

**Unofficial Time Line for Preliminary Sessions**  
**2019 Virginia SC Seniors Championships**  
**JRSSC- Stafford Va**  
**February 28-March 3**

Thursday, February 28, 2019				Sunday, March 3, 2019			
		heats	Time			heats	
1	W 1650 Free	5	2:00 PM	27	W 200 Medley Relay	4	8:30 AM
2	M 1650 Free	6		28	M 200 Medley Relay	4	8:38 AM
Estimated Session End			<b>5:26 PM</b>	29	W 200 Back	15	8:46 AM
-Heats-Fast to Slow Alt W/M				30	M 200 Back	13	9:28 AM
<b>Friday, March 1, 2019</b>				31	W 100 Free	19	10:02 AM
		heats	Time	32	M 100 Free	15	10:25 AM
3	W 200 Free	14	8:40 AM	33	W 200 IM	15	10:41 AM
4	M 200 Free	13	9:12 AM	34	M 200 IM	17	11:19 AM
5	W 100 Breast	13	9:39 AM	35	W 400 Free Relay	2	11:59 AM
6	M 100 Breast	14	9:59 AM	36	M 400 Free Relay	2	12:07 PM
7	W 100 Fly	14	10:18 AM	Estimated Session End			<b>12:15 PM</b>
8	M 100 Fly	13	10:37 AM	<b>Distance</b>			
9	W 400 IM	9	10:52 AM	37	W 1000 Free	5	1:20 PM
10	M 400 IM	10	11:38 AM	38	M 1000 Free	7	
11	W 800 Free Rela	1	12:25 PM	Estimated Session End			<b>3:25 PM</b>
12	M 800 Free Relay	1	12:33 PM	<b>Note:</b> Shaded areas are Pre Scratch			
Estimated Session End			<b>12:41 PM</b>	Un Shaded are Post Scratch			
<b>Saturday, March 2, 2019</b>				<p><b>**</b> All events are estimate!! Plan based on the pace of the meet. Events should start no earlier then 2 minutes before post scratch estimates.</p> <p><b>**</b> Scratch box for next day's events close at 6:30pm. Except Friday's events- 2:30pm Thur</p> <p><b>**</b> 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.</p> <p><b>**</b> Distance-1650 fast to slow, alter W/M. 1000- Fastest heat of W/M will be in finals. Prelims slow to fast alter. W/M</p> <p><b>**</b> Relays- 400's and 800- fastest 2 heats in finals. All 200's swim in Prelims</p> <p><b>**</b> AM Option- All relays and 1000 Free</p>			
		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	12	9:11 AM				
17	W 50 Free	19	9:39 AM				
18	M 50 Free	13	9:53 AM				
19	W 200 Breast	12	10:02 AM				
20	M 200 Breast	11	10:37 AM				
21	W 100 Back	16	11:06 AM				
22	M 100 Back	14	11:31 AM				
<b>Pool 1</b>							
23	W 500 Free	7	11:52 AM				
25	W 400 Medley Re	2	12:31 PM				
Estimated Session End			<b>12:39 PM</b>				
<b>Pool 2</b>							
24	M 500 Free	10	12:02 PM				
26	M 400 Medley Re	2	12:54 PM				
Estimated Session End			<b>1:03 PM</b>				