

Prescratch Estimated Time Line for Prelim Sessions and 800/1500 Timed Final Sessions



2025 VSI Long Course Senior Championships Hampton Aquaplex



Event	Heats	Start Time
<u>Thursday, July 17, 2025</u>		
1 W 200 Med Relay	1	8:30 AM
2 M 200 Med Relay	1	8:32 AM
10-Minute Break		8:35 AM
3 W 100 Breast	12	8:45 AM
4 M 100 Breast	14	9:05 AM
5 W 50 Back	7	9:27 AM
6 M 50 Back	8	9:35 AM
7 W 200 IM	13	9:43 AM
8 M 200 IM	13	10:22 AM
9 W 100 Free	15	10:57 AM
10 M 100 Free	17	11:17 AM
11 W 800 Free Relay	0	11:39 AM
12 M 800 Free Relay	1	11:39 AM
End of Session		11:48 AM

<u>Thursday, July 17, 2025</u>		
13/14 W 800 Free/M 1500 Free	7	2:00 PM
	4	
End of Session		4:25 PM

<u>Friday, July 18, 2025</u>		
15 W 200 Free Relay	1	8:30 AM
16 M 200 Free Relay	2	8:32 AM
10-Minute Break		8:36 AM
17 W 50 Breast	8	8:46 AM
18 M 50 Breast	13	8:54 AM
19 W 200 Free	15	9:05 AM
20 M 200 Free	15	9:44 AM
21 W 100 Fly	14	10:20 AM
22 M 100 Fly	14	10:41 AM
23/24 W 400 IM/M 400 IM	8	11:00 AM
	9	
End of Session		12:35 PM

Event	Heats	Start Time
<u>Saturday, July 19, 2025</u>		
25 W 200 Fly	10	8:30 AM
26 M 200 Fly	8	8:59 AM
27 W 50 Free	16	9:21 AM
28 M 50 Free	19	9:34 AM
29 W 100 Back	12	9:49 AM
30 M 100 Back	13	10:10 AM
31/32 W 400 Free/M 400 Free	9	10:31 AM
	8	
33 W 400 Med Relay	1	11:55 AM
34 M 400 Med Relay	2	12:00 PM
End of Session		12:10 PM

<u>Sunday, July 20, 2025</u>		
35 W 200 Breast	12	8:30 AM
36 M 200 Breast	10	9:10 AM
37 W 50 Fly	10	9:40 AM
38 M 50 Fly	10	9:49 AM
39 W 200 Back	10	9:57 AM
40 M 200 Back	9	10:28 AM
41 W 400 Free Relay	1	10:54 AM
42 M 400 Free Relay	1	10:59 AM
End of Session		11:03 AM

<u>Sunday, July 20, 2025</u>		
43/44 W 1500 Free/M 800 Free	5	12:35 PM
	7	
End of Session		3:23 PM



2025 VSI Long Course Senior Championships
Hampton Aquaplex
Thursday, July 17, 2025
Estimated Finals Time Line



National Anthem			5:42 PM
Event #13	Women's 800 Free	Heat 8	5:45 PM
Event #14	Men's 1500 Free	Heat 5	5:55 PM
10-Minute Break			6:14 PM
Event # 1	Women's 200 Med Relay	Heat 2	6:24 PM
		Heat 3	6:27 PM
Event # 2	Men's 200 Med Relay	Heat 2	6:30 PM
		Heat 3	6:32 PM
Event # 3	Women's 100 Breast	18 & Under	6:35 PM
		Bonus	6:37 PM
		Consolation	6:39 PM
		Championship	6:42 PM
Event # 4	Men's 100 Breast	18 & Under	6:44 PM
		Bonus	6:46 PM
		Consolation	6:48 PM
		Championship	6:50 PM
Event # 5	Women's 50 Back	18 & Under	6:52 PM
		Bonus	6:53 PM
		Consolation	6:55 PM
		Championship	6:57 PM
Event # 6	Men's 50 Back	18 & Under	6:58 PM
		Bonus	7:00 PM
		Consolation	7:01 PM
		Championship	7:03 PM
Event # 7	Women's 200 IM	18 & Under	7:04 PM
		Bonus	7:08 PM
		Consolation	7:11 PM
		Championship	7:15 PM
Event # 8	Men's 200 IM	18 & Under	7:18 PM
		Bonus	7:21 PM
		Consolation	7:24 PM
		Championship	7:28 PM
Event # 9	Women's 100 Free	18 & Under	7:31 PM
		Bonus	7:32 PM
		Consolation	7:34 PM
		Championship	7:37 PM
Event #10	Men's 100 Free	18 & Under	7:38 PM
		Bonus	7:40 PM
		Consolation	7:41 PM
		Championship	7:44 PM
Event #10	Men's 100 Free	18 & Under	7:45 PM
		Bonus	7:47 PM
		Consolation	7:48 PM
		Championship	7:51 PM
10-Minute Break			7:52 PM
Event #11	Women's 800 Free Relay	Heat 1	8:02 PM
		Heat 2	8:12 PM
Event #12	Men's 800 Free Relay	Heat 2	8:22 PM
		Heat 3	8:30 PM
End of Session			8:39 PM

