

# ***Estimated Prelim Time Lines for 2019 SMOC***

**ALL PRELIM SESSIONS WILL BE "CHASE STARTS"  
ODD NUMBERED HEATS START AT THE SOUTH END  
EVEN NUMBERED HEATS START AT THE NORTH (SCOREBOARD) END**

## **Thursday, June 20**

05:00 PM W/M 1500M Freestyle  
Fast to Slow Alternating Women & Men  
08:44 PM Estimated End Session

## **Friday, June 21 - A Flight**

08:30 AM W50 M Backstroke\*\*\*\*  
08:42 AM M50 M Backstroke\*\*\*\*  
08:55 AM W200 M Butterfly  
09:08 AM M200 M Butterfly  
09:20 AM W100 M Freestyle  
09:25 AM M100 M Freestyle  
09:29 AM W200 M Breaststroke  
09:44 AM M200 M Breaststroke  
09:57 AM W/M 400 M Freestyle  
Fast to Slow Alternating Women & Men  
10:46 AM Estimated End Session

## **Friday, June 21 - B Flight**

11:15 AM W200 M Butterfly  
11:31 AM M200 M Butterfly  
11:48 AM W100 M Freestyle  
12:04 PM M100 M Freestyle  
12:18 PM W200 M Breaststroke  
12:39 PM M200 M Breaststroke  
12:58 PM W/M 400 M Freestyle  
Fast to Slow Alternating Women & Men  
02:09 PM Estimated End Session  
02:15 PM Time Trials

## **Saturday, June 22 - A Flight**

08:30 AM W50 M Breaststroke\*\*\*\*  
08:37 AM M50 M Breaststroke\*\*\*\*  
08:50 AM W200 M Freestyle  
09:02 AM M200 M Freestyle  
09:12 AM W200 M Backstroke  
09:26 AM M200 M Backstroke  
09:38 AM W50 M Freestyle  
09:43 AM M50 M Freestyle  
09:48 AM W/M 400 M Individual Medley  
Fast to Slow Alternating Women & Men  
10:44 AM Estimated End Session

### **Saturday, June 22 - B Flight**

11:15 AM W200 M Freestyle  
11:38 AM M200 M Freestyle  
12:05 PM W200 M Backstroke  
12:41 PM M200 M Backstroke  
01:01 PM W50 M Freestyle  
01:15 PM M50 M Freestyle  
01:29 PM W/M 400 M Individual Medley  
Fast to Slow Alternating Women & Men  
02:40 PM Estimated End Session  
02:45 PM Time Trials

### **Sunday, June 23**

08:30 AM W50 M Butterfly  
08:39 AM M50 M Butterfly  
08:55 AM W100 M Breaststroke  
09:13 AM M100 M Breaststroke  
09:31 AM W100 M Backstroke  
09:55 AM M100 M Backstroke  
10:11 AM W100 M Butterfly  
10:34 AM M100 M Butterfly  
10:52 AM W200 M Individual Medley  
11:36 AM M200 M Individual Medley  
12:21 PM Estimated End Session  
  
12:30 PM W/M800 M Freestyle -  
Fast to Slow, Alternating  
03:00 PM Estimated End Session

**\*\*\*\* ALL HEATS OF 50 BACKSTROKE ON FRIDAY &  
50 BREASTSTROKE ON SATURDAY  
WILL BE SWUM IN THE "A" FLIGHT**