

**Session 1**  
 Friday 1500 FR  
 Warmups 12:00 PM Meet Starts 1:00 PM

GIRLS	EVENT	BOYS
1	Senior 1500 Freestyle	2

**Session 2**  
 Friday 9-12 400's and Senior 50's Stroke  
 Warmups 4:30 PM Meet Starts 5:30 PM

GIRLS	EVENT	BOYS
3	Senior 50 Backstroke	4
5	9-12 400 IM	6
7	Senior 50 Breaststroke	8
9	Senior 50 Butterfly	10
11	9-12 400 Freestyle	12

**Session 3**  
 Saturday Prelims  
 Warmups 7:00 AM Meet Starts 8:00 AM

GIRLS	EVENT	BOYS
13	13 & Over 200 Freestyle	14
15	13 & Over 200 Breaststroke	16
17	13 & Over 100 Butterfly	18
19	13 & Over 200 Backstroke	20
21	13 & Over 50 Freestyle	22
23	13 & Over 400 IM	24

**Session 4**  
 Saturday 12 & U Timed Finals  
 Warmups 12:30 PM Meet Starts 1:20 PM

GIRLS	EVENT	BOYS
25	9-12 100 Freestyle	26
27	9-12 200 IM	28
29	9-12 50 Backstroke	30
31	9-12 100 Butterfly	32
33	9-12 100 Breaststroke	34
35	9-12 200 Backstroke	36

**Session 5**  
 Saturday Finals  
 Warmups 4:45 PM Meet Starts 5:30 PM

GIRLS	EVENT	BOYS
13	13 & Over 200 Freestyle	14
15	13 & Over 200 Breaststroke	16
17	13 & Over 100 Butterfly	18
19	13 & Over 200 Backstroke	20
21	13 & Over 50 Freestyle	22
23	13 & Over 400 IM	24

**Session 6**  
 Sunday Prelims  
 Warmups 7:00 AM Meet Starts 8:00 AM

	EVENT	BOYS
37	13 & Over 100 Freestyle	38
39	13 & Over 200 IM	40
41	13 & Over 100 Breaststroke	42
43	13 & Over 100 Backstroke	44
45	13 & Over 200 Butterfly	46
47	13 & Over 400 Freestyle	48

**Session 7**  
 Sunday Timed Finals  
 Warmups 12:30 PM Meet Starts 1:20 PM

GIRLS	EVENT	BOYS
49	9-12 50 Butterfly	50
51	9-12 200 Breaststroke	52
53	9-12 200 Freestyle	54
55	9-12 100 Backstroke	56
57	9-12 50 Breaststroke	58
59	9-12 200 Butterfly	60
61	9-12 50 Freestyle	62

**Session**  
 Sunday Finals  
 Warmups 4:45 PM Meet Starts 5:30 PM

GIRLS	EVENT	BOYS
37	13 & Over 100 Freestyle	38
39	13 & Over 200 IM	40
41	13 & Over 100 Breaststroke	42
43	13 & Over 100 Backstroke	44
45	13 & Over 200 Butterfly	46
47	13 & Over 400 Freestyle	48

<b>DECK ENTRIES</b>	Deck Entries <input type="checkbox"/> will not be accepted <input checked="" type="checkbox"/> will be accepted at this meet subject to space availability, and at the discretion of the Meet Director, deck entries will be accepted on the day of the meet, prior to the start of each session, at the cost of 20 per event. Deck-entered swimmers will compete unofficially; the achieved time is official, but will not score in the meet for points or awards. To enter, please see the Meet Director before or during warm-ups. Swimmers not previously entered in the meet must provide proof of current USA Swimming registration.
<b>PROOF OF TIMES</b>	Entry times must be from a sanctioned, approved or observed meet. Proof of time <input checked="" type="checkbox"/> is <input type="checkbox"/> is not required for this meet. Falsification of any entry time may be subject to penalties/fines set by Middle Atlantic
<b>SEEDING</b>	<p>This meet will be PRE-seeded with the exception of the event(s) noted below.            Scratches will be taken the day of the meet. The meet program will be published on Meet Mobile for spectators. Coaches will receive hard copies.</p> <p>All 9-12 events will be swum as timed finals.</p> <p>All 13-14 and Senior events are Prelims/Finals events with the exceptions being the Senior 400 Freestyle, 400 IM, 1500 Freestyle, and the 50's of stroke (Back, Fly, Breast). The 400 Freestyle and the 400 IM will be swum as timed finals, with the fastest 13-14 and two fastest 15 &amp; O heats swum at evening finals. All other heats will be swum in the morning prelim session. The 1500 free and 50's of stroke are swum as timed finals on Friday evening. Swimmers must provide their own timers and counters for the 1500.</p> <p>1500's will be swum fast to slow, alternating girls/boys.</p>
<b>AWARDS</b>	No Awards will be given.