

**Prescratch Estimated Time Line for Prelim Sessions**  
**2023 Virginia Swimming SC Senior Championships**  
**Richmond, VA**  
**March 2 - 5, 2023**

Event	Heats	Start Time
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**Thursday, March 2, 2023**

1 W 1650 Free*- West Pool	8	2:00 PM
<b>End of Session</b>		<b>4:32 PM</b>
2 M 1650 Free*- East Pool	7	2:00 PM
<b>End of Session</b>		<b>4:03 PM</b>

**Friday, March 3, 2023**

3 W 200 Free	15	8:30 AM
4 M 200 Free	15	9:04 AM
5 W 100 Breast	11	9:36 AM
6 M 100 Breast	11	9:52 AM
7 W 100 Fly	14	10:07 AM
8 M 100 Fly	17	10:26 AM
<b>BREAK</b>		10:47 AM
9 W 400 IM^	10	10:57 AM
10 M 400 IM^	9	11:07 AM
<b>BREAK</b>		11:49 AM
11 W 800 Free Relay	1	11:59 AM
12 M 800 Free Relay	1	12:07 PM
<b>End of Session</b>		<b>12:14 PM</b>

**E 10 WILL BE IN EAST POOL**

**Saturday, March 4, 2023**

13 W 200 Free Relay	4	8:30 AM
14 M 200 Free Relay	4	8:38 AM
<b>BREAK</b>		8:45 AM
15 W 200 Fly	10	8:50 AM
16 M 200 Fly	12	9:19 AM
17 W 50 Free	16	9:51 AM
18 M 50 Free	17	10:03 AM
19 W 200 Breast	11	10:16 AM
20 M 200 Breast	10	10:47 AM
21 W 100 Back	12	11:13 AM
22 M 100 Back	12	11:33 AM
<b>BREAK</b>		11:51 AM
23 W 500 Free^	9	12:01 PM
24 M 500 Free^	9	12:12 PM
<b>BREAK</b>		12:58 PM
25 W 400 Medley Relay	2	1:08 PM
26 M 400 Medley Relay	2	1:18 PM
<b>End of Session</b>		<b>1:10 PM</b>

**E 24 WILL BE IN EAST POOL**

Event	Heats	Start Time
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**Sunday, March 5, 2023**

27 W 200 Medley Relay	4	8:30 AM
28 M 200 Medley Relay	3	8:38 AM
<b>BREAK</b>		8:44 AM
29 W 200 Back	9	8:49 AM
30 M 200 Back	10	9:15 AM
31 W 100 Free	16	9:41 AM
32 M 100 Free	19	10:01 AM
33 W 200 IM	15	10:23 AM
34 M 200 IM	14	11:01 AM
35 W 400 Free Relay	2	11:33 AM
36 M 400 Free Relay	2	11:41 AM
<b>End of Session</b>		<b>11:49 AM</b>

**Sunday, March 5, 2023**

37/38 W 1000 Free/M 1000 Free**	8	12:40 PM
	7	
<b>End of Session</b>		<b>3:23 PM</b>

\*-will be swum fastest to slowest  
 \*\*-heats for E 37/38 will be swum slowest to fastest. The fastest 8 seeded athletes of each gender will swim in Finals  
 \*\*\*-all 200 relays will be swum in prelims  
 ^- will be swum fastest to slowest with first 4 heats inverted to slowest to fastest  
 \*\*\*\*-all relays will be swum in the west pool

# 2023 Virginia Swimming SC Senior Championships

Richmond, VA

Friday, March 3, 2023

Finals Time Line

<b>National Anthem</b>			5:40 PM
Event # 3	Women's 200 Free	D Final-18 & U	5:45 PM
		C Final-18 & U	5:47 PM
		Consolation	5:49 PM
		Championship	5:52 PM
Event # 4	Men's 200 Free	D Final-18 & U	5:55 PM
		C Final-18 & U	5:58 PM
		Consolation	6:00 PM
		Championship	6:02 PM
Event # 5	Women's 100 Breast	D Final-18 & U	6:06 PM
		C Final-18 & U	6:07 PM
		Consolation	6:09 PM
		Championship	6:10 PM
Event # 6	Men's 100 Breast	D Final-18 & U	6:13 PM
		C Final-18 & U	6:15 PM
		Consolation	6:16 PM
		Championship	6:18 PM
Event # 7	Women's 100 Fly	D Final-18 & U	6:20 PM
		C Final-18 & U	6:22 PM
		Consolation	6:23 PM
		Championship	6:25 PM
Event # 8	Men's 100 Fly	D Final-18 & U	6:27 PM
		C Final-18 & U	6:29 PM
		Consolation	6:30 PM
		Championship	6:31 PM
Event # 9	Women's 400 IM^	D Final-18 & U	6:34 PM
		C Final-18 & U	6:39 PM
		Consolation	6:44 PM
		Championship	6:50 PM
Event #10	Men's 400 IM^	D Final-18 & U	6:56 PM
		C Final-18 & U	7:01 PM
		Consolation	7:06 PM
		Championship	7:10 PM
			7:16 PM
		Heat 2	7:26 PM
		Heat 1	7:35 PM
Event #11	Women's 800 Free Relay		
		Heat 2	7:43 PM
		Heat 1	7:50 PM
Event #12	Men's 800 Free Relay		
		Heat 2	7:43 PM
		Heat 1	7:50 PM
			7:58 PM
	<b>End of Session</b>		

