

Prescratch Estimated Time Line for Prelim Sessions

2019 VSI Senior LC Championship

Lynchburg, VA

July 18 - 21, 2019

Event	Heats	Start Time
<u>Thursday, July 18, 2019</u>		
1 W 1500 Free	4	2:00 PM
2 M 1500 Free	5	3:16 PM
End of Session		4:44 PM
<u>Friday, July 19, 2019</u>		
3 W 200 Free	14	8:40 AM
4 M 200 Free	12	9:15 AM
5 W 100 Breast	12	9:44 AM
6 M 100 Breast	13	10:04 AM
7 W 100 Fly	15	10:24 AM
8 M 100 Fly	13	10:46 AM
9 W 400 IM	6	11:04 AM
10 M 400 IM	9	11:38 AM
11 W 800 Free Relay	1	12:26 PM
12 M 800 Free Relay	1	12:35 PM
End of Session		12:44 PM
<u>Saturday, July 20, 2019</u>		
13 W 200 Free Relay	3	8:30 AM
14 M 200 Free Relay	3	8:36 AM
15 W 200 Fly	9	8:42 AM
16 M 200 Fly	10	9:08 AM
17 W 50 Free	18	9:35 AM
18 M 50 Free	14	9:49 AM
19 W 200 Breast	10	10:00 AM
20 M 200 Breast	10	10:33 AM
21 W 100 Back	13	11:03 AM
22 M 100 Back	12	11:26 AM
23 W 400 Free	8	11:46 AM
24 M 400 Free	8	12:26 PM
25 W 400 Medley	1	1:03 PM
26 M 400 Medley	1	1:08 PM
End of Session		1:13 PM

Event	Heats	Start Time
<u>Sunday, July 21, 2019</u>		
27 W 200 Medley	3	8:30 AM
28 M 200 Medley	3	8:38 AM
29 W 200 Back	12	8:44 AM
30 M 200 Back	10	9:22 AM
31 W 100 Free	17	9:51 AM
32 M 100 Free	17	10:14 AM
33 W 200 IM	13	10:35 AM
34 M 200 IM	15	11:13 AM
35 W 400 Free Relay	1	11:53 AM
36 M 400 Free Relay	1	11:57 AM
End of Session		12:01 PM
<u>Sunday, July 21, 2019</u>		
37 W 800 Free	5	1:30 PM
38 M 800 Free	7	2:20 PM
End of Session		3:28 PM
NOTES:		
<u>Distance-</u>		
1500's-Check in 1:00pm Thurs Fast to Slow/Atl.		
800's-Check in 6:30pm Sat-- Slow to Fast/Alt.		
fastest heat swam in finals. AM/PM option		
<u>Relays-</u>		
200's all swam in Prelims.		
Scratch by 6:30pm the night before		
400/800 have AM/PM option		
Scratch by 9:30am the morning of		
<u>400 IM and Free-</u>		
4 fastest W then M slow to fast		
then alt. W and M fast to slow		