

SCHEDULE OF EVENTS

2014 - 2015 VIRGINIA SWIMMING SHORT / LONG COURSE SENIOR CHAMPIONSHIPS

(Qualifying period: January 1, 2014 to March 4, 2015 / January 1, 2014 – July 15, 2015)

Women	Qualifying Times			THURSDAY/ MARCH 05 / July 16	Qualifying Times			Men
	SCM	LCM	SCY		SCY	LCM	SCM	
1	19:02.29	19:37.19	19:08.99	1500 M /1650 Y FREE*	17:35.09	17:58.49	17:29.09	2

All events swum as timed finals. Order: fastest to slowest alternating women's and men's.

Women	Qualifying Times			FRIDAY MARCH 06 / July 17	Qualifying Times			Men
	SCM	LCM	SCY		SCY	LCM	SCM	
3	2:12.39	2:15.39	1:59.79	200 Y FREE	1:48.99	2:04.49	2:00.39	4
5	1:20.09	1:23.09	1:12.39	100 Y BREAST	1:05.19	1:15.49	1:11.09	6
7	1:08.19	1:09.09	1:01.69	100 Y FLY	55.29	1:02.39	1:01.19	8
9	5:18.49	5:26.09	4:47.99	400 Y IND MEDLEY	4:25.99	5:01.59	4:53.29	10
11				800 Y 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

Women	Qualifying Times			SATURDAY MARCH 07 / July 18	Qualifying Times			Men
	SCM	LCM	SCY		SCY	LCM	SCM	
13				200 YFREE REL [†]				14
15	2:32.89	2:35.79	2:18.39	200 Y FLY	2:04.99	2:21.19	2:18.19	16
17	28.69	29.49	25.89	50 Y FREE	22.89	26.09	25.39	18
19	2:52.39	2:57.99	2:35.99	200 Y BREAST	2:21.79	2:44.59	2:36.69	20
21	1:09.19	1:11.79	1:02.59	100 Y BACK	56.89	1:05.79	1:02.89	22
23	4:39.39	4:43.89	5:19.19	400 M / 500 Y FREE	4:55.89	4:24.79	4:18.89	24
25				400 Y 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

Women	Qualifying Times			SUNDAY MARCH 08 / July 19	Qualifying Times			Men
	SCM	LCM	SCY		SCY	LCM	SCM	
27				200 Y MED REL [†]				28
29	9:51.29	10:01.39	11:15.69	800 M/1000 Y FREE [#]	10:27.99	9:24.19	9:08.59	30
31	2:29.89	2:34.99	2:15.59	200 Y BACK	2:04.19	2:21.99	2:17.39	32
33	1:01.69	1:03.09	55.79	100 Y FREE	49.99	57.29	55.39	34
35	2:30.29	2:34.79	2:15.99	200 Y IND MEDLEY	2:03.39	2:22.39	2:16.39	36
37				400 Y FREE REL [‡]				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 29, 30, 31, 32, 33, 34, 35, 36, Break (10 min), Awards (Individual High Point), Events 37, 38, Awards (Team), Time Trials

2014 - 2015 VIRGINIA SWIMMING SENIOR CHAMPIONSHIPS BONUS STANDARDS

(Qualifying period: January 1, 2014 to March 4, 2015 / January 1, 2014 - July 15, 2015)

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.

SCM	LCM	YARDS	EVENT	YARDS	LCM	SCM
29.19	29.99	26.39	50 free	23.39	26.59	25.89
1:02.69	1:04.09	56.79	100 free	50.99	58.29	56.39
2:14.39	2:17.39	2:01.79	200 free	1:50.99	2:06.49	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	1:12.79	1:03.59	100 back	57.89	1:06.79	1:03.89
2:31.89	2:36.99	2:17.59	200 back	2:06.19	2:23.99	2:19.39
1:21.09	1:24.09	1:13.39	100 breast	1:06.19	1:16.49	1:12.109
2:54.39	2:59.99	2:37.99	200 breast	2:23.79	2:46.59	2:38.69
1:09.19	1:10.09	1:02.69	100 fly	56.29	1:03.39	1:02.19
2:34.89	2:37.79	2:20.39	200 fly	2:06.99	2:23.19	2:20.19
2:32.29	2:36.79	2:17.99	200 IM	2:05.39	2:24.39	2:18.39
Bonus swims for the 400 IM are not available			400 IM	Bonus swims for the 400 IM are not available		