



2025 Eastern Zone Super Sectional Meet
Richmond, VA
Thursday, May 15, 2025
Finals Time Line



National Anthem			5:27 PM
Event # 9	Women's 1500 Free	Heat 1	5:30 PM
Event #10	Men's 800 Free	Heat 1	5:48 PM
Event # 1	Women's 200 Medley Rel	Heat 1	5:58 PM
		Heat 2	6:01 PM
Event # 2	Men's 200 Medley Rel	Heat 1	6:03 PM
		Heat 2	6:06 PM
Relay Break (5 min)			6:08 PM
Event # 3	Women's 200 IM	18 & Under	6:13 PM
		Bonus	6:16 PM
		Consolation	6:19 PM
		Championship	6:22 PM
Event # 4	Men's 200 IM	18 & Under	6:26 PM
		Bonus	6:29 PM
		Consolation	6:32 PM
		Championship	6:35 PM
Event # 5	Women's 100 Free	18 & Under	6:38 PM
		Bonus	6:40 PM
		Consolation	6:42 PM
		Championship	6:43 PM
Event # 6	Men's 100 Free	18 & Under	6:46 PM
		Bonus	6:47 PM
		Consolation	6:49 PM
		Championship	6:50 PM
Event # 7	Women's 100 Breast	18 & Under	6:53 PM
		Bonus	6:55 PM
		Consolation	6:56 PM
		Championship	6:58 PM
Event # 8	Men's 100 Breast	18 & Under	7:01 PM
		Bonus	7:03 PM
		Consolation	7:05 PM
		Championship	7:06 PM
Relay Break (5 min)			7:09 PM
Event #11	Women's 200 Free Rel	Heat 1	7:14 PM
		Heat 2	7:17 PM
Event #12	Men's 200 Free Rel	Heat 1	7:19 PM
		Heat 2	7:21 PM
End of Session			7:24 PM

**** All Relay Cards due by 5:00 PM ****

**** Scratches from Friday events (Including relays) due by 6:00 PM ****



2025 EZ LC Speedo Super Sectional - 5/15/2025 to 5/18/2025

Meet Program - Thursday Finals

Event 9 Women 1500 LC Meter Freestyle

Sect Record: 16:13.54 3/13/2008 Kate Ziegler

17:03.49 NATS National Champs 18U

17:26.79 WJRS Winter JR Champs

17:26.79 SJRS Summer JR Champs

17:40.19 FUTA Futures 18U

Lane	Name	Age	Team	Seed Time
Heat 1 of 3 Finals				
1	Dean, Skylar	17	RMSC	17:53.32
2	Webb, Elizabeth	14	LY	17:43.16
3	Parent, Olivia	14	SUN	17:40.74
4	Callis, Emerson	16	QSTS	17:17.00 WJRS
5	Brenenborg, Elyse	14	RXA	17:34.33 FUTA
6	Geiger, Melissa	16	GYWD	17:41.80
7	Kang, Sunny	15	WEST	17:49.16
8	Reis, Sophie	15	WEST	17:54.16

Event 10 Men 800 LC Meter Freestyle

Sect Record: 8:10.50 7/21/2005 Tobias Work

8:12.99 NATS National Champs 18U

8:23.09 SJRS Summer JR Champs

8:28.19 WJRS Winter JR Champs

8:40.69 FUTA Futures 18U

Lane	Name	Age	Team	Seed Time
Heat 1 of 6 Finals				
1	Kominski, Tyler	15	NCAP	8:35.86 FUTA
2	Nurit, Leopold	15	NCAP	8:33.43 FUTA
3	Kulp, Charlie	18	LIFE	8:29.25 FUTA
4	Bishop, Anderson	17	ASA	8:37.78 FUTA
5	Nguyen, Alexander	17	RMSC	8:27.24 WJRS
6	Mullen, Paul	17	NCAP	8:31.30 FUTA
7	Parent, Zachary	17	SUN	8:33.46 FUTA
8	Kulp, Jack	16	LIFE	8:37.65 FUTA

