

# MAC Winter Invitational 2018 January 11-14

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

- *Friday, Saturday and Sunday AM + PM sessions will be double ended*
- *Thursday 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 3 heats of 400IM swims at Finals*
- *Session 5 - Saturday AM, event 35 & 36 – fast 3 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*

*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 5PM – 7:00PM on Sunday

Session #	Date	Warm Up	Age Group	Start	Warm up Groups	Competition Pool
1	11 /01/2018 Thursday PM	1 PM – 1:40PM	13 & Over	1:50PM	All Swimmers	West End
2	12/01/2018 Friday AM	<b>2 splits of warm up</b> 7:00 AM- 7:35AM 7:35AM- 8:10AM	13 & Over	8:15AM	All Girls All Boys	Odd heats at West End Even heats at East End All 50 starts at East End
3	12/01/2018 Friday PM	1:15PM- 1:55M	12 & Under	2:00 PM	All Swimmers	Odd heats at West End Even heats at East End All 50 starts at East End
4	12/01/2018 Friday Finals	4:30PM-5:15PM	13 & Over	5:20PM	All Swimmers	West End All 50 starts at East End
5	13/01/2018 Saturday AM	<b>2 splits of warm up</b> 7:00 AM- 7:35AM 7:35AM- 8:10AM	13 & Over	8:15AM	All Boys All Girls	Odd heats at West End Even heats at East End All 50 starts at East End
6	13/01/2018 Saturday PM	1:15PM- 1:55M	12 & Under	2:00PM	All Swimmers	Odd heats at West End Even heats at East End All 50 starts at East End
7	13/01/2018 Saturday Finals	5:15PM – 5:55PM	13 & Over	6:00PM	All Swimmers	West End All 50 starts at East End
8	14/01/2018 Sunday AM	<b>2 splits of warm up</b> 7:30 AM- 8:05AM 8:05AM- 8:40AM	13 & Over	8:45AM	All Girls All Boys	Odd heats at West End Even heats at East End
9	14/01/2018 Sunday PM	12:35PM – 1:15PM	12 & Under	1:20PM	All Swimmers	Odd heats at West End Even heats at East End
10	14/01/2018 Sunday Finals	4:30PM- 5:15PM	13 & Over	5:20PM	All Swimmers	West End