

## 2017 Los Angeles Invitational Prelim Sessions

### Friday, July 14

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

08:30 AM - 100 Freestyle  
08:48 AM - 200 Butterfly  
09:25 AM - 200 Backstroke  
10:03 AM - W400 IM,  
10:30 AM - M400 Free  
10:52 AM -Estimated end session

#### "B" Flight – fast/slow

11:20 AM - W 100 Freestyle  
11:53 AM - M 100 Freestyle  
12:23 PM - W 200 Butterfly  
12:43 PM - M 200 Butterfly  
12:56 PM - W 200 Backstroke  
01:23 PM - M 200 Backstroke  
01:37 PM - W400 IM & M400 Free  
alternating women & men  
03:10 PM - Estimated end session

### Saturday, July 15

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

08:30 AM - W 200 IM  
08:50 AM - M 200 Freestyle  
09:05 AM - 200 Breaststroke  
09:47 AM - 50 Freestyle  
09:58 AM - W 400 Free  
10:21 AM - M 400 IM  
10:47 AM –Estimated end session

#### "B" Flight – fast/slow

11:15 AM - W 200 IM  
11:39 AM - M 200 Freestyle  
01:13 PM - W 200 Breaststroke  
01:33 PM - M 200 Breaststroke  
01:53 PM - W 50 Freestyle  
02:15 PM - M 50 Freestyle  
02:34 PM - W400 Free, M400 IM  
alternating women & men  
04:20 PM - Estimated end session

### Sunday, July 16

#### **NO FLIGHTS - SEEDED FAST TO SLOW - circle top 3 heats**

08:30 AM – W 100 Butterfly  
09:10 AM – M 100 Butterfly  
09:43 AM – W 100 Backstroke  
10:19 AM – M 100 Backstroke  
10:47AM – W 100 Breaststroke  
11:16 AM – M 100 Breaststroke  
11:44 AM - W 200 Freestyle  
12:45 PM - M 200 IM  
01:45 PM –Estimated end session  
“Morning Relays” – up to 2 heats

#### **Distance Events NOT BEFORE**

#### **01:30 PM - W1500/M800**

alternating women and men  
04:00 PM Estimated end session