Event 1 Women 200 LC Meter Medley Relay

Sect Record: 1:57.58 3/28/2015 University of Pittsburgh

B Wegescheider, K Cichowska, L Leticia, E Murphy

Lane	Team	Relay	Seed Time
Heat 1 of 2 Finals			
1			
2	Arlington Aquati	B	3:58.40Y
3	Racer X Aquatics	A	4:40.16
4	Westchester Aqua	B	4:31.80
5	Arlington Aquati	A	4:32.25
6			
7			
8			

Heat 2 of 2 Finals

1	SwimRVA	B	4:30.33
2	Westchester Aqua	A	4:24.33
3	All Star Aquatic	A	4:21.83
4	Rockville Montgo	A	4:20.21
5	Nova of Virginia	A	4:21.73
6	Nova of Virginia	B	4:22.16
7	SwimRVA	A	4:25.57
8	All Star Aquatic	B	4:30.63

Event 2 Men 200 LC Meter Medley Relay

Sect Record: 1:42.44 5/16/2024 United States Naval Academy

B Irwin, M Phillips, P Colwell, S Thompson

Lane	Team	Relay	Seed Time
Heat 1 of 2 Finals			
1			
2			
3	Hanover Aquatics	A	4:14.72
4	SwimRVA	B	4:10.67
5	Arlington Aquati	A	4:12.05
6	Bayside Aquatics	A	4:15.87
7			
8			

Heat 2 of 2 Finals

1	Ocoquan Swimmin	A	4:00.55
2	All Star Aquatic	A	3:58.13
3	Nova of Virginia	B	3:56.53
4	Nova of Virginia	A	3:48.23
5	Old Dominion Aqu	A	3:50.93
6	Rockville Montgo	A	3:58.10
7	SwimRVA	A	4:00.50
8	All Star Aquatic	B	4:05.41

Event 3 Women 200 LC Meter IM

Sect Record: 2:14.94 5/16/2024 Emily Thompson

2:18.19 NATS National Champs 18U

2:21.29 SJRS Summer JR Champs

2:22.09 WJRS Winter JR Champs

2:26.19 FUTA Futures 18U

Lane	Name	Age	Team	Prelims
Heat 1 D - Final				
1	Scogna, Charlotte	18	AAC	2:28.36
2	Wright, Margaret Ann	16	ODAC	2:28.13
3	Kryszon, Kendall	16	NOVA	2:28.05
4	Ohara, Kalyn	15	NCAP	2:27.78
5	Busen, Mckinley	14	NCAP	2:27.98
6	Kang, Sunny	15	WEST	2:28.10
7	Crotts, Kylee	15	SRVA	2:28.26
8	Li, Audrey	15	GYWD	2:28.59

Alternates

1	Fleck, Kristina	17	DRAG	2:28.95
2	Hawver, Gabrielle	16	NCAP	2:29.30



2025 EZ LC Speedo Super Sectional - 5/15/2025 to 5/18/2025

Meet Program - Thursday Finals

Heat 2 C - Final (#3 Women 200 LC Meter IM)

1	Taylor, Olivia	15	TIDE	2:27.21
2	Nishikawa-Geitheim, Aye	15	CRIM	2:26.97
3	Kupsky, Mary	18	UN-KU	2:26.22
4	Aldeguer, Ariana	15	OCCS	2:25.86 FUTA
5	Quinn, Brooke	16	757	2:26.01 FUTA
6	Elko, Madelyn	15	SEA	2:26.62
7	White, Charlotte	15	NOVA	2:27.16
8	Williams, Caroline	14	NOVA	2:27.70

Heat 3 B - Final

1	Lange, Elisabeth	14	RXA	2:25.53 FUTA
2	Eubank, Mia	15	NOVA	2:25.11 FUTA
3	Young, Emma	16	NCAP	2:24.80 FUTA
4	Patterson, Brantley	14	NOVA	2:24.59 FUTA
5	Gregory, Mary	18	WAC	2:24.74 FUTA
6	Simmons, Madeleine	18	ASA	2:24.88 FUTA
7	Bynum, Madeline	14	NOVA	2:25.35 FUTA
8	McCarney, Maya	14	NCAP	2:25.71 FUTA

