

2025 Middle Atlantic Swimming LC Senior Champ - 7/10/2025 to 7/13/2025**Session Report**

Session: 1 Thursday Timed Finals

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

Round	Event	Entries	Heats	Starts at	
Finals	1 Women 1500 Freestyle	37	4 u	05:30 PM	_____
Finals	2 Men 1500 Freestyle	32	4 u	06:47 PM	_____
	Break: 10 Minutes: pool open for warm-up /				
Finals	3 Women 800 Freestyle Relay	8	1 u	08:09 PM	_____
	Break: 10 Minutes: pool open for warm-up /				
Finals	4 Men 800 Freestyle Relay	10	1 u	08:29 PM	_____
	Break: 10 Minutes: warm up / cool down tir				
	Swimmers Counts for Warm-ups: 69	=====	=====		
	Entry / Heat Totals:	87	10		
	Finish Time			08:48 PM	_____

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Session: 2 Friday Prelims

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

Round	Event	Entries	Heats	Starts at	
Prelims	7 Women 50 Freestyle	97	10 u	09:00 AM	_____
Prelims	8 Men 50 Freestyle	91	10 u	09:08 AM	_____
	Break: 8 Minutes: pool open for warm-up / 1				
Prelims	9 Women 200 Backstroke	70	7 u	09:24 AM	_____
Prelims	10 Men 200 Backstroke	60	6 u	09:46 AM	_____
	Break: 8 Minutes: pool open for warm-up / 1				
Prelims	11 Women 100 Breaststroke	79	8 u	10:11 AM	_____
Prelims	12 Men 100 Breaststroke	86	9 u	10:24 AM	_____
	Break: 8 Minutes: pool open for warm-up / 1				
Prelims	13 Women 400 Freestyle	70	7 u	10:46 AM	_____
Prelims	14 Men 400 Freestyle	80	8 u	11:21 AM	_____
	Break: 8 Minutes: Warm Down Break				
Finals-S	15 Women 400 Medley Relay	15	2 u	12:07 PM	_____
Finals-S	16 Men 400 Medley Relay	17	2 u	12:17 PM	_____
	Swimmers Counts for Warm-ups: 405	=====	=====		
	Entry / Heat Totals:	665	69		
	Finish Time			12:27 PM	_____
	Finish Time			02:00 PM	_____

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Session: 3 Friday Finals

Day of Meet: 2 Starts at 05:30 PM Heat Interval: 60 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	7 Women 50 Freestyle	30	3 u	05:30 PM	_____
Finals	8 Men 50 Freestyle	30	3 u	05:35 PM	_____
	Break: 10 Minutes: Warm Down Break/Awa				
Finals	9 Women 200 Backstroke	30	3 u	05:49 PM	_____
Finals	10 Men 200 Backstroke	30	3 u	06:00 PM	_____
	Break: 10 Minutes: Warm Down Break/Awa				
Finals	11 Women 100 Breaststroke	30	3 u	06:20 PM	_____
Finals	12 Men 100 Breaststroke	30	3 u	06:27 PM	_____
	Break: 10 Minutes: Warm Down Break/Awa				
Finals	13 Women 400 Freestyle	30	3 u	06:44 PM	_____
Finals	14 Men 400 Freestyle	30	3 u	07:00 PM	_____
	Break: 10 Minutes: Warm Down Break/Awa				
Finals-1	15 Women 400 Medley Relay	10	1 u	07:26 PM	_____
Finals-1	16 Men 400 Medley Relay	10	1 u	07:32 PM	_____
	Swimmers Counts for Warm-ups: 184	=====	=====		
	Entry / Heat Totals:	260	26		
	Finish Time			07:38 PM	_____

2025 Middle Atlantic Swimming LC Senior Champ - 7/10/2025 to 7/13/2025**Session Report**

Session: 4 Saturday Prelims

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

Round	Event	Entries	Heats	Starts at	
Prelims	17 Women 100 Freestyle	98	10 u	09:00 AM	_____
Prelims	18 Men 100 Freestyle	75	8 u	09:14 AM	_____
	Break: 8 Minutes: Warm Down Break				
Prelims	19 Women 200 Butterfly	65	7 u	09:32 AM	_____
Prelims	20 Men 200 Butterfly	71	8 u	09:53 AM	_____
	Break: 8 Minutes: Warm Down Break				
Prelims	21 Women 100 Backstroke	64	7 u	10:22 AM	_____
Prelims	22 Men 100 Backstroke	80	8 u	10:34 AM	_____
	Break: 8 Minutes: Warm Down Break				
Prelims	23 Women 400 IM	67	7 u	10:55 AM	_____
Prelims	24 Men 400 IM	66	7 u	11:36 AM	_____
	Break: 7 Minutes: Warm Down Break				
Finals-S	25 Women 400 Freestyle Relay	13	2 u	12:20 PM	_____
Finals-S	26 Men 400 Freestyle Relay	15	2 u	12:29 PM	_____
	Swimmers Counts for Warm-ups: 367	=====	=====		
	Entry / Heat Totals:	614	66		
	Finish Time			12:38 PM	_____
	Finish Time			02:15 PM	_____

