

2016 Los Angeles Invitational Thursday & Prelim Sessions

Thursday, July 14

04:00 PM – W 200 Free Relay
04:10 PM – M 200 FreeRelay
04:17 PM – W 800 / M 1500 Free
fast to slow alternating W/M
07:22 PM – W 200 Medley Relay
07:36 PM – M 200 Medley Relay
07:43 PM –Estimated end session

Friday, July 15

"A" Flight – slow/fast –circle top three heats

08:30 AM - 100 Freestyle
08:51 AM - 200 Butterfly
09:30 AM - 200 Backstroke
10:10 AM - W400 IM,
10:38 AM - M400 Free
11:02 AM -Estimated end session

"B" Flight – fast/slow

11:20 AM - W 100 Freestyle
11:56 AM - M 100 Freestyle
12:24 PM - W 200 Butterfly
12:34 PM - M 200 Butterfly
12:42 PM - W 200 Backstroke
01:04 PM - M 200 Backstroke
01:15 PM - W400 IM & M400 Free
alternating women & men
02:35 PM - Estimated end session

Saturday, July 16

"A" Flight – slow/fast –circle top three heats

08:30 AM - W 200 IM
08:51 AM - M 200 Freestyle
09:08 AM - W200 Breaststroke
09:30 AM – M200 Breaststroke
09:51 AM - 50 Freestyle
10:04 AM - W 400 Free
10:29 AM – M 400 IM
10:55 AM –Estimated end session

"B" Flight – fast/slow

11:15 AM - W 200 IM
12:10 PM - M 200 Freestyle
01:04 PM - W 200 Breaststroke
01:24 PM - M 200 Breaststroke
01:43 PM - W 50 Freestyle
02:05 PM - M 50 Freestyle
02:26 PM - W400 Free, M400 IM
alternating women & men
03:50 PM - Estimated end session

Sunday, July 17

SINGLE FLIGHT – Fast to Slow

08:30 AM – W 100 Butterfly
09:12 AM – M 100 Butterfly
09:45 AM – W 100 Backstroke
10:21 AM – M 100 Backstroke
10:49 AM – W 100 Breaststroke
11:21 AM – M 100 Breaststroke
11:47 AM - W 200 Freestyle
12:52 PM - M 200 IM
01:52 –Estimated end session

02:00 PM – W1500/M800 – fast to
slow/alternating women/men
04:00 PM Estimated end session