

**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
10 Min. Break			
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
10 Min. Break			
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

