



**Estimated Timeline for Prelim Sessions**  
**2023 EZ LCM Senior Zone Championships**  
**Hosted by STAR Swimming**  
**August 3 - 6, 2023**



| Event                               | Heats | Start Time      |
|-------------------------------------|-------|-----------------|
| <b>Thursday, August 3, 2023</b>     |       |                 |
| 1 W 200 IM                          | 9     | 9:00 AM         |
| 2 M 200 IM                          | 14    | 9:25 AM         |
| 3 W 100 Free                        | 11    | 10:02 AM        |
| 4 M 100 Free                        | 19    | 10:18 AM        |
| 5 W 100 Breast                      | 6     | 10:42 AM        |
| 6 M 100 Breast                      | 14    | 10:53 AM        |
| <b>10 min break</b>                 |       | 11:14 AM        |
| 9 W 200 Free Relay                  | 1     | 11:24 AM        |
| 10 M 200 Free Relay                 | 3     | 11:27 AM        |
| 7/8 W 1500 Free/M 800 Free          | 2     | 11:33 AM        |
| <b>Alt W/M Fast to Slow</b>         | 4     |                 |
| <b>Fastest Heat Swims in Finals</b> |       |                 |
| <b>End of Session</b>               |       | <b>12:49 PM</b> |

| Event                         | Heats | Start Time      |
|-------------------------------|-------|-----------------|
| <b>Friday, August 4, 2023</b> |       |                 |
| 11 W 200 Free                 | 10    | 9:00 AM         |
| 12 M 200 Free                 | 13    | 9:25 AM         |
| 13 W 100 Fly                  | 11    | 9:56 AM         |
| 14 M 100 Fly                  | 19    | 10:13 AM        |
| 15 W 400 IM                   | 6     | 10:39 AM        |
| 16 M 400 IM                   | 9     | 11:14 AM        |
| <b>10 min break</b>           |       | 12:01 PM        |
| 17 W 400 Free Relay           | 1     | 12:11 PM        |
| 18 M 400 Free Relay           | 3     | 12:15 PM        |
| <b>End of Session</b>         |       | <b>12:28 PM</b> |

| Event                           | Heats | Start Time      |
|---------------------------------|-------|-----------------|
| <b>Saturday, August 5, 2023</b> |       |                 |
| 19 W 200 Fly                    | 7     | 9:00 AM         |
| 20 M 200 Fly                    | 11    | 9:20 AM         |
| 21 W 100 Back                   | 11    | 9:49 AM         |
| 22 M 100 Back                   | 13    | 10:08 AM        |
| 23 W 400 Free                   | 8     | 10:30 AM        |
| 24 M 400 Free                   | 9     | 11:10 AM        |
| <b>10 min break</b>             |       | 11:53 AM        |
| 25 W 800 Free Relay             | 0     | 12:03 PM        |
| 26 M 800 Free Relay             | 1     | 12:03 PM        |
| <b>End of Session</b>           |       | <b>12:11 PM</b> |

| Event                         | Heats | Start Time      |
|-------------------------------|-------|-----------------|
| <b>Sunday, August 6, 2023</b> |       |                 |
|                               |       | 9:00 AM         |
| 27 W 200 Back                 | 8     | 9:00 AM         |
| 28 M 200 Back                 | 9     | 9:24 AM         |
| 29 W 50 Free                  | 12    | 9:50 AM         |
| 30 M 50 Free                  | 17    | 10:00 AM        |
| 31 W 200 Breast               | 6     | 10:14 AM        |
| 32 M 200 Breast               | 10    | 10:33 AM        |
| <b>10 min break</b>           |       | 11:03 AM        |
| 35 W 400 Medley Relay         | 1     | 11:13 AM        |
| 36 M 400 Medley Relay         | 3     | 11:18 AM        |
| <b>End of Session</b>         |       | <b>11:33 AM</b> |

|                                     |   |                |
|-------------------------------------|---|----------------|
| <b>Sunday, August 6, 2023</b>       |   |                |
| 33/34 W 800 Free/M 1500 Free        | 3 | 2:30 PM        |
| <b>Alt W/M Slow to Fast</b>         | 3 |                |
| <b>Fastest Heat Swims in Finals</b> |   |                |
| <b>End of Session</b>               |   | <b>3:53 PM</b> |

**Fastest Heat of 800 and 1500 Swims with Finals**  
**Fastest 2 Heats of Relays Swim with Finals**  
**Sunday Distance and Relays Can Elect Early Swim**