

QUALIFYING TIMES – Middle Atlantic Long Course Senior Championships 2008

Wednesday, July 9, 2008

Prelim Warm-Up - 7:30 AM

Meet Starts - 9:00 AM

Finals Warm-up – 4:00 PM Meet Starts – 5:00 PM

| WOMEN | | | | MEN | | | | |
|-------|----------|----------|----------|--------------------|---------|---------|----------|---|
| # | SCY | SCM | LCM | Event | LCM | SCM | SCY | # |
| 1 | 1:15.25 | 1:23.98 | 1:26.49 | 100 M Breaststroke | 1:19.49 | 1:16.71 | 1:08.76 | 2 |
| 3 | 2:26.46 | 2:43.50 | 2:45.49 | 200 M Backstroke | 2:30.49 | 2:40.69 | 2:23.98 | 4 |
| 5 | 27.45 | 30.63 | 31.19 | 50 M Freestyle | 28.19 | 27.37 | 24.53 | 6 |
| 7 | 11:46.15 | 10:17.88 | 10:30.49 | 800 M Freestyle* | 9:35.49 | 9:16.50 | 10:35.92 | 8 |

Thursday, July 10, 2008

Prelim Warm-Up - 7:30 AM

Meet Starts - 9:00 AM

Finals Warm-up – 4:00 PM Meet Starts – 5:00 PM

| # | SCY | SCM | LCM | Event | LCM | SCM | SCY | # |
|----|---------|---------|---------|-----------------------|---------|---------|---------|----|
| 9 | 2:22.84 | 2:39.37 | 2:40.49 | 200 M Butterfly | 2:30.49 | 2:27.78 | 2:12.43 | 10 |
| 11 | 59.39 | 1:06.28 | 1:07.49 | 100 M Freestyle | 1:00.49 | 58.74 | 52.63 | 12 |
| 13 | 5:41.03 | 4:58.40 | 5:04.49 | 400 M Freestyle | 4:40.49 | 4:31.23 | 5:09.94 | 14 |
| 15 | | | | 400 M Freestyle Relay | | | | 16 |

Friday, July 11, 2008

Prelim Warm-Up - 7:30 AM

Meet Starts - 9:00 AM

Finals Warm-up – 4:00 PM Meet Starts – 5:00 PM

| # | SCY | SCM | LCM | Event | LCM | SCM | SCY | # |
|----|---------|---------|---------|-------------------------|---------|---------|---------|----|
| 17 | 2:08.76 | 2:23.74 | 2:25.49 | 200 M Freestyle | 2:12.49 | 2:09.44 | 1:55.93 | 18 |
| 19 | 2:41.47 | 3:00.19 | 3:03.49 | 200 M Breaststroke | 2:50.49 | 2:44.52 | 2:27.47 | 20 |
| 21 | 5:10.18 | 5:46.28 | 5:50.49 | 400 M Individual Medley | 5:21.49 | 5:12.17 | 4:39.70 | 22 |
| 23 | | | | 800 M Freestyle Relay | | | | 24 |

Saturday, July 12, 2008

Prelim Warm-Up - 7:30 AM

Meet Starts - 9:00 AM

Finals Warm-up – 4:00 PM Meet Starts – 5:00 PM

| # | SCY | SCM | LCM | Event | LCM | SCM | SCY | # |
|----|----------|---------|----------|-------------------------|----------|---------|----------|----|
| 25 | 1:07.19 | 1:14.96 | 1:15.49 | 100 M Butterfly | 1:06.49 | 1:05.69 | 58.84 | 26 |
| 27 | 1:08.58 | 1:16.56 | 1:17.49 | 100 M Backstroke | 1:10.49 | 1:08.45 | 1:01.33 | 28 |
| 29 | 2:26.51 | 2:43.49 | 2:46.49 | 200 M Individual Medley | 2:33.49 | 2:28.12 | 2:12.77 | 30 |
| 31 | | | | 400 M Medley Relay | | | | 32 |
| 33 | 19:10.02 | | 19:33.49 | 1500 M Freestyle* | 18:31.49 | | 18:03.70 | 34 |

*Swimmers for the 800 M and 1500 M Freestyle must provide their own timer and counter (except at Finals.) The fastest heat of men and women in the 800 Freestyle will swim as the first events at Wednesday Finals. Remaining heats will swim during Wednesday Prelims. The fastest heat of men and women in the 1500 Free will swim as the first event at Saturday Finals. Remaining heats will swim on Saturday afternoon with warm-up one hour before the scheduled start. The fastest two heats of each relay will swim at Finals.