Heat 4 A - Final

1	Kadoorie, Angela	17	RMSC	2:23.54 FUTA
2	Francis, Lane	15	NOVA	2:23.21 FUTA
3	Bishop, Alexandra	15	ASA	2:22.16 FUTA
4	Jochims, Ava	16	RXA	2:20.47 SJRS
5	Vanyo, Sofie	16	ACAC	2:22.14 FUTA
6	Reppucci, Sara	17	CRIM	2:22.23 FUTA
7	Bonham, Abigail	15	NOVA	2:23.39 FUTA
8	Price, Piper	17	SRVA	2:23.63 FUTA

Alternates

1	Ohara, Kalyn	15	NCAP	2:27.78
2	Busen, Mckinley	14	NCAP	2:27.98

Event 4 Men 200 LC Meter IM

Sect Record:	2:00.95	5/16/2024	Mitchell Schott
	2:04.29		NATS National Champs 18U
	2:07.99		SJRS Summer JR Champs
	2:09.29		WJRS Winter JR Champs
	2:12.79		FUTA Futures 18U

Lane Name Age Team Prelims

Heat 1 D - Final

1	Wolf, Moses	16	AAC	2:15.61
2	Wachs, Karter	15	ODAC	2:15.23
3	Kulp, Jack	16	LIFE	2:14.93
4	Chung, Jimin	17	CBST	2:14.76
5	Minear, Connor	15	AAC	2:14.90
6	Hilton, Charles	14	NOVA	2:15.17
7	Sabo, Michael	15	HNVR	2:15.28
8	Payne, Jonathan	17	NOVA	2:15.81

Alternates

1	Begin, Charlie	16	RMSC	2:16.05
2	Koepp, Tyler	17	ODAC	2:16.26

Heat 2 C - Final

1	Ericson, Ryan	17	ODAC	2:14.28
2	Miceli, Jack	16	NCAP	2:13.89
3	Wood, Alexander	16	NCAP	2:13.69
4	Craig, Crawford	16	SRVA	2:13.17
5	Madsen, Blake	17	NCAP	2:13.52
6	Ertufan, Mehmet Bulut	16	ODAC	2:13.78
7	Caputo, Quinn	16	NCAP	2:14.12
8	Hottle, Luke	16	LY	2:14.39

Heat 3 B - Final

1	Char, Matthew	16	NCAP	2:12.50 FUTA
2	Hartig, William	16	757	2:10.99 FUTA
3	White, Ken	17	NCAP	2:10.59 FUTA
4	Jia, Aaron	17	NCAP	2:09.88 FUTA
5	Lee, Jaden	17	STAC	2:09.91 FUTA
6	Warnagiris, Joseph	17	WST	2:10.89 FUTA
7	Griffith, Ryan	18	CGBD	2:11.56 FUTA
8	Morgan, Kirk	16	ASA	2:12.52 FUTA

Heat 4 A - Final

1	Greenwood, Charles	18	NCAP	2:09.50 FUTA
2	Grocholski, Alexander	17	OCCS	2:08.71 WJRS
3	Dionne, Luc	16	NCAP	2:08.53 WJRS
4	Nunziata, Gabe	18	ODAC	2:06.13 SJRS
5	Roose, Andrew	18	WAC	2:07.88 SJRS
6	Zhou, Ethan	17	COND	2:08.61 WJRS
7	Kupsky, Eric	19	UN-KU	2:09.39 FUTA
8	Ackerly, Benjamin	19	NOVA	2:09.83 FUTA

Alternates

1	Chung, Jimin	17	CBST	2:14.76
2	Minear, Connor	15	AAC	2:14.90

Event 5 Women 100 LC Meter Freestyle

Sect Record:	54.61	5/16/2024	Annaliesa Moesch
	56.69		NATS National Champs 18U
	57.69		SJRS Summer JR Champs
	58.19		WJRS Winter JR Champs
	59.29		FUTA Futures 18U

