freestyle	166	21u	10:57 AM	_____
Prelims	31 Women 200 IM	142	18u	11:22 AM	_____
Prelims	32 Men 200 IM	204	26u	12:08 PM	_____
	Swimmers Counts for Warm-ups: 566	=====	=====		
	Entry / Heat Totals:	968	123		
	Finish Time			01:11 PM	_____

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Session: 7 Sunday Distance

Day of Meet: 4 Starts at 01:25 PM Heat Interval: 30 Seconds

Round	Event	Entries	Heats	Starts at
Finals-S	25 Women 1000 Freestyle	60	8u	01:25 PM _____
Finals-S	26 Men 1650 Freestyle	32	4u	02:58 PM _____
	Swimmers Counts for Warm-ups: 108	=====	=====	
	Entry / Heat Totals:	92	12	
	Finish Time			04:10 PM _____

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Session: 8 Sunday Finals

Day of Meet: 4 Starts at 05:00 PM Heat Interval: 55 Seconds

Round	Event	Entries	Heats	Starts at	
Finals-1	25 Women 1000 Freestyle	8	1u	05:00 PM	_____
Finals-1	26 Men 1650 Freestyle	8	1u	05:12 PM	_____
Finals	27 Women 200 Backstroke	24	3u	05:31 PM	_____
Finals	28 Men 200 Backstroke	24	3u	05:40 PM	_____
Finals	29 Women 100 Freestyle	24	3u	05:48 PM	_____
Finals	30 Men 100 Freestyle	24	3u	05:54 PM	_____
Finals	31 Women 200 IM	24	3u	05:59 PM	_____
Finals	32 Men 200 IM	24	3u	06:08 PM	_____
	Break: 10 Minutes:				
Finals	33 Women 400 Medley Relay	32	4u	06:26 PM	_____
Finals	34 Men 400 Medley Relay	35	5u	06:46 PM	_____
	Swimmers Counts for Warm-ups: 208	=====	=====		
	Entry / Heat Totals:	227	29		
	Finish Time			07:10 PM	_____