

Unofficial Time Line for Preliminary Sessions
Virginia SC Seniors Championships
Richmond Va
March 1-4, 2018

Thursday, March 1, 2018				Sunday, March 4, 2018			
		heats	Time			heats	
1	W 1650 Free	5	2:00 PM	27	W 200 Medley Relay	3	8:30 AM
2	M 1650 Free	5		28	M 200 Medley Relay	3	8:36 AM
Estimated Session End			5:06 PM	29	W 200 Back	13	8:42 AM
-Heats-Fast to Slow Alt W/M				30	M 200 Back	12	9:18 AM
Friday, March 2, 2018				31	W 100 Free	18	9:49 AM
		heats	Time	32	M 100 Free	13	10:11 AM
3	W 200 Free	12	8:40 AM	33	W 200 IM	12	10:26 AM
4	M 200 Free	10	9:07 AM	34	M 200 IM	13	10:56 AM
5	W 100 Breast	12	9:28 AM	35	W 400 Free Relay	2	11:27 AM
6	M 100 Breast	13	9:46 AM	36	M 400 Free Relay	3	11:35 AM
7	W 100 Fly	14	10:04 AM	Estimated Session End			11:46 AM
8	M 100 Fly	13	10:23 AM	Distance			
9	W 400 IM	7	10:39 AM	37	W 1000 Free	5	1:31 PM
10	M 400 IM	8	11:14 AM	38	M 1000 Free	5	
11	W 800 Free Rela	0	11:52 AM	Estimated Session End			3:25 PM
12	M 800 Free Relay	1	11:52 AM	Note: Shaded areas are Pre Scratch			
Estimated Session End			11:59 AM	Un Shaded are Post Scratch			
Saturday, March 3, 2018				<ul style="list-style-type: none"> * Scratch box for next day's event closes at 6:30 PM Except Friday events - 2:30 PM Thur * All event start times are estimates! Plan based on meet progress. Events will start no earlier than 2 minutes before post scratch estimates. * 400 IM and 500 Free will swim fastest 4 heats slow to fast W then M. The remaining heats will be swam fast to slow alter W/M * 1000- Fastest heat of each swim in Finals. Prelims are swam slow to fast alter W/M * Relays- 400s and 800 fastest 2 heats swim at Finals. 200s swim all heats in Prelims * AM Option- 800, 400 Relays and 1000 Free can choose to swim in Prelims instead of Finals 			
		heats	time				
13	W 200 Free Rela	4	8:30 AM				
14	M 200 Free Relay	4	8:38 AM				
15	W 200 Fly	10	8:45 AM				
16	M 200 Fly	10	9:11 AM				
17	W 50 Free	18	9:34 AM				
18	M 50 Free	13	9:48 AM				
19	W 200 Breast	10	9:57 AM				
20	M 200 Breast	11	10:25 AM				
21	W 100 Back	15	10:54 AM				
22	M 100 Back	12	11:18 AM				
23	W 500 Free	6	11:36 AM				
24	M 500 Free	7	11:41 AM				
* E24 will be in the East Pool							
25	W 400 Medley Re	2	12:17 PM				
26	M 400 Medley Re	2	12:26 PM				
Estimated Session End			12:35 PM				
*all relays will be in the West Pool							