

**2019 Florida Gold Coast Senior Championships - 3/22/2019 to 3/24/2019**

**Sanction #FGSR032219SF-1**

**Estimated Prelims Timeline**

<b>Friday Prelims</b>		
<b>Event</b>	<b>Heats</b>	<b>Start</b>
3 Women 15-16 200 Back	3	8:30 AM
4 Men 15-16 200 Back	4	8:39 AM
5 Women 200 Back	3	8:51 AM
6 Men 200 Back	3	9:00 AM
7 Women 15-16 100 Free	7	9:09 AM
8 Men 15-16 100 Free	9	9:18 AM
9 Women 100 Free	7	9:30 AM
10 Men 100 Free	9	9:40 AM
11 Women 15-16 200 Fly	2	9:52 AM
12 Men 15-16 200 Fly	3	9:57 AM
13 Women 200 Fly	2	10:05 AM
14 Men 200 Fly	3	10:11 AM
15 Women 15-16 50 Breast	4	10:18 AM
16 Men 15-16 50 Breast	5	10:22 AM
17 Women 50 Breast	4	10:27 AM
18 Men 50 Breast	6	10:31 AM
19 Women 15-16 100 IM	6	10:37 AM
20 Men 15-16 100 IM	7	10:46 AM
21 Women 100 IM	4	10:56 AM
22 Men 100 IM	6	11:03 AM
23 Women 15-16 500 Free	2	11:11 AM
24 Men 15-16 500 Free	3	11:23 AM
25 Women 500 Free	1	11:40 AM
26 Men 500 Free	2	11:46 AM
<b>End of Session</b>		<b>11:57 AM</b>

<b>Sunday Prelims</b>		
<b>Event</b>	<b>Heats</b>	<b>Start</b>
53 Women 15-16 100 Back	5	8:30 AM
54 Men 15-16 100 Back	5	8:39 AM
55 Women 100 Back	4	8:47 AM
56 Men 100 Back	4	8:54 AM
57 Women 15-16 50 Fly	7	9:01 AM
58 Men 15-16 50 Fly	9	9:07 AM
59 Women 50 Fly	7	9:15 AM
60 Men 50 Fly	7	9:22 AM
61 Women 15-16 100 Breast	4	9:28 AM
62 Men 15-16 100 Breast	4	9:35 AM
63 Women 100 Breast	4	9:41 AM
64 Men 100 Breast	5	9:48 AM
65 Women 15-16 50 Free	7	9:56 AM
66 Men 15-16 50 Free	8	10:02 AM
67 Women 50 Free	6	10:08 AM
68 Men 50 Free	9	10:13 AM
69 Women 15-16 200 IM	3	10:21 AM
70 Men 15-16 200 IM	4	10:29 AM
71 Women 200 IM	3	10:39 AM
72 Men 200 IM	5	10:48 AM
73 Women 1650 Free	1	11:01 AM
74 Men 1650 Free	2	11:20 AM
<b>End of Session</b>		<b>11:57 AM</b>

<b>Saturday Prelims</b>		
<b>Event</b>	<b>Heats</b>	<b>Start</b>
29 Women 15-16 200 Free	6	8:30 AM
30 Men 15-16 200 Free	6	8:45 AM
31 Women 200 Free	6	8:59 AM
32 Men 200 Free	6	9:14 AM
33 Women 15-16 50 Back	6	9:28 AM
34 Men 15-16 50 Back	7	9:35 AM
35 Women 50 Back	5	9:43 AM
36 Men 50 Back	4	9:49 AM
37 Women 15-16 200 Breast	3	9:54 AM
38 Men 15-16 200 Breast	3	10:03 AM
39 Women 200 Breast	3	10:12 AM
40 Men 200 Breast	4	10:22 AM
41 Women 15-16 100 Fly	5	10:33 AM
42 Men 15-16 100 Fly	6	10:41 AM
43 Women 100 Fly	5	10:49 AM
44 Men 100 Fly	6	10:57 AM
45 Women 15-16 400 IM	1	11:05 AM
46 Men 15-16 400 IM	2	11:11 AM
47 Women 400 IM	1	11:21 AM
48 Men 400 IM	2	11:26 AM
<b>End of Session</b>		<b>11:36 AM</b>

**Friday 500 Free and Saturday 400 IM:**

1. Will swim fast to slow in event order
2. Positive check-in is not required
3. The top 10 swimmers in each event who do not indicate a preference for a morning swim by 5:30PM Thursday for the 500 Free and by 5:30PM Friday for the 400 IM will swim in finals
4. Requests for a prelims swim for the 500 Free may be made by emailing the administrative referee

**Sunday 1650 Free:**

1. Will swim fast to slow alternating women and men
2. Positive check-in by 5:30PM on Saturday is required
3. The top 10 swimmers in each event who do not indicate a preference for a morning swim will swim in finals

**Time Trials:**

1. Time trials will start 15 minutes following the conclusion of the prelims session Friday and Saturday
2. Time trial entries close at 10:30AM each day

**Scratchbox:**

The scratchbox for the following day's events closes at 5:30PM each evening