

**2019 Middle Atlantic Senior Championships - 3/28/2019 to 3/31/2019**  
**Session Report**

Session: 1 Thursday Distance

Day of Meet: 1 Starts at 05:30 PM Heat Interval: 20 Seconds / Back +15 Seconds

<b>Round</b>	<b>Event</b>	<b>Entries</b>	<b>Heats</b>	<b>Starts at</b>	
Finals	1 Women 1650 Freestyle	46	6 u	05:30 PM	_____
Finals	2 Men 1000 Freestyle	42	6 u	07:24 PM	_____
	Swimmers Counts for Warm-ups: 88	=====	=====		
	Entry / Heat Totals:	88	12		
	Finish Time			08:28 PM	_____

**2019 Middle Atlantic Senior Championships - 3/28/2019 to 3/31/2019****Session Report**

Session: 2 Friday Prelims

Day of Meet: 2 Starts at 09:00 AM Heat Interval: 20 Seconds / Back +15 Seconds

<b>Round</b>	<b>Event</b>	<b>Entries</b>	<b>Heats</b>	<b>Starts at</b>	
Prelims	3 Women 200 Freestyle	134	17 u	09:00 AM	_____
Prelims	4 Men 200 Freestyle	105	14 u	09:40 AM	_____
Prelims	5 Women 100 Breaststroke	107	14 u	10:10 AM	_____
Prelims	6 Men 100 Breaststroke	126	16 u	10:31 AM	_____
Prelims	7 Women 100 Butterfly	133	17 u	10:53 AM	_____
Prelims	8 Men 100 Butterfly	159	20 u	11:16 AM	_____
Prelims	9 Women 400 IM	74	10 u	11:41 AM	_____
Prelims	10 Men 400 IM	86	11 u	12:31 PM	_____
	Swimmers Counts for Warm-ups: 555	=====	=====		
	Entry / Heat Totals:	924	119		
	Finish Time			01:23 PM	_____

**2019 Middle Atlantic Senior Championships - 3/28/2019 to 3/31/2019****Session Report**

Session: 3 Friday Finals

Day of Meet: 2 Starts at 05:30 PM Heat Interval: 75 Seconds / Back +15 Seconds

<b>Round</b>	<b>Event</b>	<b>Entries</b>	<b>Heats</b>	<b>Starts at</b>	
Finals	3 Women 200 Freestyle	24	3 u	05:30 PM	_____
Finals	4 Men 200 Freestyle	24	3 u	05:40 PM	_____
Finals	5 Women 100 Breaststroke	24	3 u	05:49 PM	_____
Finals	6 Men 100 Breaststroke	24	3 u	05:56 PM	_____
Finals	7 Women 100 Butterfly	24	3 u	06:02 PM	_____
Finals	8 Men 100 Butterfly	24	3 u	06:09 PM	_____
Finals	9 Women 400 IM	24	3 u	06:15 PM	_____
Finals	10 Men 400 IM	24	3 u	06:33 PM	_____
Finals	11 Women 800 Freestyle Relay	27	4 u	06:49 PM	_____
Finals	12 Men 800 Freestyle Relay	28	4 u	07:26 PM	_____
	Swimmers Counts for Warm-ups: 138	=====	=====		
	Entry / Heat Totals:	247	32		
	Finish Time			08:01 PM	_____

**2019 Middle Atlantic Senior Championships - 3/28/2019 to 3/31/2019**  
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Session: 4 Saturday Prelims

Day of Meet: 3 Starts at 09:00 AM Heat Interval: 20 Seconds / Back +15 Seconds

<b>Round</b>	<b>Event</b>	<b>Entries</b>	<b>Heats</b>	<b>Starts at</b>	
Prelims	13 Women 200 Butterfly	88	11 u	09:00 AM	_____
Prelims	14 Men 200 Butterfly	111	14 u	09:29 AM	_____
Prelims	15 Women 50 Freestyle	168	21 u	10:03 AM	_____
Prelims	16 Men 50 Freestyle	125	16 u	10:18 AM	_____
Prelims	17 Women 200 Breaststroke	106	14 u	10:30 AM	_____
Prelims	18 Men 200 Breaststroke	114	15 u	11:10 AM	_____
Prelims	19 Women 100 Backstroke	140	18 u	11:50 AM	_____
Prelims	20 Men 100 Backstroke	156	20 u	12:19 PM	_____
Prelims	21 Women 500 Freestyle	72	9 u	12:49 PM	_____
Prelims	22 Men 500 Freestyle	63	8 u	01:40 PM	_____
	Swimmers Counts for Warm-ups: 621	=====	=====		
	Entry / Heat Totals:	1,143	146		
	Finish Time			02:21 PM	_____