Lane Name Age Team Prelims

Heat 1 D - Final

1	Marchione, Maris	16	TIDE	1:00.86
2	Shifflett, Jillian	14	NCAP	1:00.56
3	Cortez-Martinez, Ariana	15	NCAP	1:00.49
4	Jourdy, Serene	15	WEST	1:00.47
5	Willard, Katelyn	16	NOVA	1:00.49
6	Strohacker, Reagan	14	HNVR	1:00.52
7	Bu, Catherine	16	NCAP	1:00.80
8	Busen, Mckinley	14	NCAP	1:00.91

Alternates

1	Watts, Emma	17	FISH	1:00.94
2	Durette, Sierra	15	SRVA	1:00.95

2025 EZ LC Speedo Super Sectional - 5/15/2025 to 5/18/2025

Meet Program - Thursday Finals

Heat 2 C - Final (#5 Women 100 LC Meter Freestyle)

1	Liebler, Emma	16	757	1:00.36
2	La Fleur, Madeleine	15	WEST	1:00.31
3	Teague, Sara	18	TIDE	1:00.24
4	Gudana, Sophie	16	NCAP	1:00.21
5	Wales, Wesley	16	GYWD	1:00.22
6	Grabowski, Arielle	17	RAYS	1:00.28
7	Francis, Lane	15	NOVA	1:00.31
8	Ramos, Sarah	17	RAYS	1:00.43

Heat 3 B - Final

1	Clattenburg, Hannah	16	ASA	1:00.00
2	Wittenberg, Tori	17	ECCC	59.85
3	Bartholomew, Harper	14	NCAP	59.42
4	Roemer, Samantha	15	NCAP	59.04 FUTA
5	Bynum, Madeline	14	NOVA	59.41
6	Saybolt, Elanor	16	NCAP	59.83
7	Edwards, Amelia	15	NCAP	59.99
8	Strickland, Virginia	16	NCAP	1:00.03

Heat 4 A - Final

1	Reppucci, Sara	17	CRIM	58.48 FUTA
2	Shnowske, Anna	17	757	57.86 WJRS
3	Arnall, Alba	16	WEST	57.81 WJRS
4	Hinds, Virginia	17	ASA	57.62 SJRS
5	Arnall, Ines	16	WEST	57.78 WJRS
6	Callis, Emerson	16	QSTS	57.84 WJRS
7	Vanyo, Sofie	16	ACAC	58.19 WJRS
8	Sherman, Lila	16	FISH	58.88 FUTA

Alternates

1	Jourdy, Serene	15	WEST	1:00.47
2	Willard, Katelyn	16	NOVA	1:00.49

Event 6 Men 100 LC Meter Freestyle

Sect Record:	49.71	3/27/2022	Daniel Diehl
	50.79	NATS National Champs 18U	
	51.99	SJRS Summer JR Champs	
	52.59	WJRS Winter JR Champs	
	53.59	FUTA Futures 18U	

Lane	Name	Age	Team	Prelims
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Heat 1 D - Final

1	Jensen, Matthew	18	NCAP	55.69
2	Nurit, Leopold	15	NCAP	55.55
3	Ancheta, Guillermo	17	RMSC	55.36
4	Thompson, Ethan	17	NCAP	55.33
5	Maher, Manuel	14	NCAP	55.33
6	Dafinoiu, Roy	17	COND	55.41
7	Roscelli, Nicholas	15	ASA	55.60
8	Mettler, Colton	16	RMSC	55.69

Alternates

1	Vaughn, Jordan	17	MACH	55.72
2	Matyas, Benjamin	15	MACH	55.72

Heat 2 C - Final

1	Murphy, Taiyo	17	ASA	55.19
2	Muminovic, Aidin	16	NOVA	54.92
3	Kojanov, Mikhail	18	NCAP	54.87
4	Harvey, Brandon	17	HNVR	54.81
5	Bartholomew, Lachlan	15	NCAP	54.84
6	Koepp, Tyler	17	ODAC	54.89
7	Rose, Chandler	16	HNVR	55.13
8	Farnsworth, Joshua	16	NOVA	55.23

