

# 2018 Middle Atlantic Long Course Senior Championships

Hosted by West Shore YMCA & Hershey Aquatic Club

July 11-14, 2018

- 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	<b>CHECK-IN BY 9:45am</b> Wednesday
Wednesday 800 Free Relay Women/Men	<b>CHECK-IN 9:45am</b> Wednesday
Thursday 400 Medley Relay Women/Men	<b>CHECK-IN 9:45am</b> Thursday
Friday 400 Free Relay Women/Men	<b>CHECK-IN 9:45am</b> Friday
Saturday 1500 Freestyle	<b>CHECK-IN BY 9:45am</b> 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 7/11/18		Thursday 7/12/18		Friday 7/13/18		Saturday 7/14/18	
100 Backstroke:	<b>8:45 am</b>	200 Butterfly:	<b>8:45am</b>	100 Breastroke:	<b>8:45 am</b>	200 Backstroke:	<b>8:45 am</b>
200 Breastroke:	<b>9:40 am</b>	100 Freestyle:	<b>9:55am</b>	200 Freestyle:	<b>9:40 am</b>	50 Freestyle:	<b>10:10 am</b>
100 Butterfly:	<b>10:55 am</b>	400 Free (Top 5 Heats)	<b>10:50am</b>	400 IM (Top 5 Heats)	<b>11:10am</b>	200 IM:	<b>10:50 am</b>
800 Free Relay:	<b>12:05 pm</b>	<b>400 Med Relay @ Night</b>		<b>400 Free Relay @ Night</b>			
Finish of Prelims:	<b>12:35pm</b>	Finish of Prelims:	<b>11:40am</b>	Finish of Prelims:	<b>12:00pm</b>	Finish of Prelims:	<b>12:20 pm</b>
Time Trials	<b>1:00pm</b>	400 "B" Flight Start:	<b>12noon</b>	400 IM "B" Flight Start:	<b>12:20p</b>	Start 1500:	<b>1:15pm</b>
800 Free Start:	<b>2:45pm</b>	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:	<b>4:10pm</b>	End of Session:	<b>1:15pm</b>	End of Session:	<b>1:20pm</b>	End session:	<b>4:00pm</b>
		Time Trials	<b>1:30pm</b>	Time Trials	<b>1:45pm</b>		
Finals Warm-Up	<b>4:30pm</b>	Finals Warm-Up:	<b>4:30 pm</b>	Finals Warm-Up:	<b>4:30 pm</b>	Finals Warm-up:	<b>4:00 pm</b>
Start of Finals:	<b>5:30 pm</b>	Start of Finals:	<b>5:30 pm</b>	Start of Finals:	<b>5:30 pm</b>	Start of Finals:	<b>5:00 pm</b>
End of Finals:	<b>8:05 pm</b>	End of Finals:	<b>8:30 pm</b>	End of Finals:	<b>8:20 pm</b>	End of Finals:	<b>7:30pm</b>
		Time Trials	<b>8:45pm</b>	Time Trials	<b>8:45pm</b>	Time Trials	<b>7:45pm</b>

**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**