2025 Middle Atlantic Swimming LC Senior Champ - 7/10/2025 to 7/13/2025**Session Report**

Session: 5 Saturday Finals

Day of Meet: 3 Starts at 05:30 PM Heat Interval: 60 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	17 Women 100 Freestyle	30	3 u	05:30 PM	_____
Finals	18 Men 100 Freestyle	30	3 u	05:36 PM	_____
	Break: 10 Minutes: Warm Down Break/Awa				
Finals	19 Women 200 Butterfly	30	3 u	05:52 PM	_____
Finals	20 Men 200 Butterfly	30	3 u	06:02 PM	_____
	Break: 10 Minutes: Warm Down Break/Awa				
Finals	21 Women 100 Backstroke	30	3 u	06:22 PM	_____
Finals	22 Men 100 Backstroke	30	3 u	06:29 PM	_____
	Break: 10 Minutes: Warm Down Break/Awa				
Finals	23 Women 400 IM	30	3 u	06:46 PM	_____
Finals	24 Men 400 IM	30	3 u	07:05 PM	_____
	Break: 10 Minutes: Warm Down Break/Awa				
Finals-1	25 Women 400 Freestyle Relay	10	1 u	07:32 PM	_____
Finals-1	26 Men 400 Freestyle Relay	10	1 u	07:38 PM	_____
	Swimmers Counts for Warm-ups: 180	=====	=====		
	Entry / Heat Totals:	260	26		
	Finish Time			07:42 PM	_____

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Session: 6 Sunday Prelims

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

Round	Event	Entries	Heats	Starts at	
Prelims	27 Women 100 Butterfly	75	8 u	09:00 AM	_____
Prelims	28 Men 100 Butterfly	77	8 u	09:12 AM	_____
	Break: 8 Minutes: Warm Down Break				
Prelims	29 Women 200 IM	92	10 u	09:31 AM	_____
Prelims	30 Men 200 IM	73	8 u	10:00 AM	_____
	Break: 8 Minutes: Warm Down Break				
Prelims	31 Women 200 Freestyle	84	9 u	10:29 AM	_____
Prelims	32 Men 200 Freestyle	95	10 u	10:52 AM	_____
	Break: 7 Minutes: Warm Down Break				
Prelims	33 Women 200 Breaststroke	67	7 u	11:23 AM	_____
Prelims	34 Men 200 Breaststroke	85	9 u	11:45 AM	_____
	Swimmers Counts for Warm-ups: 386	=====	=====		
	Entry / Heat Totals:	648	69		
	Finish Time			12:12 PM	_____
	Finish Time			12:30 PM	_____

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Session: 7 Sunday 800 Prelims

Day of Meet: 4 Starts at 03:30 PM Heat Interval: 20 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals-S	35 Women 800 Freestyle	22	3 u	03:30 PM	_____
Finals-S	36 Men 800 Freestyle	33	4 u	04:01 PM	_____
	Swimmers Counts for Warm-ups: 75	=====	=====		
	Entry / Heat Totals:	55	7		
	Finish Time			04:38 PM	_____

2025 Middle Atlantic Swimming LC Senior Champ - 7/10/2025 to 7/13/2025**Session Report**

Session: 8 Sunday Finals

Day of Meet: 4 Starts at 05:30 PM Heat Interval: 60 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals-1	35 Women 800 Freestyle	10	1 u 05:30 PM	_____	
Finals-1	36 Men 800 Freestyle	10	1 u 05:41 PM	_____	
	Break: 10 Minutes: Warm Down Break/Awa				
Finals	27 Women 100 Butterfly	30	3 u 06:01 PM	_____	
Finals	28 Men 100 Butterfly	30	3 u 06:08 PM	_____	
	Break: 10 Minutes: Warm Down Break/Awa				
Finals	29 Women 200 IM	30	3 u 06:23 PM	_____	
Finals	30 Men 200 IM	30	3 u 06:34 PM	_____	
	Break: 10 Minutes: Warm Down Break/Awa				
Finals	31 Women 200 Freestyle	30	3 u 06:53 PM	_____	
Finals	32 Men 200 Freestyle	30	3 u 07:03 PM	_____	
	Break: 10 Minutes: Warm Down Break/Awa				
Finals	33 Women 200 Breaststroke	30	3 u 07:22 PM	_____	
Finals	34 Men 200 Breaststroke	30	3 u 07:33 PM	_____	
	Swimmers Counts for Warm-ups: 230	=====	=====		
	Entry / Heat Totals:	260	26		
	Finish Time			07:44 PM	_____