Heat 3 B - Final

1	Coleman, Joseph	17	NCAP	54.80
2	Lutz, Ian	17	ODAC	54.56
3	Bishop, Anderson	17	ASA	54.44
4	Donovan, Joshua	18	NCAP	53.88
5	Terri, Kyle	18	COND	54.14
6	Landers, Lucas	17	757	54.49
7	Davis, Dominic	16	RXA	54.70
8	Gadsby, Kyle	15	DRAG	54.81

Heat 4 A - Final

1	Zhou, Michael	17	NCAP	53.49 FUTA
2	Radkevich, Andrey	18	757	53.19 FUTA
3	Sims, Douglas	16	NCAP	52.76 FUTA
4	Temple, Austin	16	TIDE	51.61 SJRS
5	Brooks, Andrejs	18	ASA	51.84 SJRS
6	Simpson, Austin	21	COND	53.07 FUTA
7	Griffith, Ryan	18	CGBD	53.48 FUTA
8	McGaughan, John	17	BAY	53.70

Alternates

1	Thompson, Ethan	17	NCAP	55.33
2	Maher, Manuel	14	NCAP	55.33

Event 7 Women 100 LC Meter Breaststroke

Sect Record:	1:08.90	7/26/2002	Masami Tanaka
	1:10.89	NATS National Champs 18U	
	1:13.29	SJRS Summer JR Champs	
	1:13.79	WJRS Winter JR Champs	
	1:15.99	FUTA Futures 18U	

Lane	Name	Age	Team	Prelims
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Heat 1 D - Final

1	Decasseres, Brianna	14	WEST	1:18.98
2	Horner, Maddie	17	WEST	1:18.76
3	Quinn, Brooke	16	757	1:18.67
4	Horney, Alexandra	14	WEST	1:18.27
5	Randsmith, Saxon	14	NCAP	1:18.45
6	Loftis, Ella	15	NCAP	1:18.67
7	Arias, Samantha	17	RMSC	1:18.81
8	Struder, Elizabeth	14	RAYS	1:19.05

Alternates

1	Andrews, Abigail	15	NCAP	1:19.27
2	Buckley, Olivia	16	NCAP	1:19.27

2025 EZ LC Speedo Super Sectional - 5/15/2025 to 5/18/2025

Meet Program - Thursday Finals

Heat 2 C - Final (#7 Women 100 LC Meter Breaststroke)

1	Cutchins, Elizabeth	13	TIDE	1:18.17
2	King, Abigail	17	COND	1:18.05
3	Li, Audrey	15	GYWD	1:17.90
4	Fleck, Kristina	17	DRAG	1:17.89
5	White, Finley	16	UN-WE	1:17.90
6	Chung, Olivia	15	CGBD	1:18.01
7	Stephenson, Eva	13	VABR	1:18.16
8	Hawver, Gabrielle	16	NCAP	1:18.18

Heat 3 B - Final

1	White, Charlotte	15	NOVA	1:17.83
2	Bishop, Alexandra	15	ASA	1:16.65
3	Buzek, Jaclynn	14	757	1:16.06
4	Weth, Taylor	19	STAC	1:15.68 FUTA
5	Sunjaya, Viona	16	RMSC	1:15.70 FUTA
6	Bu, Catherine	16	NCAP	1:16.44
7	Young, Emma	16	NCAP	1:17.32
8	Bremner, Annabelle	16	AAC	1:17.89

Heat 4 A - Final

1	Kadoorie, Angela	17	RMSC	1:14.86 FUTA
2	Bonham, Abigail	15	NOVA	1:14.24 FUTA
3	Jochims, Ava	16	RXA	1:14.13 FUTA
4	Czirjak, Sara	17	CA-Y	1:11.65 SJRS
5	McCarney, Maya	14	NCAP	1:13.26 SJRS
6	Hofer, Jennifer	15	WAC	1:14.14 FUTA
7	Price, Piper	17	SRVA	1:14.76 FUTA
8	Vanyo, Sofie	16	ACAC	1:14.90 FUTA

