

# MAC April Invitational 2019 April 11-14

SCHEDULE OF SESSIONS: *West End with the large screen and East End with the Gym*

- *Thursday PM, Friday, Saturday and Sunday AM + PM will run double ended*
- *Thursday Evening and Finals will run single ended*
- *sessions 1 - alternating heats for 800 and 1500 Free , 2 swimmers per lane for the slow heats*
- *10 minutes break for re warm up will be scheduled on Thursday PM*
- **session 3 - Friday AM , Event 19 & 20 – fast 2 heats of 400IM swim at Finals**
- **Session 6 - Saturday AM , event 39 & 40 – fast 2 heats of 400 Free swim at Finals, 2 swimmers per lane for the slow heats**

*Back stroke Ledges will be used for the backstroke events at the Prelim and Finals on Friday, Saturday and Sunday and Lane 0 for warm up at West end .*

**Sprint Lanes (0, 1, 8 & 9) will be opened 10 minutes before the end of the warm up**

**West End Lane 0 and Lane 9, East End Lane 1 and Lane 8**

Recovery Zone will be located at East End near the GYM side for STRETCHING ONLY.

Recovery Zone will be opened from 8AM to 12PM for Prelims on Friday, Saturday and Sunday

Recovery Zone will be opened from 5:00PM – 8PM for Finals on Friday, Saturday and Sunday

Session #	Date	Warm Up	Age Group	Start	Warm up Groups	Competition Pool
1	11 /04/2019 Thursday PM	1:00 PM – 1:40PM	13 & Over	1:45PM	All Swimmers	East End and West End
2	11 /04/2019 Thursday Evening	5:15PM – 5:45PM	12 & Under	5:50PM	All Swimmers	EAST End
3	12/04/2019 Friday AM	2 splits of warm up 7:00 AM -- 7:35AM	13 & Over	8:15AM	All Girls	Odd heats at East End Even heats at West End All 50 starts at West End
		7:35AM- 8:10AM			All Boys	
4	12/04/2019 Friday PM	12:50PM- 1:25PM	12 & Under	1:30 PM	All Swimmers	Odd heats at East End Even heats at West End All 50 starts at West End
5	12/04/2019 Friday Finals	5:15PM - 5:55PM	13 & Over	6:00PM	All Swimmers	East End All 50 starts at West End
6	13/04/2019 Saturday AM	2 splits of warm up 7:00 AM- 7:35AM	13 & Over	8:15AM	All Boys	Odd heats at East End Even heats at West End All 50 starts at West End
		7:35AM- 8:10AM			All Girls	
7	13/04/2019 Saturday PM	1:05PM- 1:40 PM	12 & Under	1:45PM	All Swimmers	Odd heats at East End Even heats at West End All 50 starts at West End
8	13/04/2019 Saturday Finals	5:15PM – 5:55PM	13 & Over	6:00PM	All Swimmers	East End All 50 starts at East End
9	14/04/2019 Sunday AM	2 splits of warm up 7:00 AM- 7:35AM	13 & Over	8:15AM	All Girls	Odd heats at East End Even heats at West End All 50 starts at West End
		7:35AM- 8:15AM			All Boys	
10	14/04/2019 Sunday PM	12:55PM – 1:25PM	12 & Under	1:30PM	All Swimmers	East End
11	14/04/2019 Sunday Finals	5:45PM- 6:25PM	13 & Over	6:30PM	All Swimmers	East End