

# 2008 Virginia Swimming LC Senior Championships

*July 17-20, 2008 Triangle Aquatic Center, Cary, NC*

## Important Deadlines

### THURSDAY

- 2:00pm General Meeting
- 15 min after meeting (or 3:00pm) Scratches due for Thursday events
- 5:30pm Scratches due for Friday events

### FRIDAY

- 9:30am Positive Check-in for 800 Freestyle Relays
- 10:30am Friday Time Trials entry closes
- 11:00am Relay Cards due for 800 Freestyle Relays (morning swims)
- 6:30pm Positive Check-in for 200 Freestyle Relays
- 6:30pm Scratches due for Saturday events
- 6:45pm Relay Cards due for 800 Freestyle Relays (evening swims)

### SATURDAY

- 7:30am Relay Cards due for 200 Freestyle Relays (morning swims)
- 9:30am Positive Check-in for 400 Medley Relays
- 10:30am Saturday Time Trials entry closes
- 11:00am Relay Cards due for 400 Medley Relays (morning swims)
- 6:30pm Scratches due for Sunday events
- 6:30pm Positive Check-in for 200 Medley Relays
- 6:45pm Relay Cards due for 400 Medley Relays (evening swims)

### SUNDAY

- 7:30am Relay Cards due for 200 Medley Relays (morning swims)
- 9:30am Positive Check-in for 400 Freestyle Relays (morning swims)  
Sunday Relay Rule: Must declare Prelims/Finals preference
- 10:30am Sunday Time Trials entry closes
- 10:45am Relay Cards due for 400 Freestyle Relays (morning swims)
- 6:45pm Relay Cards due for 400 Freestyle Relays (evening swims)