Alternates

1	Horney, Alexandra	14	WEST	1:18.27
2	Randsmith, Saxon	14	NCAP	1:18.45

Event 8 Men 100 LC Meter Breaststroke

Sect Record: 1:01.06 7/17/2015 Brendan McHugh

1:02.89 NATS National Champs 18U

1:05.19 SJRS Summer JR Champs

1:05.89 WJRS Winter JR Champs

1:08.19 FUTA Futures 18U

Lane	Name	Age	Team	Prelims
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Heat 1 D - Final

1	Greer, Ayden	14	SRVA	1:11.42
2	Franks, Benjamin	16	NOVA	1:11.10
3	Archibald, Collin	16	RAYS	1:10.73
4	Hottle, Luke	16	LY	1:10.53
5	Rielly, Jonathan	18	ECCC	1:10.55
6	Lakhan, Kieran	18	ASA	1:10.82
7	Crain, Henry	15	HNVR	1:11.34
8	Martin, Theodore	16	UN-NO	1:11.43

Alternates

1	Brehm, Alexander	17	SRVA	1:11.48
2	Della Pietra, Nicola	17	GYWD	1:11.48

Heat 2 C - Final

1	Murphy, Taiyo	17	ASA	1:10.33
2	Harrell, Ryland	17	ODAC	1:09.91
3	Coleman, Joseph	17	NCAP	1:09.62
4	Jia, Aaron	17	NCAP	1:09.32
5	Rabe, Chase	16	NCAP	1:09.36
6	Wachs, Karter	15	ODAC	1:09.77
7	Kibler, Christian	15	BASS	1:10.07
8	Lakhe, Kyle	17	RMSC	1:10.40

Heat 3 B - Final

1	Robinson, Mitchell	16	NCAP	1:08.74
2	Warnagiris, Joseph	17	WST	1:08.52
3	Karpau, Ivan	15	CRIM	1:08.51
4	Widman, Nathan	18	MACH	1:07.74 FUTA
5	Hartig, William	16	757	1:08.13 FUTA
6	Wood, Alexander	16	NCAP	1:08.52
7	Keith, Mason	17	LIFE	1:08.68
8	Lee, Jaden	17	STAC	1:08.85

Heat 4 A - Final

1	Watson, Thomas	16	WAC	1:07.18 FUTA
2	Von Doussa, William	16	LIFE	1:06.44 FUTA
3	Dionne, Luc	16	NCAP	1:05.75 WJRS
4	Nunziata, Gabe	18	ODAC	1:02.73 NATS
5	White, Ken	17	NCAP	1:05.48 WJRS
6	Madsen, Blake	17	NCAP	1:06.28 FUTA
7	Kuscher, Zack	17	STAC	1:06.93 FUTA
8	Clippinger, Jack	17	SRVA	1:07.55 FUTA

Alternates

1	Hottle, Luke	16	LY	1:10.53
2	Rielly, Jonathan	18	ECCC	1:10.55

Event 11 Women 200 LC Meter Freestyle Relay

Sect Record: 1:46.10 3/29/2015 University of Pittsburgh

M Poscai, J young, M Blocher, D Johnson

Lane	Team	Relay	Seed Time
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Heat 1 of 2 Finals

1			
2	Bayside Aquatics	A	1:40.02Y
3	Westchester Aqua	B	1:54.44
4	All Star Aquatic	B	1:53.09
5	SwimRVA	B	1:54.23
6	Arlington Aquati	B	1:39.92Y
7	Racer X Aquatics	A	1:40.19Y
8			



2025 EZ LC Speedo Super Sectional - 5/15/2025 to 5/18/2025**Meet Program - Thursday Finals****Heat 2 Finals (#11 Women 200 LC Meter Freestyle Relay)**

