



Speedo Sectionals - Richmond



Session 1 Thursday Preliminary- Women

6:15 AM	Health Screening Begins, Facility Open
6:30 AM	Warm up Group A (6:30-7:10a)
7:10 AM	Warm up Group B (7:10-7:50a)
7:50 AM	Pool Cleared
8:00 AM	Competition Begins
11:12 AM	Competition Concludes

Session 2 Thursday Preliminary- Men

11:30 AM	Warm Up Group A (11:30 - 12:10p)
12:10 PM	Warm Up Group B (12:10 - 12:50p)
12:50 PM	Pool Cleared
1:00 PM	Competition Begins
3:22 PM	Competition Concludes

Session 3 Thursday Finals

4:30 PM	Warm Up Begins (4:30 - 5:50p)
	Specific Warm up (5:20 - 5:50p)
5:50 PM	Pool Cleared
6:00 PM	Competition Begins
7:46 PM	Competition Concludes Pool open for warm-up

Session 4 Friday Preliminary- Men

6:15 AM	Health Screening Begins, Facility Open
6:30 AM	Warm up Group B (6:30 - 7:10a)
7:10 AM	Warm up Group A (7:10 - 7:50a)
7:50 AM	Pool Cleared
8:00 AM	Competition Begins
9:43 AM	Competition Concludes

Session 5 Friday Preliminary- Women

10:00 AM	Warm Up Group B (10:00 - 10:40a)
10:40 AM	Warm Up Group A (10:40 - 11:20a)
11:20 AM	Pool Cleared
11:30 AM	Competition Begins
1:26 PM	Competition Concludes

Session 6 Friday Finals

4:30 PM	Warm Up Begins (4:30 - 5:50p)
	Specific Warm up (5:20 - 5:50p)
5:50 PM	Pool Cleared
6:00 PM	Competition Begins
7:37 PM	Competition Concludes Pool open for warm-up

Session 7 Saturday Preliminary- Women

6:15 AM	Health Screening Begins, Facility Open
6:30 AM	Warm up Group A (6:30 - 7:10a)
7:10 AM	Warm up Group B (7:10 - 7:50a)
7:50 AM	Pool Cleared
8:00 AM	Competition Begins
9:50 AM	Competition Concludes

Session 8 Saturday Preliminary- Men

10:05 AM	Warm Up Group A (10:05 - 10:45a)
10:45 AM	Warm Up Group B (10:45 - 11:25p)
11:25 AM	Pool Cleared
11:35 AM	Competition Begins
1:13 PM	Competition Concludes

Session 9 Saturday Finals

4:30 PM	Warm Up Begins (4:30 - 5:50p)
	Specific Warm up (5:20 - 5:50p)
5:50 PM	Pool Cleared
6:00 PM	Competition Begins
7:37 PM	Competition Concludes Pool open for warm-up

Session 10 Sunday Preliminary- Men

6:15 AM	Health Screening Begins, Facility Open
6:30 AM	Warm up Group B (6:30 - 7:10a)
7:10 AM	Warm up Group A (7:10 - 7:50a)
7:50 AM	Pool Cleared
8:00 AM	Competition Begins
10:11 AM	Competition Concludes

Session 11 Sunday Preliminary- Women

10:25 AM	Warm Up Group B (10:25 - 11:05a)
11:05 AM	Warm Up Group A (11:05- 11:45p)
11:45 AM	Pool Cleared
11:55 AM	Competition Begins
2:29 PM	Competition Concludes

Session 12 Sunday Finals

4:30 PM	Warm Up Begins (4:30 - 5:50p)
	Specific Warm up (5:20 - 5:50p)
5:50 PM	Pool Cleared
6:00 PM	Competition Begins
7:53 PM	Competition Concludes Pool open for warm-up