

New England Masters Long Course Championships, Sanction #: 040-031-SLCM-2010**June 25-27, 2010 at Middlebury College****Session Report**

Session: 1 Friday

Day of Meet: 1 Starts at 12:00 PM Heat Interval: 60 Seconds / Back +15 Seconds

800s and 1500s will be swum slowest to fastest, alternating women's and men's heats.

Slowest heats may be combined women and men if it means fewer heats.

	Event	Entries	Heats	Starts at	
1	Women 800 Freestyle	36	5	12:00 PM	_____
2	Men 800 Freestyle	34	5	12:00 PM	_____
	Break: 20 Minutes				
3	Women 1500 Freestyle	23	4	02:54 PM	_____
4	Men 1500 Freestyle	31	5	02:54 PM	_____
	Swimmer Count for Warm-ups: 97	=====	=====		
	Entry / Heat Totals:	121	19		
	Finish Time			07:16 PM	_____

Session: 2 Saturday

Day of Meet: 2 Starts at 09:00 AM Heat Interval: 30 Seconds / Back +15 Seconds

	Event	Entries	Heats	Starts at	
5	Women 400 Freestyle	45	8	09:00 AM	_____
	Break: 20 Minutes				
7	Women 200 Butterfly	19	4	10:21 AM	_____
8	Men 200 Butterfly	19	4	10:39 AM	_____
9	Women 50 Freestyle	57	10	10:56 AM	_____
10	Men 50 Freestyle	75	13	11:08 AM	_____
11	Women 100 Backstroke	46	8	11:23 AM	_____
12	Men 100 Backstroke	32	6	11:43 AM	_____
	Break: 10 Minutes				
13	Women 400 IM	20	4	12:07 PM	_____
14	Men 400 IM	20	4	12:40 PM	_____
15	Women 50 Butterfly	40	7	01:12 PM	_____
16	Men 50 Butterfly	62	11	01:21 PM	_____
17	Women 200 Breaststroke	31	6	01:34 PM	_____
18	Men 200 Breaststroke	29	5	02:05 PM	_____
19	Women 100 Freestyle	67	12	02:26 PM	_____
20	Men 100 Freestyle	80	14	02:51 PM	_____
	Break: 10 Minutes				
21	Women 400 Medley Relay	relay start times		3:26 PM	_____
22	Men 400 Medley Relay	based on 2009		3:35 PM	_____
23	Mixed 400 Medley Relay	relay entries		3:43 PM	_____
	Swimmer Count for Warm-ups: 196	=====	=====		
	Entry / Heat Totals:	617	109		
	Finish Time			3:50 PM	_____

ESTIMATED TIMELINE - EVENTS MAY START EARLIER THAN LISTED DUE TO SCRATCHES

Middlebury Muffintops

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Session: 3 Sunday

Day of Meet: 3 Starts at 08:00 AM Heat Interval: 30 Seconds / Back +15 Seconds

	Event	Entries	Heats	Starts at	
24	Men 400 Freestyle	40	7	08:00 AM	_____
	Break: 20 Minutes				
25	Women 200 Backstroke	30	5	09:09 AM	_____
26	Men 200 Backstroke	27	5	09:31 AM	_____
27	Women 100 Butterfly	23	4	09:53 AM	_____
28	Men 100 Butterfly	28	5	10:02 AM	_____
29	Women 50 Breaststroke	36	6	10:13 AM	_____
30	Men 50 Breaststroke	30	5	10:22 AM	_____
	Break: 10 Minutes				
31	Women 200 Freestyle	43	8	10:38 AM	_____
32	Men 200 Freestyle	55	10	11:10 AM	_____
33	Women 50 Backstroke	37	7	11:45 AM	_____
34	Men 50 Backstroke	33	6	11:57 AM	_____
35	Women 200 IM	30	5	12:06 PM	_____
36	Men 200 IM	35	6	12:27 PM	_____
37	Women 100 Breaststroke	29	5	12:51 PM	_____
38	Men 100 Breaststroke	32	6	01:03 PM	_____
	Break: 10 Minutes				
39	Women 400 Freestyle Relay	relay start times		1:26 PM	_____
40	Men 400 Freestyle Relay	based on 2009		1:33 PM	_____
41	Mixed 400 Freestyle Relay	relay entries		1:44 PM	_____
	Swimmer Count for Warm-ups: 166	=====	=====		
	Entry / Heat Totals:	493	88		
	Finish Time			2:05 PM	_____