



Pre-Scratch Estimated Time Line for Preliminary Sessions
2024 Eastern Zone Super Sectional Meet
Richmond, VA
May 16-19, 2024

Thursday, May 16, 2024

EVENT	HEATS	START TIME
3 W 200 IM	17	8:45 AM
4 M 200 IM	17	9:32 AM
5 W 100 Free	14	10:15 AM
6 M 100 Free	18	10:33 AM
7 W 100 Breast	10	10:54 AM
8 M 100 Breast	14	11:10 AM

**800/1500 Free swim alternating women/men, fast to slow;
fastest heat swims as the first event of Finals**

9 W 800 Free	4	11:30 AM
10 M 1500 Free	4	
End of Session		1:21 PM

Saturday, May 18, 2024

EVENT	HEATS	START TIME
21 W 200 Fly	11	8:45 AM
22 M 200 Fly	16	9:15 AM
23 W 100 Back	18	9:55 AM
24 M 100 Back	21	10:24 AM
A FLIGHT		
25 W 400 Free	6	10:56 AM
26 M 400 Free	6	11:26 AM

B Flight swim alternating women/men, fast to slow

B FLIGHT		
25 W 400 Free	7	11:53 AM
26 M 400 Free	11	
End of Session		1:17 PM

Friday, May 17, 2024

EVENT	HEATS	START TIME
13 W 200 Free	16	8:45 AM
14 M 200 Free	23	9:25 AM
15 W 100 Fly	16	10:17 AM
16 M 100 Fly	23	10:39 AM
A FLIGHT		
17 W 400 IM	6	11:08 AM
18 M 400 IM	6	11:41 AM

B Flight swim alternating women/men, fast to slow

B FLIGHT		
17 W 400 IM	4	12:12 PM
18 M 400 IM	5	
End of Session		1:00 PM

Sunday, May 19, 2024

EVENT	HEATS	START TIME
29 W 200 Back	14	8:45 AM
30 M 200 Back	15	9:26 AM
31 W 50 Free	19	10:07 AM
32 M 50 Free	24	10:21 AM
33 W 200 Breast	12	10:37 AM
34 M 200 Breast	16	11:14 AM
BREAK		
37 W 400 Medley Relay	1	12:03 PM
38 M 400 Medley Relay	1	12:08 PM
End of Session		12:13 PM

Distance Session

**Swum alternating women/men, slow to fast;
fastest heat swims as the first event of Finals**

35 W 1500 Free	3	2:35 PM
36 M 800 Free	6	
End of Session		4:28 PM

Fastest Heat of 800 Free and 1500 Free swim as first event at Finals
2 Fastest Heats of Relays swim at Finals

5/14/2024, 11:45 PM