1	SwimRVA	A	1:51.97
2	Rockville Montgo	A	1:50.20
3	Nova of Virginia	B	1:48.67
4	Nova of Virginia	A	1:47.96
5	All Star Aquatic	A	1:48.47
6	Westchester Aqua	A	1:50.14
7	Arlington Aquati	A	1:51.78
8			

Event 12 Men 200 LC Meter Freestyle Relay

Sect Record: 1:32.26 5/16/2024 United States Naval Academy

S Thompson, E Andrew, P Colwell, G McGovern

Lane	Team	Relay	Seed Time
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Heat 1 of 2 Finals

1			
2	Bayside Aquatics	A	1:26.54Y
3	All Star Aquatic	B	1:42.63
4	SwimRVA	B	1:42.04
5	757 Swim	A	1:42.22
6	Hanover Aquatics	A	1:43.89
7	Arlington Aquati	A	1:31.12Y
8			

Heat 2 of 2 Finals

1	Rockville Montgo	A	1:38.08
2	Old Dominion Aqu	A	1:37.91
3	Nova of Virginia	B	1:36.84
4	Nova of Virginia	A	1:35.76
5	Occoquan Swimmin	A	1:36.22
6	Metro Area Life	A	1:36.98
7	All Star Aquatic	A	1:37.98
8	SwimRVA	A	1:38.75





Prescratch Estimated Time Line for Distance and Prelim Sessions

2025 Eastern Zone Super Sectional Meet Richmond, VA



Event	Heats	Start Time
<u>Thursday, May 15, 2025</u>		
1 W 200 Medley Rel	0	8:30 AM
2 M 200 Medley Rel	0	8:30 AM
Relay Break (5 min)		8:30 AM
3 W 200 IM	17	8:30 AM
4 M 200 IM	16	9:09 AM
5 W 100 Free	16	9:43 AM
6 M 100 Free	16	9:58 AM
7 W 100 Breast	14	10:10 AM
8 M 100 Breast	13	10:26 AM
11 W 200 Free Rel	0	10:40 AM
12 M 200 Free Rel	0	10:40 AM
Relay Break (5 min)		10:40 AM
9/10 W 1500 Free/M 800 Free	2	10:45 AM
	5	
End of Session		12:08 PM

<u>Friday, May 16, 2025</u>		
13 W 200 Free	17	8:30 AM
14 M 200 Free	21	9:04 AM
15 W 100 Fly	17	9:44 AM
16 M 100 Fly	19	10:00 AM
17/18 W 400 IM/M 400 IM	13	10:17 AM
	11	
Relay Break (5 min)		12:16 PM
19 W 400 Free Rel	0	12:21 PM
20 M 400 Free Rel	0	12:21 PM
End of Session		12:21 PM

Event	Heats	Start Time
<u>Saturday, May 17, 2025</u>		
21 W 200 Fly	14	8:30 AM
22 M 200 Fly	16	9:02 AM
23 W 100 Back	21	9:37 AM
24 M 100 Back	21	10:03 AM
25/26 W 400 Free/M 400 Free	16	10:27 AM
	17	
Relay Break (5 min)		12:50 PM
27 W 800 Free Rel	0	12:55 PM
28 M 800 Free Rel	0	12:55 PM
End of Session		12:55 PM

<u>Sunday, May 18, 2025</u>		
29 W 200 Back	18	8:30 AM
30 M 200 Back	16	9:15 AM
31 W 50 Free	22	9:53 AM
32 M 50 Free	26	10:09 AM
33 W 200 Breast	14	10:27 AM
34 M 200 Breast	17	11:04 AM
Relay Break (5 min)		11:45 AM
37 W 400 Medley Rel	0	11:50 AM
38 M 400 Medley Rel	1	11:50 AM
End of Session		11:55 AM

<u>Sunday, May 18, 2025</u>		
35/36 W 800 Free/M 1500 Free	6	1:40 PM
	6	
End of Session		4:23 PM

