

Adirondack 2023 Long Course Championships
CHANGE NOTICE

CHANGES In Red

Thursday Distance

Warm-up 3:30-4:20

Start at 4:30

Estimated Pre-Scratch Timeline:

Girls Mile Heat 1 @ 4:30 pm

Boys Mile Heat 1 @ 4:52 pm

Mixed Mile Heat @ 5:15 pm

Mixed 10-U 400 @ 5:40 pm

Girls 11-12 400 @ 5:48 pm

Boys 11-12 400 @ 5:55 pm

Session over 6:02

Pool open for 30 minutes for warm-up/warm-down

Friday 13-Over Prelims

Warm-up 8:30-9:20 am

Start at 9:30 am

- 5-10 minute break after event 16 and 20
- 10 minute break after 24 before relays
- Session end at 1:07 pm
- Pool open until ~1:25 for warm-down

Friday 12-Under Timed Finals Warm-up 1:30 pm

Start at 2:20 pm

- Before final heats – clear pool, announce swimmers on the blocks
- After 32, 36, 40, 7 minute break (pool open for 5 min). Announce top 6 (not necessarily award them)
- Pool will not open during short breaks when timers move to other end
- Extra few minutes after event 42, before relays
- Session end around 4:35 pm
- Pool is open for 10 minutes for warm-down

Friday 13-Over Finals

Warm-up 5:00 pm

Finals start at 6:00 pm

- Clear pool, announce swimmers before each championship Final
- 10-minute break after each cycle of events (after Sr only). Announce top 6 (not necessarily award them)
- Session end around 7:45. Pool open for warm-down for 15 extra minutes

Saturday 13-Over Prelims**Warm-up 8:00-8:50 am****Start at 9:00 am**

- 5-minute break after event 50 and before 54 to move timers. Pool is NOT open.
- 10-minute break after event 62. Pool is open.
- Session ends 1~2:25
- Pool open for warm-down for 20 minutes

Saturday 12-Under Timed Finals**Warm-up 1:00-1:40****Start at 1:50**

- Before final heats – clear pool, announce swimmers on the blocks
- After 70, 74, 78 7-minute break (pool open for 5 min). Announce top 6 (not necessarily award them)
- Pool will not open during short breaks when timers move to other end
- Extra few minutes after event 82, before relays
- Session end around 4:30 pm
- Pool is open for 10 minutes for warm-down

Saturday 13-Over Finals**Warm-up 5:00 pm****Finals start at 6:00 pm**

- Clear pool, announce swimmers before each championship Final
- 10-minute break after each cycle of events (after Sr only). Announce top 6 (not necessarily award them)
- Session end around 7:30. Pool open for warm-down for 15 extra minutes

Sunday 13-Over Prelims**Warm-up 8:00-8:50 am****Start at 9:00 am**

- 10-minute break after event 102. Pool is open.
- Session ends 12:45
- Pool open for warm-down until 12-Under warm-up

Sunday 12-Under Timed Finals**Warm-up 1:00-1:40****Start at 1:50**

- Before final heats – clear pool, announce swimmers on the blocks
- After 110, 114, 118 7-minute break (pool open for 5 min). Announce top 6 (not necessarily award them)
- Pool will not open during short breaks when timers move to other end
- Extra few minutes after event 120, before relays
- Session end around 3:50 pm
- Pool open for 20 minutes for warm-up, warm-down

Sunday 13-Over Finals**Warm-up 4:30 pm****Start at 5:20 pm**

- Clear pool, announce swimmers before each championship Final
- 10-minute break after each cycle of events (after Sr only). Announce top 6 (not necessarily award them)
- Session end around 6:50. Pool open for warm-down for 15 extra minutes
- Possible time trial immediately following a 10-minute break after event 102

Friday 13-Over Prelims:

| Lane | 1 | 2 | 3 | 4 | 5 | 6 |
|-----------|---------------------|--------------|--------------|------|--------------|-------------|
| 8:30-8:50 | SCHE | SCHE | SCHE | SCHE | BFIN | CLIN NTS |
| 8:50-9:10 | SARY NTS HAWK | ALBS USAM | ALBS | CPP | CPP | CPP |
| 9:10-9:25 | OPEN | 1-WAY SPRINT | 1-WAY SPRINT | OPEN | 1-WAY SPRINT | OPEN |

Friday 12-Under Prelims:

| Lane | 1 | 2 | 3 | 4 | 5 | 6 |
|-----------|------|--------------|-------------------------------------|------|--------------|------|
| 1:30-2:00 | SCHE | SCHE ALBS | BFIN HAWK NTS SARY USAM | CPP | CPP | CPP |
| 2:00-2:15 | OPEN | 1-WAY SPRINT | 1-WAY SPRINT | OPEN | 1-WAY SPRINT | OPEN |

Saturday 13-Over Prelims:

| Lane | 1 | 2 | 3 | 4 | 5 | 6 |
|-----------|------|--------------|--------------|------|---------------------|------|
| 8:00-8:20 | SCHE | SCHE | SCHE | CPP | CPP | CPP |
| 8:20-8:40 | SCHE | ALBS USAM | ALBS | BFIN | CLIN HAWK NTS | SARY |
| 8:40-8:55 | OPEN | 1-WAY SPRINT | 1-WAY SPRINT | OPEN | 1-WAY SPRINT | OPEN |

Saturday 12-Under Prelims:

| Lane | 1 | 2 | 3 | 4 | 5 | 6 |
|-----------|------|--------------|-----------------------------|------|--------------|------|
| 1:00-1:30 | SCHE | SCHE SARY | ALBS HAWK NTS USAM | CPP | CPP | CPP |
| 1:30-1:45 | OPEN | 1-WAY SPRINT | 1-WAY SPRINT | OPEN | 1-WAY SPRINT | OPEN |

Sunday 13-Over Prelims:

| Lane | 1 | 2 | 3 | 4 | 5 | 6 |
|-----------|--------------|--------------|--------------|------|--------------|-------------|
| 8:00-8:20 | SCHE | SCHE | SCHE | SCHE | BFIN CLIN | HAWK NTS |
| 8:20-8:40 | SARY USAM | ALBS | ALBS | CPP | CPP | CPP |
| 8:40-8:55 | OPEN | 1-WAY SPRINT | 1-WAY SPRINT | OPEN | 1-WAY SPRINT | OPEN |

Sunday 12-Under Prelims:

| Lane | 1 | 2 | 3 | 4 | 5 | 6 |
|-----------|------|--------------|-----------------------------|------|--------------|------|
| 1:00-1:30 | SCHE | SCHE USAM | ALBS HAWK NTS SARY | CPP | CPP | CPP |
| 1:30-1:45 | OPEN | 1-WAY SPRINT | 1-WAY SPRINT | OPEN | 1-WAY SPRINT | OPEN |