**** Relay cards due to Resolution Desk by 5:15 PM ****

**** Scratches from Friday prelims due by 6:15 PM ****

**** AM/PM designation for Friday relays due by 6:15 PM ****



2025 VSI Long Course Senior Championships
Hampton Aquaplex
Friday, July 18, 2025
Estimated Finals Time Line



National Anthem			5:42 PM
Event #15	Women's 200 Free Relay	Heat 2	5:45 PM
		Heat 3	5:47 PM
Event #16	Men's 200 Free Relay	Heat 3	5:50 PM
		Heat 4	5:52 PM
10-Minute Break			5:54 PM
Event #17	Women's 50 Breast	18 & Under	6:04 PM
		Bonus	6:05 PM
		Consolation	6:07 PM
		Championship	6:09 PM
Event #18	Men's 50 Breast	18 & Under	6:10 PM
		Bonus	6:11 PM
		Consolation	6:12 PM
		Championship	6:14 PM
Event #19	Women's 200 Free	18 & Under	6:16 PM
		Bonus	6:18 PM
		Consolation	6:21 PM
		Championship	6:25 PM
Event #20	Men's 200 Free	18 & Under	6:28 PM
		Bonus	6:30 PM
		Consolation	6:33 PM
		Championship	6:37 PM
Event #21	Women's 100 Fly	18 & Under	6:39 PM
		Bonus	6:41 PM
		Consolation	6:43 PM
		Championship	6:45 PM
Event #22	Men's 100 Fly	18 & Under	6:47 PM
		Bonus	6:49 PM
		Consolation	6:50 PM
		Championship	6:53 PM
10-Minute Break			6:54 PM
Event #23	Women's 400 IM	18 & Under	7:04 PM
		Bonus	7:11 PM
		Consolation	7:17 PM
		Championship	7:24 PM
Event #24	Men's 400 IM	18 & Under	7:30 PM
		Bonus	7:35 PM
		Consolation	7:41 PM
		Championship	7:47 PM
End of Session			7:53 PM

**** Relay cards due to Resolution Desk by 5:15 PM ****

**** Scratches from Saturday prelims due by 6:15 PM ****

**** AM/PM designation for Saturday relays due by 6:15 PM ****



2025 VSI Long Course Senior Championships
Hampton Aquaplex
Saturday, July 19, 2025
Estimated Finals Time Line



National Anthem			5:42 PM
Event #25	Women's 200 Fly	18 & Under	5:45 PM
		Bonus	5:48 PM
		Consolation	5:51 PM
		Championship	5:55 PM
Event #26	Men's 200 Fly	18 & Under	5:58 PM
		Bonus	6:01 PM
		Consolation	6:04 PM
		Championship	6:08 PM
Event #27	Women's 50 Free	18 & Under	6:11 PM
		Bonus	6:12 PM
		Consolation	6:13 PM
		Championship	6:15 PM
Event #28	Men's 50 Free	18 & Under	6:16 PM
		Bonus	6:17 PM
		Consolation	6:18 PM
		Championship	6:20 PM
Event #29	Women's 100 Back	18 & Under	6:21 PM
		Bonus	6:23 PM
		Consolation	6:25 PM
		Championship	6:28 PM
Event #30	Men's 100 Back	18 & Under	6:30 PM
		Bonus	6:32 PM
		Consolation	6:34 PM
		Championship	6:37 PM
Event #31	Women's 400 Free	18 & Under	6:39 PM
		Bonus	6:44 PM
		Consolation	6:49 PM
		Championship	6:56 PM
Event #32	Men's 400 Free	18 & Under	7:01 PM
		Bonus	7:06 PM
		Consolation	7:11 PM
		Championship	7:17 PM
10-Minute Break			7:22 PM
Event #33	Women's 400 Med Relay	Heat 2	7:32 PM
		Heat 3	7:37 PM
Event #34	Men's 400 Med Relay	Heat 3	7:43 PM
		Heat 4	7:48 PM
End of Session			7:53 PM

**** Relay cards due to Resolution Desk by 5:15 PM ****

**** Scratches from Sunday prelims due by 6:15 PM ****

**** AM/PM designation for Sunday relays due by 6:15 PM ****

**** Afternoon/evening designation for Sunday 1500/800 due by 6:15 PM ****



2025 VSI Long Course Senior Championships
Hampton Aquaplex
Sunday, July 20, 2025
Estimated Finals Time Line



National Anthem			4:27 PM
Event #43	Women's 1500 Free	Heat 6	4:30 PM
Event #44	Men's 800 Free	Heat 8	4:50 PM
Event #35	Women's 200 Breast	18 & Under	5:00 PM
		Bonus	5:03 PM
		Consolation	5:07 PM
		Championship	5:11 PM
Event #36	Men's 200 Breast	18 & Under	5:15 PM
		Bonus	5:18 PM
		Consolation	5:22 PM
		Championship	5:26 PM
Event #37	Women's 50 Fly	18 & Under	5:29 PM
		Bonus	5:30 PM
		Consolation	5:31 PM
		Championship	5:33 PM
Event #38	Men's 50 Fly	18 & Under	5:34 PM
		Bonus	5:35 PM
		Consolation	5:37 PM
		Championship	5:39 PM
Event #39	Women's 200 Back	18 & Under	5:40 PM
		Bonus	5:43 PM
		Consolation	5:46 PM
		Championship	5:51 PM
Event #40	Men's 200 Back	18 & Under	5:54 PM
		Bonus	5:57 PM
		Consolation	6:00 PM
		Championship	6:05 PM
10-Minute Break			6:08 PM
Event #41	Women's 400 Free Relay	Heat 2	6:18 PM
		Heat 3	6:23 PM
Event #42	Men's 400 Free Relay	Heat 2	6:27 PM
		Heat 3	6:32 PM
End of Session			6:36 PM

**** Relay cards due to Resolution Desk by 4:00 PM ****

**** Have a safe trip home ****