



**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	7	5:00 PM
2	M 1500 Free	4	6:12 PM

Thursday Events End 7:24 PM

Friday, March 23, 2018

3	W 200 Free	10	9:00 AM
4	M 200 Free	9	9:25 AM
5	W 100 Breast	6	9:46 AM
6	M 100 Breast	7	9:56 AM
7	W 100 Fly	9	10:06 AM
8	M 100 Fly	8	10:19 AM
9	W 400 IM	8	10:30 AM
10	M 400 IM	6	11:16 AM
	10 Min. Break		11:47 AM
11	W 800 Free Relay	2	11:57 AM
12	M 800 Free Relay	1	12:15 PM

Friday Prelims End 12:24 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	9	10:59 AM
23	W 400 Free	9	11:13 AM
24	M 400 Free	6	11:58 AM
	10 Min. Break		12:26 PM
25	W 400 Free Relay	2	12:36 PM
26	M 400 Free Relay	2	12:45 PM

Saturday Prelims End 12:53 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	9	10:02 AM
35	W 200 IM	10	10:13 AM
36	M 200 IM	9	10:41 AM
	10 Min. Break		
37	W 400 Medley Relay	2	11:15 AM
38	M 400 Medley Relay	2	11:25 AM

Sunday Prelims End 11:34 AM

Sunday, March 25, 2018

Afternoon Distance Free Heats

29 & 30 W/M 800/1500* 2:04 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:
3/19/2018

