

Mid-Atlantic Long Course Junior Olympic Championships Update

All **afternoon sessions** will now begin no earlier than **1:00PM**, with warm ups beginning no earlier than 12:00 noon.

Thursday evening swimmers, including relays, must provide their own timers and counters (800 Free).

Positive check-in will be required for all events **400m** and longer. The check-in times are as follows:

Thursday Evening: 13-19 800 Free- 5PM
12 & under 400 Free- 6PM
Friday Morning: 400 IM- 9:30AM
Saturday Morning: 400 Free- 9:30 AM
Sunday Morning: 1500 Free- 10:15 AM *fastest heat at finals
Sunday Afternoon: 400 IM- 12:30 PM *timed finals event

There is an indoor heated pool that will be open all day for warm up and cool down. The outdoor pool will be available for warm up at the designated pre-session warm up times only.

This is an **outdoor** meet. Please plan (and pray) accordingly. No seating will be provided. Please bring chairs, sun block, blankets, jackets, etc. and be prepared for whatever weather challenges may arise.

A food vendor will be available at each session with hot and cold food and beverages. T-shirts will also be available for sale.

Warm Up Schedule

Thursday Evening: 4:30 PM to 4:55 PM- AAC – NRG
4:55 PM to 5:20 PM- OCCC - YY

Friday Morning: 7:00 AM to 7:25 AM- LMOR – YY
7:25 AM to 7:50 AM- AAC – LAC

Friday Afternoon: 12:00 PM to 12:25 PM – OCCC – YY
12:25 PM to 12:50 PM- AAC- NRG

Friday Finals: 4:00 PM to 4:25 PM- NAAC – YY
4:25 PM to 4:50 PM- AAC- MSA

Saturday Morning: 7:00 AM to 7:25 AM- AAC - JW
7:25 AM to 7:50 AM- LAC - YY

Saturday Afternoon: 12:00 PM to 12:25 PM – AAC - NRG
12:25 PM to 12:50 PM- OCCC- YY

Saturday Finals: 4:30 PM to 4:55 PM- AAC - LMOR
4:55 PM to 5:00 PM- MBY- YY

Sunday Morning: 7:00 AM to 7:25 AM- LMOR – YY
7:25 AM to 7:50 AM- AAC – LAC

Sunday Afternoon: 12:00 PM to 12:25 PM – NPAC – YY
12:25 PM to 12:50 PM- AAC- NAAC

Sunday Finals: 4:30 PM to 4:50 PM- LCY - YY
4:50 PM to 5:20 PM- AAC- LAC

Team Worker Assignments

Prelim worker assignments were determined by swimmer entry count in each session. Finals were determined by a team's number of top ten seeded swimmers in each of the corresponding prelim sessions.

LA NE	FRI AM	FRI PM	FRI FINALS	SAT AM	SAT PM	SAT FINALS	SUN AM	SUN PM	SUN FINALS
1	PAAC GAAC	OCCC NPAC	AAC CBST	CHEL LMOR	SCCY BCAT	PFY SCCY	UDAC TSC	WAVE ACAC	GAAC * GAAC
2	FCA HAC	SCCY SPIR	CHEL DST	SSC AAC	HAC OCCC	SEA SSC	GAAC HAC	BCAT UMLY	HAC* HAC
3	TD YY	SSC UMLY	FCA GAAC	SPIR EMAC	GAAC LMOR	YY CBST	YY PAAC	LMOR BDA	PAAC* PAAC
4	SEA DST	PAAC PFY	HAC JW	GAAC PAAC	YY CBST	TD UMLY	FCA TD	PAAC YY	LAC* LAC
5	UMLY UDAC	YY GAAC	LMOR PAAC	FCA TD	PAAC PFY	CHEL DST	SEA DST	GAAC DST	YY* YY
6	CBST CHEL	BDA CBST	RY SPIR	HAC YY	BDA DST	FCA GAAC	UMLY CHEL	HAC JW	TD* TD
7	AAC ACAC	DST HAC	SSC SWAC	DST SEA	SEA NPAC	HAC JW	CBST LMOR	SEA PFY	DST* DST
8	ATAC GCIT	JW LMOR	TD YY	UMLY CBST	FCA SWAC	LMOR PAAC	SSC SPIR	NPAC SPIR	LAC* LAC

* Many thanks in advance to all team workers. Thanks also to the larger teams who will be doubling up on Sunday's finals session.