

QUALIFYING TIMES – Middle Atlantic Long Course Senior Championships 2010

WOMEN

MEN

Wednesday, July 21, 2010

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	#
1	1:15.19	1:23.99	1:26.49	100 M Breaststroke	1:19.49	1:16.89	1:08.79	2
3	2:23.89	2:36.99	2:44.29	200 M Backstroke	2:30.49	2:26.19	2:10.99	4
5	27.19	30.59	31.19	50 M Freestyle	28.19	27.29	24.29	6
7	11:38.49	10:11.19	10:23.59	800 M Freestyle*	9:35.49	9:16.59	10:35.99	8

Thursday, July 22, 2010

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	2:22.89	2:39.39	2:40.49	200 M Butterfly	2:30.49	2:27.79	2:12.39	10
11	58.59	1:06.79	1:06.99	100 M Freestyle	1:00.49	58.89	52.19	12
13	5:34.49	4:54.89	5:00.89	400 M Freestyle	4:40.49	4:31.29	5:04.99	14
15				400 M Freestyle Relay				16

Friday, July 23, 2010

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	2:05.19	2:21.49	2:22.29	200 M Freestyle	2:11.99	2:09.39	1:54.59	18
19	2:41.09	2:58.89	3:03.49	200 M Breaststroke	2:50.49	2:44.59	2:27.49	20
21	5:03.59	5:42.39	5:46.49	400 M Individual Medley	5:21.49	5:12.19	4:38.09	22
23				800 M Freestyle Relay				24

Saturday, July 24, 2010

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	1:06.29	1:13.89	1:14.19	100 M Butterfly	1:06.49	1:05.89	58.79	26
27	1:05.09	1:15.39	1:16.29	100 M Backstroke	1:10.49	1:07.49	1:01.09	28
29	2:22.89	2:41.59	2:44.49	200 M Individual Medley	2:33.49	2:28.09	2:11.49	30
31				400 M Medley Relay				32
33	19:04.19		19:33.49	1500 M Freestyle*	18:31.49		17:52.59	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.