

2017 Middle Atlantic Long Course Senior Championships

Hosted by West Shore YMCA & Hershey Aquatic Club

July 12-15, 2017

- Estimated time line is based on no scratches.
- The meet will **NOT** be delayed to meet the time line. Swimmers must be prepared to swim at the beginning of their race.
- National Scratch and No Show Rules will be in effect.
- **Time Trials** will be held at times listed and limited to 60 minutes

DAY OF EVENT	DEADLINE
Wednesday 800 Free Women/Men	CHECK-IN BY 9:30am Wednesday
Wednesday 800 Free Relay Women/Men	CHECK-IN 9:30am Wednesday
Thursday 400 Medley Relay Women/Men	CHECK-IN 9:30am Thursday
Friday 400 Free Relay Women/Men	CHECK-IN 9:30am Friday
Saturday 1500 Freestyle	CHECK-IN BY 9:30am Saturday

RELAYS

Relays must be checked-in by 9:30am each day. Relay cards due one hour prior to event

NOTE ON FINALS OF "HEATS & FINALS" EVENTS

The scratch deadline for finals is 30 minutes following the announcement of prelims results. The top 32 athletes who **have not scratched** by this time **will be seeded** into finals. C and D Final heats are limited to 18 and under swimmers

Wednesday 7/12/17	Thursday 7/13/17	Friday 7/14/17	Saturday 7/15/17
100 Backstroke: 8:45 am	200 Butterfly: 8:45am	100 Breastroke: 8:45 am	200 Backstroke: 8:45 am
200 Breastroke: 9:30 am	100 Freestyle: 9:45am	200 Freestyle 9:35 am	50 Freestyle: 10:05 am
100 Butterfly: 10:35 am	400 Free (Top 4 Heats) 11:00am	400 IM (Top 4 Heats) 11:00am	200 IM: 10:45 am
800 Free Relay: 11:35 am	400 Med Relay @ Night	400 Free Relay @ Night	
Finish of Prelims: 12:05pm	Finish of Prelims: 11:40am	Finish of Prelims: 11:45am	Finish of Prelims: 12:15 pm
Time Trials 12:30pm	400 "B" Flight Start: 12noon	400 IM "B" Flight Start: 12noon	Start 1500: 1:10pm
800 Free Start: 2:45pm	M 400 Free Alternating	M 400 IM Alternating	
M 800 Free Alternating	Break after every 4 heats	Break after every 4 heats	M 1500 alternating
End of Session: 4:15pm	End of Session: 1:30pm	End of Session: 1:10pm	End session: 4:00pm
	Time Trials 1:45pm	Time Trials 1:30pm	
Start of Finals: 5:30 pm	Start of Finals: 5:30 pm	Start of Finals: 5:30 pm	Start of Finals: 5:00 pm
End of Finals: 8:05 pm	End of Finals: 8:30 pm	End of Finals: 8:20 pm	End of Finals: 7:30pm
	Time Trials 8:45pm	Time Trials 8:45pm	Time Trials 7:45pm

We will have "A" Final "walk outs" at Finals

Awards will be presented immediately following each men's event

800 and 1500 DISTANCE EVENTS:

The 1500 free and 800 Freestyle is a 'timed final' event swum after prelims with the fastest heat of both women's and men's to be swum during the "finals session" on Wednesday and Saturday. **Fastest heats will be swum at the first events of the finals session**

