

Prescratch Estimated Time Line for Prelim Sessions

2020 VSI Senior SC Championship

Richmond, VA

March 5 - 8, 2020

WOMEN'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

3 W 200 Free	15	8:40 AM
5 W 100 Breast	15	9:14 AM
7 W 100 Fly	16	9:35 AM
9 W 400 IM	7	9:56 AM
11 W 800 Free Relay	1	10:31 AM
End of Session		10:39 AM

13 Saturday, March 7, 2020

15 W 200 Free Relay	4	8:30 AM
17 W 200 Butterfly	12	8:38 AM
19 W 50 Free	20	9:08 AM
21 W 200 Breast	12	9:23 AM
23 W 100 Back	17	9:57 AM
25 W 500 Free	7	10:24 AM
W 400 Medley	2	11:02 AM
End of Session		11:11 AM

Event	Heats	Start Time
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Sunday, March 8, 2020

27 W 200 Medley	4	9:30 AM
29 W 200 Back	16	9:39 AM
31 W 100 Free	20	10:23 AM
33 W 200 IM	18	10:48 AM
35 W 400 Free Relay	2	11:34 AM
End of Session		11:42 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