

## Unofficial Time Line for Preliminary Sessions

### 2019 EZ Southern Region

Christiansburg VA

March 28-31

| Thursday, March 28, 2019 |                  |       |                        | Sunday, March 31, 2019  |                    |       |          |  |  |  |  |
|--------------------------|------------------|-------|------------------------|---|--------------------|-------|----------|--|--|--|--|
|                          |                  | heats | Time                   |   |                    | heats |          |  |  |  |  |
| 1                        | W 1650 Free      | 3     | 4:30 PM                | 29  | W 200 Free Relay   | 3     | 9:00 AM  |  |  |  |  |
| 2                        | M 1000 Free      | 5     | 5:25 PM                | 30  | M 200 Free Relay   | 2     | 9:06 AM  |  |  |  |  |
| 3                        | W 800 Free Rela  | 3     | 6:17 PM                | 31  | W 200 Back         | 9     | 9:10 AM  |  |  |  |  |
| 4                        | M 800 Free Relay | 3     | 6:43 PM                | 32  | M 200 Back         | 8     | 9:36 AM  |  |  |  |  |
|                          |                  |       | Estimated Session End  | 33  | W 100 Free         | 11    | 9:57 AM  |  |  |  |  |
|                          |                  |       | 7:06 PM                | 34  | M 100 Free         | 11    | 10:12 AM |  |  |  |  |
| Friday, March 29, 2019   |                  |       |                        | 35  | W 200 IM           | 12    | 10:27 AM |  |  |  |  |
|                          |                  | heats | Time                   | 36  | M 200 IM           | 10    | 10:58 AM |  |  |  |  |
| 5                        | W 200 Medley Re  | 3     | 9:00 AM                | <b>Break- 5 Minute</b>  |                    |       |          |  |  |  |  |
| 6                        | M 200 Medley Re  | 2     | 9:07 AM                | 37  | W 400 Medley Relay | 3     | 11:25 AM |  |  |  |  |
| 7                        | W 200 Free       | 6     | 9:11 AM                | 38  | M 400 Medley Relay | 2     | 11:38 AM |  |  |  |  |
| 8                        | M 200 Free       | 8     | 9:25 AM                | Estimated Session End 11:47 AM  |                    |       |          |  |  |  |  |
| 9                        | W 100 Breast     | 9     | 9:43 AM                | Distance  |                    |       |          |  |  |  |  |
| 10                       | M 100 Breast     | 9     | 9:58 AM                | 28  | M 1650 Free        | 2     | 3:55 PM  |  |  |  |  |
| 11                       | W 100 Fly        | 11    | 10:11 AM               | Estimated Session End <b>4:30 PM</b>  |                    |       |          |  |  |  |  |
| 12                       | M 100 Fly        | 11    | 10:27 AM               | <p>* All event times are estimates!! Plan based on the pace of the meet. Events should start no earlier than 2 minutes before post scratch estimates.</p> <p>* Scratch box for next day's events closes at 6:30PM. Except Thursday: Distance- 3:00pm and Friday's events 5:00pm.</p> <p>* 400 IM and 500 Free will swim fast 4 heats, slow to fast W then M. The remaining heats will be swam fast to slow alter. W/M</p> <p>* Distance:Thursday-W1650 followed by M1000. Saturday- W1000 fastest heat in finals, remaining slow to fast finishing approx. 4:30pm. Sunday- M1000 fastest heat in finals, remaining slow to fast finishing approx. 4:30pm</p> <p>* AM Option-Sunday Relays- 200F 400M may all chose to swim in Prelims and M1650</p> |                    |       |          |  |  |  |  |
| 13                       | W 100 Back       | 11    | 10:43 AM               |   |                    |       |          |  |  |  |  |
| 14                       | M 100 Back       | 9     | 11:02 AM               |   |                    |       |          |  |  |  |  |
| 15                       | W 500 Free       | 5     | 11:17 AM               |   |                    |       |          |  |  |  |  |
| 16                       | M 500 Free       | 6     | 11:45 AM               |   |                    |       |          |  |  |  |  |
|                          |                  |       | Estimated Session End  |   |                    |       |          |  |  |  |  |
|                          |                  |       | <b>12:16 PM</b>        |   |                    |       |          |  |  |  |  |
| Saturday, March 30, 2019 |                  |       |                        |   |                    |       |          |  |  |  |  |
|                          |                  | heats | time                   |   |                    |       |          |  |  |  |  |
| 17                       | W 200 Fly        | 8     | 9:00 AM                |   |                    |       |          |  |  |  |  |
| 18                       | M 200 Fly        | 10    | 9:21 AM                |   |                    |       |          |  |  |  |  |
| 19                       | W 50 Free        | 13    | 9:46 AM                |   |                    |       |          |  |  |  |  |
| 20                       | M 50 Free        | 12    | 9:57 AM                |   |                    |       |          |  |  |  |  |
| 21                       | W 200 Breast     | 8     | 10:08 AM               |   |                    |       |          |  |  |  |  |
| 22                       | M 200 Breast     | 8     | 10:32 AM               |   |                    |       |          |  |  |  |  |
| 23                       | W 400 IM         | 7     | 10:53 AM               |   |                    |       |          |  |  |  |  |
| 24                       | M 400 IM         | 6     | 11:29 AM               |   |                    |       |          |  |  |  |  |
|                          |                  |       | <b>Break- 5 Minute</b> |   |                    |       |          |  |  |  |  |
| 25                       | W 400 Free Rela  | 3     | 12:02 AM               |   |                    |       |          |  |  |  |  |
| 26                       | M 400 Free Relay | 2     | 12:14 AM               |   |                    |       |          |  |  |  |  |
|                          |                  |       | Estimated Session End  |   |                    |       |          |  |  |  |  |
|                          |                  |       | <b>12:23 AM</b>        |   |                    |       |          |  |  |  |  |
| Distance                 |                  |       |                        |   |                    |       |          |  |  |  |  |
| 27                       | W 1000 Free      | 1     | 4:18 PM                |   |                    |       |          |  |  |  |  |
|                          |                  |       | Estimated Session End  |   |                    |       |          |  |  |  |  |
|                          |                  |       | <b>4:30 PM</b>         |   |                    |       |          |  |  |  |  |