

Estimated Time Lines 2019 Los Angeles Invitational
Meet will NOT be flighted

All preliminary events will swim fast to slow

The 400 Freestyle and 400 Individual Medley will alternate Women and Men's heats

THURSDAY, JULY 11

1-2	04:00 PM	200 Freestyle Relays
3-4	04:15 PM	Prelims Women 800, Men 1500 Freestyle – alternating heats
5-6	07:15 PM	200 Medley Relays
	07:30 PM	Estimated End Session

FRIDAY, JULY 12

7	08:30 AM	Women 100 Freestyle
8	09:05 AM	Men 100 Freestyle
9	09:35 AM	Women 200 Butterfly
10	10:07 AM	Men 200 Butterfly
11	10:34 AM	Women 200 Backstroke
12	11:11 AM	Men 200 Backstroke
13-14	11:35 AM	Women 400 IM & Men 400 Freestyle – alternating heats
	01:35 PM	Estimated End Session

SATURDAY, JULY 13

17	08:30 AM	Women 200 IM
18	09:27 AM	Men 200 Freestyle
19	10:14 AM	Women 200 Breaststroke
20	11:00 AM	Men 200 Breaststroke
21	11:39 AM	Women 50 Freestyle
22	11:57 AM	Men 50 Freestyle
23	12:13 PM	Women 400 Freestyle & Men 400 IM – alternating heats
	02:10 PM	Estimated End Session

SUNDAY, JULY 14

27	08:30 AM	Women 100 Butterfly
28	09:02 AM	Men 100 Butterfly
30	09:26 AM	Women 100 Backstroke
31	09:53 AM	Men 100 Backstroke
33	10:11 AM	Women 100 Breaststroke
34	10:36 AM	Men 100 Breaststroke
35	11:01 AM	Women 200 Freestyle
36	11:54 AM	Men 200 IM
	12:44 PM	Estimated End Session
37-38	12:45 PM	Morning Optional Relays
29-32	01:00 PM	Women 1500 & Men 800 Freestyle – alternating heats
	02:50 PM	Estimated End Session

Time Trials: Not to exceed Friday 1:45-2:30, Saturday 2:15-3:00