

# Unofficial Time Line for Preliminary Sessions

## 2023 Eastern Zone Speedo LC Sectionals

Buffalo, NY

March 23 - 26, 2023

EVENT	HEATS	START TIME
<b>Thursday, March 23, 2023</b>		
1 W 1500 Free	2	5:00 PM
2 M 800 Free	3	5:39 PM
<i>End of Session</i>		6:09 PM

Check-In Deadline for all Thursday events is 3:00 PM

### Scratch/Check-In Deadlines:

Friday events - 5:30 PM Thursday  
Saturday events - 6:00 PM Friday  
Sunday events - 6:00 PM Saturday

EVENT	HEATS	START TIME
<b>Friday, March 24, 2023</b>		
3 W 200 Free	7	9:00 AM
4 M 200 Free	9	9:18 AM
5 W 100 Breast	4	9:40 AM
6 M 100 Breast	7	9:46 AM
7 W 100 Fly	6	9:58 AM
8 M 100 Fly	9	10:07 AM
9 W 400 IM	4	10:19 AM
10 M 400 IM	4	10:42 AM
<i>BREAK</i>		11:03 AM
11 W 800 Free Relay	0	11:13 AM
12 M 800 Free Relay	0	11:13 AM
<i>End of Session</i>		11:13 AM

EVENT	HEATS	START TIME
<b>Saturday, March 25, 2023</b>		
13 W 200 Medley Relay	3	9:00 AM
14 M 200 Medley Relay	3	9:09 AM
<i>BREAK</i>		9:17 AM
15 W 200 Fly	3	9:27 AM
16 M 200 Fly	5	9:36 AM
17 W 50 Free	8	9:49 AM
18 M 50 Free	11	9:56 AM
19 W 200 Breast	4	10:05 AM
20 M 200 Breast	5	10:18 AM
21 W 100 Back	7	10:33 AM
22 M 100 Back	8	10:46 AM
23 W 400 Free	4	10:59 AM
24 M 400 Free	5	11:19 AM
<i>BREAK</i>		11:43 AM
25 W 400 Free Relay	1	11:53 AM
26 M 400 Free Relay	1	11:58 AM
<i>End of Session</i>		12:02 PM

EVENT	HEATS	START TIME
<b>Sunday, March 26, 2023</b>		
27 W 200 Free Relay	1	9:00 AM
28 M 200 Free Relay	2	9:02 AM
<i>BREAK</i>		9:06 AM
31 W 200 Back	5	9:16 AM
32 M 200 Back	5	9:32 AM
33 W 100 Free	8	9:46 AM
34 M 100 Free	11	9:58 AM
35 W 200 IM	6	10:13 AM
36 M 200 IM	10	10:30 AM
<i>BREAK</i>		10:57 AM
37 W 400 Medley Relay	1	11:07 AM
38 M 400 Medley Relay	2	11:13 AM
		11:24 AM

### Sunday, March 27, 2022

#### Distance Session

29 W 800 Free	1	3:14 PM
30 M 1500 Free	2	
<i>End of Session</i>		4:00 PM

Events 29/30 are alternating women/men, slow to fast

Fastest two heats of Relay events will swim at finals  
Fastest Heat of events 29 (W 800 Free) and 30 (M 1500 Free) will swim in Sunday finals