# SCHEDULE OF EVENTS

**2016 VIRGINIA SWIMMING LONG COURSE SENIOR CHAMPIONSHIPS**

(Qualifying period: January 1, 2015 to March 2, 2016)

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| **Qualifying Times** | | | | **THURSDAY** | **Qualifying Times** | | | |
| **Women** | **SCM** | **SCY** | **LCM** | **March 3** | **LCM** | **SCY** | **SCM** | **Men** |
| 1 | 19:02.29 | 19:08.99 | 19:37.19 | 1500 M /1650 Y FREE | 17:58.49 | 17:35.09 | 17:29.09 | 2 |
| All events swum as timed finals. Order: fastest to slowest alternating women’s and men’s. | | | | | | | | |
| **Qualifying Times** | | | | **FRIDAY** | **Qualifying Times** | | | |
| **Women** | **SCM** | **SCY** | **LCM** | **March 4** | **LCM** | **SCY** | **SCM** | **Men** |
| 3 | 2:12.39 | 1:59.79 | 2:15.39 | 200 M FREE | 2:04.49 | 1:48.99 | 2:00.39 | 4 |
| 5 | 1:20.09 | 1:12.39 | 1:23.09 | 100 M BREAST | 1:15.49 | 1:05.19 | 1:11.09 | 6 |
| 7 | 1:08.19 | 1:01.69 | 1:09.09 | 100 M FLY | 1:02.39 | 55.29 | 1:01.19 | 8 |
| 9 | 5:18.49 | 4:47.99 | 5:26.09 | 400 M IND MEDLEY | 5:01.59 | 4:25.99 | 4:53.29 | 10 |
| 11 | 800 M FREE REL† | 12 |
| †Requires positive check-in to swim; fastest two heats swim in finals.  Order of Finals: Events 3, 4, 5, 6, 7, 8, 9,10, Break (10min), Events 11, 12 | | | | | | | | |
| **Qualifying Times** | | | | **SATURDAY** | **Qualifying Times** | | | |
| **Women** | **SCM** | **SCY** | **LCM** | **March 5** | **LCM** | **SCY** | **SCM** | **Men** |
| 13 | 2:32.89 | 2:18.39 | 2:35.79 | 200 M FREE REL† | 2:21.19 | 2:04.99 | 2:18.19 | 14 |
| 15 | 200 M FLY | 16 |
| 17 | 28.69 | 25.89 | 29.49 | 50 M FREE | 26.09 | 22.89 | 25.39 | 18 |
| 19 | 2:52.39 | 2:35.99 | 2:57.99 | 200 M BREAST | 2:44.59 | 2:21.79 | 2:36.69 | 20 |
| 21 | 1:09.19 | 1:02.59 | 1:11.79 | 100 M BACK | 1:05.79 | 56.89 | 1:02.89 | 22 |
| 23 | 4:39.39 | 5:19.19 | 4:43.89 | 400 M / 500 Y FREE | 4:24.79 | 4:55.89 | 4:18.89 | 24 |
| 25 | 400 M MED REL‡ | 26 |
| †Requires positive check-in to swim. All heats swim in prelims.  ‡Requires positive check-in to swim; fastest two heats swim in finals.  Order of Finals: Events 15, 16, 17, 18, 19, 20, 21, 22, 23, 24, Break (10 min), Events 25, 26 | | | | | | | | |
| **Qualifying Times** | | | | **SUNDAY** | **Qualifying Times** | | | |
| **Women** | **SCM** | **SCY** | **LCM** | **March 6** | **LCM** | **SCY** | **SCM** | **Men** |
| 27 | 2:29.89 | 2:15.59 | 2:34.99 | **200 M MED REL†** | 2:21.99 | 2:04.19 | 2:17.39 | 28 |
| 29 | 200 M BACK | 30 |
| 31 | 1:01.69 | 55.79 | 1:03.09 | 100 M FREE | 57.29 | 49.99 | 55.39 | 32 |
| 33 | 2:30.29 | 2:15.99 | 2:34.79 | 200 M IND MEDLEY | 2:22.39 | 2:03.39 | 2:16.39 | 34 |
| 35 |  |  |  | 400 M FREE REL‡ |  |  |  | 36 |
| 37 | 9:51.29 | 11:15.69 | 10:01.39 | 800 M /1000 Y FREE# | 9:24.19 | 10:27.99 | 9:08.59 | 38 |
| †Requires positive check-in to swim; **enter using your 400 Medley Relay time.** All heats swim in prelims.  ‡Requires positive check-in to swim; may choose AM or PM preference; up to two heats swim in finals.  #May designate AM or PM preference; top 8 PM designees will swim at finals.  Order of Finals: Events 37, 38, Break (10 min), 29, 30, 31, 32, 33, 34, Break (10 min), Awards (Individual High Point), Events 35, 36, Awards (Team), Time Trials | | | | | | | | |

**2016 VIRGINIA SWIMMING SENIOR CHAMPIONSHIPS BONUS STANDARDS**

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### Swimmers are allowed a maximum of one (1) bonus event. Bonus events count toward the maximum number of swims (6) for the meet and maximum number of swims (3) per day.

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| **SCM** | **YARDS** | **LCM** | **EVENT** | **LCM** | **YARDS** | **SCM** |
| 29.19 | 26.39 | 29.99 | 50 free | 26.59 | 23.39 | 25.89 |
| 1:02.79 | 56.89 | 1:04.19 | 100 free | 58.29 | 50.99 | 56.39 |
| 2:14.59 | 2:01.79 | 2:17.59 | 200 free | 2:06.49 | 1:50.99 | 2:02.39 |
| **Bonus swim for the 400 Free is not available. Swimmers qualified in either the 800 or 1500 Free are eligible to swim both events.** | | | 400/500 free | **Bonus swim for the 400 Free is not available. Swimmers qualified in either the 800 or 1500 Free are eligible to swim both events.** | | |
| 800/1000 free |
| 1500/1650 free |
| 1:10.19 | 1:03.59 | 1:12.79 | 100 back | 1:06.79 | 57.89 | 1:03.89 |
| 2:31.89 | 2:17.59 | 2:36.99 | 200 back | 2:23.99 | 2:06.19 | 2:19.39 |
| 1:21.09 | 1:13.39 | 1:24.09 | 100 breast | 1:16.49 | 1:06.19 | 1:12.09 |
| 2:54.39 | 2:37.99 | 2:59.99 | 200 breast | 2:46.59 | 2:23.79 | 2:38.69 |
| 1:09.19 | 1:02.69 | 1:10.09 | 100 fly | 1:03.39 | 56.29 | 1:02.19 |
| 2:34.89 | 2:20.39 | 2:37.79 | 200 fly | 2:23.19 | 2:06.99 | 2:20.19 |
| 2:32.29 | 2:17.99 | 2:36.79 | 200 IM | 2:24.39 | 2:05.39 | 2:18.39 |
| **Bonus swim for the 400 IM is not available** | | | 400 IM | **Bonus swim for the 400 IM is not available** | | |