

**2016 Eastern Zone
LC Senior Championships
August 4 - August 7, 2016**

Unofficial Time Line for Prelim Sessions

Thursday, August 4, 2016

1	W 200 IM	9	9:00 AM
2	M 200 IM	7	9:25 AM
3	W 100 Free	9	9:44 AM
4	M 100 Free	9	9:56 AM
5	W 100 Breast	6	10:08 AM
6	M 100 Breast	6	10:18 AM
	10 Min. Break		10:27 AM
9	W 200 Free Relay	1	10:37 AM
10	M 200 Free Relay	1	10:39 AM
	10 Min. Break		10:41 AM
7	W 800 Free	3	10:51 AM
8	M 1500 Free	3	11:22 AM

Thursday Prelims End 12:15 PM

Friday August 5, 2016

11	W 200 Free	9	9:00 AM
12	M 200 Free	9	9:20 AM
13	W 100 Fly	6	9:39 AM
14	M 100 Fly	6	9:53 AM
15	W 400 IM	3	10:05 AM
16	M 400 IM	3	10:45 AM
	10 Min. Break		11:16 AM
17	W 200 Free Relay	1	11:26 AM
18	M 200 Free Relay	1	11:31 AM

Friday Prelims End 11:35 AM

Saturday August 6, 2016

19	W 200 Fly	7	9:00 AM
20	M 200 Fly	7	9:20 AM
21	W 100 Back	9	9:38 AM
22	M 100 Back	7	9:52 AM
23	W 400 Free	6	10:02 AM
24	M 400 Free	9	10:32 AM
	10 Min. Break		11:15 AM
25	W 800 Free Relay	0	11:15 AM
26	M 800 Free Relay	0	11:15 AM

Saturday Prelims End 11:15 AM

Sunday August 7, 2016

27	W 200 Back	8	9:00 AM
28	M 200 Back	6	9:24 AM
29	W 50 Free	5	9:39 AM
30	M 50 Free	6	9:48 AM
31	W 200 Breast	2	9:53 AM
32	M 200 Breast	4	10:09 AM
	10 Min. Break		10:27 AM
35	W 400 Medley Relay	1	10:37 AM
36	M 400 Medley Relay	1	10:42 AM

Sunday Prelims End 10:46 AM

**Sunday August 7, 2016
Afternoon Distance Free Heats**

33 & 34 W/M 1500/800* 2:41 PM
Slowest to fastest, alternating W/M as required
Last heat ends @ 4:00 PM

***The top 2 Heats of Events 33 & 34 will be swum in
Sunday's Finals Session***

updated:
8/2/16