

MAC Summer Invitational 2025 July 24- 27 Schedule of Sessions

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

- All Sessions will run single ended.
- sessions 1 - alternating heats for 800 and 1500 Free.
- session 4 Friday Finals – Event 2 fastest 1 heat of 1500 Free swim at Finals
- Session 7 Saturday Finals - Event 1 fastest 1 heat of 800 Free swim at Finals

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 (Backstroke Ledge) & 2 and East End Lane 1 & 3
- NO Pace Lane
- Para Lane – East and West End Lane 9 Sunday AM session 8 only

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	24 /07/2025 Thursday PM	3:00 PM – 3:30 PM	11 & Over	3:35PM	All Swimmers	East End
2	25/07/2025 Friday AM	8:15AM - 8:55AM	13 & Over	9:00AM	All Swimmers	East End All 50 start at West End All relays start at East End
3	25/07/2025 Friday PM	1:00 PM- 1:40 PM	12 & Under	1:45 PM	All Swimmers	East End All 50 start at West End All relays start at East End
4	25/07/2025 Friday Finals	5:00 PM - 5:40 PM	13 & Over	5:45 PM	All Swimmers	East End All 50 start at West End
5	26/07/2025 Saturday AM	8:15AM - 8:55AM	13 & Over	9:00AM	All Swimmers	East End All 50 start at West End All relays start at East End
6	26/07/2025 Saturday PM	1:00 PM- 1:40 PM	12 & Under	1:45 PM	All Swimmers	East End All 50 start at West End All relays start at East End
7	26/07/2025 Saturday Finals	5:00 PM - 5:40 PM	13 & Over	5:45 PM	All Swimmers	East End All 50 start at West End
8	27/07/2025 Sunday AM	8:00AM - 8:40AM	13 & Over	8:45AM	All Swimmers	East End All 50 start at West End All relays start at East End
9	27/07/2025 Sunday PM	12:35 PM - 1:15 PM	12 & Under	1:20PM	All Swimmers	East End All 50 start at West End All relays start at East End
10	27/07/2025 Sunday Finals	5:00PM – 5:40PM	13 & Over	5:45PM	All Swimmers	East End All 50 start at West End

All Relay events start at East 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.