# 2023 Virginia Swimming SC Senior Championships

Richmond, VA

Saturday, March 4, 2023

## Finals Time Line

<b>National Anthem</b>			5:40 PM
Event #15	Women's 200 Fly	D Final-18 & U	5:45 PM
		C Final-18 & U	5:48 PM
		Consolation	5:51 PM
		Championship	5:54 PM
Event #16	Men's 200 Fly	D Final-18 & U	5:58 PM
		C Final-18 & U	6:01 PM
		Consolation	6:03 PM
		Championship	6:06 PM
Event #17	Women's 50 Free	D Final-18 & U	6:10 PM
		C Final-18 & U	6:11 PM
		Consolation	6:12 PM
		Championship	6:13 PM
Event #18	Men's 50 Free	D Final-18 & U	6:15 PM
		C Final-18 & U	6:15 PM
		Consolation	6:16 PM
		Championship	6:17 PM
Event #19	Women's 200 Breast	D Final-18 & U	6:19 PM
		C Final-18 & U	6:22 PM
		Consolation	6:25 PM
		Championship	6:28 PM
Event #20	Men's 200 Breast	D Final-18 & U	6:32 PM
		C Final-18 & U	6:35 PM
		Consolation	6:38 PM
		Championship	6:41 PM
Event #21	Women's 100 Back	D Final-18 & U	6:45 PM
		C Final-18 & U	6:46 PM
		Consolation	6:48 PM
		Championship	6:50 PM
Event #22	Men's 100 Back	D Final-18 & U	6:53 PM
		C Final-18 & U	6:54 PM
		Consolation	6:56 PM
		Championship	6:58 PM
Event #23	Women's 500 Free^	D Final-18 & U	7:01 PM
		C Final-18 & U	7:06 PM
		Consolation	7:12 PM
		Championship	7:18 PM
Event #24	Men's 500 Free^	D Final-18 & U	7:25 PM
		C Final-18 & U	7:30 PM
		Consolation	7:36 PM
		Championship	7:41 PM
<b>BREAK (10 min)</b>			7:48 PM
Event #25	Women's 400 Medley Relay	Heat 2	7:58 PM
		Heat 1	8:02 PM
Event #26	Men's 400 Medley Relay	Heat 2	8:07 PM
		Heat 1	8:11 PM
<b>End of Session</b>			<b>8:16 PM</b>

# 2023 Virginia Swimming SC Senior Championships

Richmond, VA

Sunday, March 5, 2023

## Finals Time Line

<b>National Anthem</b>		4:25 PM
Event #37 Women's 1000 Free	Heat 1	4:30 PM
Event #38 Men's 1000 Free**	Heat 1	4:41 PM
Event #29 Women's 200 Back	D Final-18 & U	4:52 PM
	C Final-18 & U	4:55 PM
	Consolation	4:58 PM
	Championship	5:01 PM
Event #30 Men's 200 Back	D Final-18 & U	5:05 PM
	C Final-18 & U	5:07 PM
	Consolation	5:10 PM
	Championship	5:13 PM
Event #31 Women's 100 Free	D Final-18 & U	5:17 PM
	C Final-18 & U	5:18 PM
	Consolation	5:20 PM
	Championship	5:21 PM
Event #32 Men's 100 Free	D Final-18 & U	5:23 PM
	C Final-18 & U	5:25 PM
	Consolation	5:26 PM
	Championship	5:27 PM
Event #33 Women's 200 IM	D Final-18 & U	5:30 PM
	C Final-18 & U	5:32 PM
	Consolation	5:35 PM
	Championship	5:38 PM
Event #34 Men's 200 IM	D Final-18 & U	5:41 PM
	C Final-18 & U	5:44 PM
	Consolation	5:46 PM
	Championship	5:49 PM
		5:53 PM
<b>BREAK (10 min)</b>		
Event #35 Women's 400 Free Relay	Heat 2	6:03 PM
	Heat 1	6:07 PM
Event #36 Men's 400 Free Relay	Heat 2	6:11 PM
	Heat 1	6:15 PM
<b>End of Session</b>		<b>6:18 PM</b>