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Session: 5 Saturday Finals

Day of Meet: 3 Starts at 05:30 PM Heat Interval: 75 Seconds / Back +15 Seconds

<b>Round</b>	<b>Event</b>	<b>Entries</b>	<b>Heats</b>	<b>Starts at</b>	
Finals	13 Women 200 Butterfly	24	3 u	05:30 PM	_____
Finals	14 Men 200 Butterfly	24	3 u	05:41 PM	_____
Finals	15 Women 50 Freestyle	24	3 u	05:50 PM	_____
Finals	16 Men 50 Freestyle	24	3 u	05:55 PM	_____
Finals	17 Women 200 Breaststroke	24	3 u	06:00 PM	_____
Finals	18 Men 200 Breaststroke	24	3 u	06:11 PM	_____
Finals	19 Women 100 Backstroke	24	3 u	06:21 PM	_____
Finals	20 Men 100 Backstroke	24	3 u	06:28 PM	_____
Finals	21 Women 500 Freestyle	24	3 u	06:35 PM	_____
Finals	22 Men 500 Freestyle	24	3 u	06:54 PM	_____
Finals	23 Women 400 Freestyle Relay	40	5 u	07:12 PM	_____
Finals	24 Men 400 Freestyle Relay	38	5 u	07:37 PM	_____
	Swimmers Counts for Warm-ups: 182	=====	=====		
	Entry / Heat Totals:	318	40		
	Finish Time			08:00 PM	_____

**2019 Middle Atlantic Senior Championships - 3/28/2019 to 3/31/2019****Session Report**

Session: 6 Sunday Prelims

Day of Meet: 4 Starts at 09:00 AM Heat Interval: 20 Seconds / Back +15 Seconds

<b>Round</b>	<b>Event</b>	<b>Entries</b>	<b>Heats</b>	<b>Starts at</b>	
Prelims	27 Women 200 Backstroke	111	14 u	09:00 AM	_____
Prelims	28 Men 200 Backstroke	115	15 u	09:39 AM	_____
Prelims	29 Women 100 Freestyle	140	18 u	10:19 AM	_____
Prelims	30 Men 100 Freestyle	136	17 u	10:41 AM	_____
Prelims	31 Women 200 IM	133	17 u	11:01 AM	_____
Prelims	32 Men 200 IM	162	21 u	11:45 AM	_____
	Swimmers Counts for Warm-ups: 507	=====	=====		
	Entry / Heat Totals:	797	102		
	Finish Time			12:36 PM	_____

**2019 Middle Atlantic Senior Championships - 3/28/2019 to 3/31/2019****Session Report**

Session: 7 Sunday Distance

Day of Meet: 4 Starts at 01:45 PM Heat Interval: 20 Seconds / Back +15 Seconds

<b>Round</b>	<b>Event</b>	<b>Entries</b>	<b>Heats</b>	<b>Starts at</b>	
Finals-S	26 Men 1650 Freestyle	45	6 u	01:45 PM	_____
	Swimmers Counts for Warm-ups: 53	=====	=====		
	Entry / Heat Totals:	45	6		
	Finish Time			03:32 PM	_____

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Session: 7A Sunday Distance - Shallow Pool

Day of Meet: 4 Starts at 01:45 PM Heat Interval: 20 Seconds / Back +15 Seconds

<b>Round</b>	<b>Event</b>	<b>Entries</b>	<b>Heats</b>	<b>Starts at</b>	
Finals-S	25 Women 1000 Freestyle	58	8 u	01:45 PM	_____
	Swimmers Counts for Warm-ups: 66	=====	=====		
	Entry / Heat Totals:	58	8		
	Finish Time			03:17 PM	_____



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Session: 8 Sunday Finals

Day of Meet: 4 Starts at 05:00 PM Heat Interval: 75 Seconds / Back +15 Seconds

<b>Round</b>	<b>Event</b>	<b>Entries</b>	<b>Heats</b>	<b>Starts at</b>	
Finals-1	25 Women 1000 Freestyle	8	1 u	05:00 PM	_____
Finals-1	26 Men 1650 Freestyle	8	1 u	05:13 PM	_____
Finals	27 Women 200 Backstroke	24	3 u	05:31 PM	_____
Finals	28 Men 200 Backstroke	24	3 u	05:42 PM	_____
Finals	29 Women 100 Freestyle	24	3 u	05:52 PM	_____
Finals	30 Men 100 Freestyle	24	3 u	05:59 PM	_____
Finals	31 Women 200 IM	24	3 u	06:05 PM	_____
Finals	32 Men 200 IM	24	3 u	06:15 PM	_____
Finals	33 Women 400 Medley Relay	34	5 u	06:24 PM	_____
Finals	34 Men 400 Medley Relay	34	5 u	06:52 PM	_____
	Swimmers Counts for Warm-ups: 214	=====	=====		
	Entry / Heat Totals:	228	30		
	Finish Time			07:19 PM	_____