

# MAC Spring Invitational 2024 May 9-11 Schedule of Sessions

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

- *Friday and Saturday AM (Session 3 & 6) will run double ended.*
- *Thursday, Friday and Saturday PM and Finals will run single ended.*
- *sessions 1 - alternating heats for 800 and 1500 Free for fast heats*
- *Session 2 - alternating heats for 800 and 1500 for slow heats + 400 events for 12 & Under*
- *session 3 - Friday AM - Event 9 & 10 fast 2 heats of 400 Free swim at Finals*
- *Session 6 - Saturday AM - Event 31 & 32 – fast 1 heat of 400 IM swim at Finals*
- **Friday AM 200 Free Relay Events 101 & 102 have cancelled.**

*Back stroke Ledges will be used for the backstroke events and West End Lane 0 for warm up*

**Sprint Lanes will be opened 10 minutes before the end of the warm up**

- **West End Lane 0, 2 & 4 and East End Lane 1, 3 & 5**
- **Pace Lane – West End Lane 6 & 8 and East End Lane 7 & 9**

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

Session #	Date	Warm Up	Age Group	Start	Warm up Groups	Competition Pool
1	09 /05/2024 Thursday PM	12:00 PM – 12:30PM	11 & Over	12:35PM	All Swimmers	East End
2	09 /05/2024 Thursday Evening	5:00 PM – 5:30 PM	11& Over 10 & Under	5:35PM	All Swimmers	East End
3	10/05/2024 Friday AM	2 splits of warm up 7:30 AM --8:00AM - GROUP A	13 & Over	8:35AM	Group A	Odd heats at East End Even heats at West End All 50 start at West End
		8:00AM - 8:30AM - GROUP B			Group B	
4	10/05/2024 Friday PM	1:15 PM - 1:45 PM	12 & Under	1:50 PM	All Swimmers	East End All 50 start at West End All Relays start at East End
5	10/05/2024 Friday Finals	5:20PM - 5:55 PM	13 & Over	6:00PM	All Swimmers	East End All 50 start at West End
6	11/05/2024 Saturday AM	2 splits of warm up 7:00 AM -- 7:35AM- GROUP B	13 & Over	8:15AM	Group B	Odd heats at East End Even heats at West End All 50 start at West End All Relays start at East End
		7:35AM - 8:10AM - GROUP A			Group A	
7	11/05/2024 Saturday PM	12:45 PM - 1:15 PM	12 & Under	1:20 PM	All Swimmers	East End All 50 start at West End All Relays start at East End
8	11/05/2024 Saturday Finals	5:20PM - 5:55 PM	13 & Over	6:00PM	All Swimmers	East End All 50 start at West End

50 Events Start at West End:

- Swimmers will be self marshaling, not more than 3 heats behind the block.
- Arrive ready to swim, do not bring any personal belongings.
- If mask is worn, then swimmers will either **dispose** of their mask before they swim or **place** their masks on the Ziploc bag labeled their names and put on the table along the wall of WEST End or retrieve their masks after their race.
- A new mask can be picked up at the Administration Desk table if needed.

Group A	AAD, APEX, BTSC, BBST, CAJ, CCST, CREST, CRKW, EBSC, GRAC, HHBF, LSC, STARS, VAC , WAC
Group B	MAC, NEW, NYAC, PTBO, ROW, RHAC, SLSC, SWOTT, TSC