

Prescratch Estimated Time Line for Prelim Sessions

2020 VSI Senior SC Championship

Richmond, VA

March 5 - 8, 2020

MEN'S COURSE

Event	Heats	Start Time
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Thursday, March 5, 2020

1 W 1650 Free	6	2:00 PM
2 M 1650 Free	7	3:47 PM

End of Session 5:45 PM

Friday, March 6, 2020

4 M 200 Free	17	9:18 AM
6 M 100 Breast	17	9:42 AM
8 M 100 Fly	18	10:03 AM
10 M 400 IM	9	10:44 AM
12 M 800 Free Relay	1	10:52 AM

End of Session

Saturday, March 7, 2020

14 M 200 Free Relay	4	8:37 AM
16 M 200 Fly	14	9:09 AM
18 M 50 Free	18	9:22 AM
20 M 200 Breast	14	9:58 AM
22 M 100 Back	18	10:25 AM
24 M 500 Free	11	11:21 AM
26 M 400 Medley	2	11:29 AM

End of Session

Event	Heats	Start Time
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Sunday, March 8, 2020

28 M 200 Medley	4	9:30 AM
30 M 200 Back	14	9:37 AM
32 M 100 Free	22	10:13 AM
34 M 200 IM	18	10:38 AM
36 M 400 Free Relay	2	11:20 AM

End of Session 11:28 AM

Sunday, March 8, 2020

37 W 1000 Free	6	1:30 PM
38 M 1000 Free	11	2:36 PM

End of Session 4:30 PM

NOTES:

Distance-

1650s-Check in 1:00pm Thurs Fast to Slow/Atl.

1000s-Check in 6:30pm Sat-- Slow to Fast/Alt.

fastest heat swims in finals. AM/PM option

Relays-

200's all swim in Prelims.

Scratch by 6:30pm the night before

400/800 have AM/PM option

Scratch by 9:30am the morning of

400 IM and Free-

4 fastest W then M slow to fast

then alt. W and M fast to slow