

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

Thursday, March 1, 2018			
		heats	Time
1	W 1650 Free	5	2:00 PM
2	M 1650 Free	5	
Estimated Session End			5:06 PM
-Heats-Fast to Slow Alt W/M			

Friday, March 2, 2018			
		heats	Time
3	W 200 Free	12	8:40 AM
4	M 200 Free	10	9:07 AM
5	W 100 Breast	12	9:28 AM
6	M 100 Breast	13	9:46 AM
7	W 100 Fly	14	10:04 AM
8	M 100 Fly	13	10:23 AM
9	W 400 IM	7	10:39 AM
10	M 400 IM	8	11:14 AM
11	W 800 Free Rela	0	11:52 AM
12	M 800 Free Relay	1	11:52 AM
Estimated Session End			11:59 AM

Saturday, March 3, 2018			
		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	12:10 PM
25	W 400 Medley Re	2	12:46 PM
26	M 400 Medley Re	2	12:55 PM
Estimated Session End			1:04 PM

Sunday, March 4, 2018			
		heats	
27	W 200 Medley Relay	3	8:30 AM
28	M 200 Medley Relay	3	8:36 AM
29	W 200 Back	13	8:42 AM
30	M 200 Back	12	9:18 AM
31	W 100 Free	18	9:49 AM
32	M 100 Free	13	10:11 AM
33	W 200 IM	12	10:26 AM
34	M 200 IM	13	10:56 AM
35	W 400 Free Relay	2	11:27 AM
36	M 400 Free Relay	3	11:35 AM
Estimated Session End			11:46 AM
Distance			
37	W 1000 Free	5	1:31 PM
38	M 1000 Free	5	
Estimated Session End			3:25 PM

Note: Shaded areas are Pre Scratch
 Un Shaded are Post Scratch

- * 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