

**2017 Eastern Zone  
Speedo Long Course Sectionals  
March 30-April 2, 2017**

**Pre-Scratch Time Line for Prelim Sessions**

**Thursday, March 30, 2017**

1	W 1500 Free	2	5:00 PM
2	M 800 Free	2	5:38 PM

**Thursday Events End                    6:01 PM**

**Friday, March 31, 2017**

3	W 200 Free	3	9:00 AM
4	M 200 Free	5	9:09 AM
5	W 100 Breast	3	9:24 AM
6	M 100 Breast	4	9:31 AM
7	W 100 Fly	3	9:40 AM
8	M 100 Fly	4	9:46 AM
9	W 400 IM	3	9:54 AM
10	M 400 IM	3	10:13 AM

**Friday Prelims End                    10:31 AM**

**Saturday, April 1, 2017**

15	W 200 Fly	2	9:00 AM
16	M 200 Fly	4	9:06 AM
17	W 50 Free	5	9:20 AM
18	M 50 Free	4	9:27 AM
19	W 200 Breast	4	9:33 AM
20	M 200 Breast	3	9:48 AM
21	W 100 Back	3	9:59 AM
22	M 100 Back	5	10:04 AM
23	W 400 Free	3	10:11 AM
24	M 400 Free	3	10:28 AM

**Saturday Prelims End                    10:44 AM**

**Sunday, April 2, 2017**

27	W 200 Free Relay	1	9:00 AM
28	M 200 Free Relay	1	9:02 AM
<b>10 Min. Break</b>			
31	W 200 Back	3	9:05 AM
32	M 200 Back	3	9:14 AM
33	W 100 Free	4	9:22 AM
34	M 100 Free	5	9:30 AM
35	W 200 IM	4	9:40 AM
36	M 200 IM	5	9:54 AM
<b>10 Min. Break</b>			
37	W 400 Medley Relay	1	10:20 AM
38	M 400 Medley Relay	1	10:26 AM

**Sunday Prelims End                    10:31 AM**

**Sunday, April 2, 2017**

**Afternoon Distance Free Heats**

29 & 30 W/M 800/1500\*                    3:31 PM  
 Slowest to fastest, alternating W/M as required  
 Last heat ends @                    4:00 PM

***Top heats of Events 29 & 30 will be swum  
in Finals***

updated:  
3/28/2017

