

MAC Winter Invitational 2019 January 10-13

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

- *Thursday PM , Saturday and Sunday AM + PM sessions will be double ended*
- *Friday AM + PM & Finals will be single ended*
- *sessions 1 - alternating heats for 800 and 1500, 2 swimmers per lane for the slow heats*
- *session 2 - Friday AM , Event 13 & 14 – fast 2 heats of 400IM swims at Finals*
- *Session 5 - Saturday AM , event 35 & 36 – fast 2 heats of 400 Free swims at Finals, 2 swimmers per lane for the slow heats*
- *Session 6 – Saturday PM, 400 Free will run 2 swimmers per lane*
- *10 minutes break for re warm up will be scheduled on Thursday PM , Friday, Saturday and Sunday AM +PM sessions*

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

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

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	10 /01/2019 Thursday PM	4 PM – 4:45PM	13 & Over	4:50PM	All Swimmers	East End and West End
2	11/01/2019 Friday AM	2 splits of warm up 7:00 AM- 7:35AM 7:35AM- 8:10AM	13 & Over	8:15AM	All Girls All Boys	East End All 50 starts at West End
3	11/01/2019 Friday PM	12:50PM- 1:25M	12 & Under	1:30 PM	All Swimmers	East End All 50 starts at West End
4	11/01/2019 Friday Finals	4:30PM-5:10PM	13 & Over	5:15PM	All Swimmers	East End All 50 starts at West End
5	12/01/2019 Saturday AM	2 splits of warm up 7:00 AM- 7:35AM 7:35AM- 8:10AM	13 & Over	8:15AM	All Boys All Girls	Odd heats at East End Even heats at West End All 50 starts at West End
6	12/01/2019 Saturday PM	12:35PM- 1:10M	12 & Under	1:15PM	All Swimmers	Odd heats at East End Even heats at West End All 50 starts at West End
7	12/01/2019 Saturday Finals	5:00PM – 5:40PM	13 & Over	5:45PM	All Swimmers	East End All 50 starts at West End
8	13/01/2019 Sunday AM	2 splits of warm up 7:00 AM- 7:35AM 7:35AM- 8:10AM	13 & Over	8:15AM	All Girls All Boys	Odd heats at East End Even heats at West End All 50 starts at West End
9	13/01/2019 Sunday PM	12:00PM – 12:35PM	12 & Under	12:45PM	All Swimmers	Odd heats at East End Even heats at West End All 50 starts at West End
10	13/01/2019 Sunday Finals	5:00PM- 5:40PM	13 & Over	5:45PM	All Swimmers	East End All 50 starts at West End