



2023 Mid Cap Summer Swimming Championships

presented by Faulkner Toyota Harrisburg

Event Timeline



6:30am	Facility Opens for Spectators, Swimmer, Coaches, Officials
7-7:20am	CASL Warm-Up Session 1
7:25-7:45am	CASL Warm-Up Session 2
7:45am	Scratch Meeting for coaches OUTSIDE behind stating blocks
7:45-7:55am	CASL One Way Sprints - 8 lanes in competition pool
8-8:20am	MPSL Warm-Up Session 1
8:15am	Officials Meeting in Pool Office
8:25-8:45am	MPSL Warm-Up session 2
8:45am	Timers Meeting for all Timers OUTSIDE behind stating blocks
8:45-8:55am	MPSL One Way Sprints - 8 lanes in competition pool
8:57am	Racing Course Closed
9:05am	National Anthem - All pools closed for National Anthem
9:09am	Girls 50 Backstroke Swim Off
9:15am	Meet Start - 5 lane warm-up pool remains open during meet
9:48am	Medley Relays end
9:50am	IM events begin
10:20am	50 freestyle events begin
10:45am	Backstroke events begin
11:10am	<i>Change Timers</i>
11:15am	100 freestyle events begin
11:42am	Breastroke events begin
12:10pm	Butterfly events begin
12:35pm	Free Relay events begin
1:05pm	Conclusion of the 2023 Mid Cap Summer swimming Championships

Remember to pick up your awards



HAMPDEN DUCKS SWIMMING



HAMPDEN DUCKS SWIMMING



HAMPDEN DUCKS SWIMMING



HAMPDEN DUCKS SWIMMING



HAMPDEN DUCKS SWIMMING