



**2018 Eastern Zone  
Speedo Long Course Sectionals  
March 22-25, 2018**



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

**Thursday, March 22, 2018**

- |   |             |   |         |
|---|-------------|---|---------|
| 1 | W 800 Free  | 6 | 5:00 PM |
| 2 | M 1500 Free | 4 | 6:02 PM |

**Thursday Events End 7:14 PM**

**Friday, March 23, 2018**

- |                      |                  |    |          |
|----------------------|------------------|----|----------|
| 3                    | W 200 Free       | 10 | 9:00 AM  |
| 4                    | M 200 Free       | 8  | 9:25 AM  |
| 5                    | W 100 Breast     | 6  | 9:44 AM  |
| 6                    | M 100 Breast     | 6  | 9:54 AM  |
| 7                    | W 100 Fly        | 9  | 10:03 AM |
| 8                    | M 100 Fly        | 8  | 10:16 AM |
| 9                    | W 400 IM         | 8  | 10:26 AM |
| 10                   | M 400 IM         | 6  | 11:12 AM |
| <b>10 Min. Break</b> |                  |    |          |
| 11                   | W 800 Free Relay | 2  | 11:53 AM |
| 12                   | M 800 Free Relay | 1  | 12:12 PM |

**Friday Prelims End 12:20 PM**

**Saturday, March 24, 2018**

- |                      |                    |    |          |
|----------------------|--------------------|----|----------|
| 13                   | W 200 Medley Relay | 2  | 9:00 AM  |
| 14                   | M 200 Medley Relay | 2  | 9:05 AM  |
| 15                   | W 200 Fly          | 8  | 9:10 AM  |
| 16                   | M 200 Fly          | 7  | 9:33 AM  |
| 17                   | W 50 Free          | 10 | 9:51 AM  |
| 18                   | M 50 Free          | 9  | 9:59 AM  |
| 19                   | W 200 Breast       | 7  | 10:06 AM |
| 20                   | M 200 Breast       | 5  | 10:28 AM |
| 21                   | W 100 Back         | 8  | 10:45 AM |
| 22                   | M 100 Back         | 8  | 10:59 AM |
| 23                   | W 400 Free         | 9  | 11:12 AM |
| 24                   | M 400 Free         | 6  | 11:57 AM |
| <b>10 Min. Break</b> |                    |    |          |
| 25                   | W 400 Free Relay   | 2  | 12:34 PM |
| 26                   | M 400 Free Relay   | 2  | 12:44 PM |

**Saturday Prelims End 12:52 PM**

**Sunday, March 25, 2018**

- |                      |                    |   |          |
|----------------------|--------------------|---|----------|
| 27                   | W 200 Free Relay   | 2 | 9:00 AM  |
| 28                   | M 200 Free Relay   | 2 | 9:04 AM  |
| 31                   | W 200 Back         | 8 | 9:08 AM  |
| 32                   | M 200 Back         | 7 | 9:33 AM  |
| 33                   | W 100 Free         | 8 | 9:51 AM  |
| 34                   | M 100 Free         | 8 | 10:02 AM |
| 35                   | W 200 IM           | 9 | 10:12 AM |
| 36                   | M 200 IM           | 9 | 10:37 AM |
| <b>10 Min. Break</b> |                    |   |          |
| 37                   | W 400 Medley Relay | 2 | 11:11 AM |
| 38                   | M 400 Medley Relay | 2 | 11:21 AM |

**Sunday Prelims End 11:30 AM**

**Sunday, March 25, 2018  
Afternoon Distance Free Heats**

29 & 30 W/M 800/1500\* 2:14 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:  
3/13/2018

