

**Prescratch Estimated Time Line for Prelim Sessions**  
**2023 Virginia Swimming SC Senior Championships**  
**Lynchburg Virginia**  
**July 13 - 16, 2023**

Event	Heats	Start Time
<b><u>Thursday, July 13, 2023</u></b>		
1 W 200 IM	11	8:30 AM
2 M 200 IM	12	9:03 AM
3 W 100 Free	14	9:38 AM
4 M 100 Free	14	9:59 AM
5 W 100 Breast	11	10:20 AM
6 M 100 Breast	11	10:40 AM
7 W 800 Free Relay	0	11:00 AM
8 M 800 Free Relay	0	11:00 AM
<b>End of Session</b>		<b>11:00 AM</b>

<b><u>Thursday, July 13, 2023</u></b>		
9/10 W 800 Free/M 1500 Free	7	2:15 PM
	4	
<b>End of Session</b>		<b>4:42 PM</b>

<b><u>Friday, July 14, 2023</u></b>		
11 W 200 Free Relay	1	8:30 AM
12 M 200 Free Relay	1	8:32 AM
<b>BREAK</b>		8:34 AM
13 W 200 Free	15	8:44 AM
14 M 200 Free	13	9:25 AM
15 W 100 Fly	14	9:59 AM
16 M 100 Fly	13	10:22 AM
17 W 400 IM	7	10:42 AM
18 M 400 IM	8	11:23 AM
19 W 400 Medley Relay	1	12:07 PM
20 M 400 Medley Relay	1	12:13 PM
<b>End of Session</b>		<b>12:18 PM</b>

Event	Heats	Start Time
<b><u>Saturday, July 15, 2023</u></b>		
21 W 200 Fly	8	8:30 AM
22 M 200 Fly	8	8:57 AM
23 W 100 Back	11	9:22 AM
24 M 100 Back	12	9:44 AM
25 W 400 Free	9	10:08 AM
26 M 400 Free	8	10:54 AM
27 W 400 Free Relay	1	11:34 AM
28 M 400 Free Relay	1	11:38 AM
<b>End of Session</b>		<b>11:42 AM</b>

<b><u>Sunday, July 16, 2023</u></b>		
29 W 200 Back	9	8:30 AM
30 M 200 Back	8	9:00 AM
31 W 50 Free	15	9:25 AM
32 M 50 Free	16	9:40 AM
33 W 200 Breast	10	9:55 AM
34 M 200 Breast	9	10:30 AM
35 W 200 Medley Relay	1	10:59 AM
36 M 200 Medley Relay	1	11:02 AM
<b>End of Session</b>		<b>11:05 AM</b>

<b><u>Sunday, July 16, 2023</u></b>		
W 1500 Free/M 800 Free	6	1:00 PM
	6	
<b>End of Session</b>		<b>4:00 PM</b>

**E 9/10 and 37/38 will be swum slowest to fastest, alternating gender. The fastest 9 seeded athletes of each gender will swim in Finals**

**E 17/18 and 25/26 will be swum slowest to fastest for the first 4 heats. The fastest 4 men then women then men. The remaining heats will alternate gender fast to slow**

**Scratches for all individual and relay events are by 6:15pm on the evening prior to that day. (ex. Thursday's events must be submitted by 6:15pm Wednesday)**