

2019 Florida Gold Coast Senior Championships

03/22/2019 - 03/24/2019

Friday Finals

| Event | Heats | Start |
|--------------------------------|-------|----------------|
| National Anthem | | 4:56 PM |
| 1 Women 200 Freestyle Relay | 3 | 5:00 PM |
| 2 Men 200 Freestyle Relay | 3 | 5:10 PM |
| 3 Women 15-16 200 Backstroke | 2 | 5:19 PM |
| 4 Men 15-16 200 Backstroke | 2 | 5:27 PM |
| 5 Women 200 Backstroke | 2 | 5:34 PM |
| 6 Men 200 Backstroke | 2 | 5:41 PM |
| 7 Women 15-16 100 Freestyle | 2 | 5:48 PM |
| 8 Men 15-16 100 Freestyle | 2 | 5:52 PM |
| 9 Women 100 Freestyle | 2 | 5:56 PM |
| 10 Men 100 Freestyle | 2 | 5:59 PM |
| 11 Women 15-16 200 Butterfly | 2 | 6:03 PM |
| 12 Men 15-16 200 Butterfly | 2 | 6:10 PM |
| 13 Women 200 Butterfly | 2 | 6:16 PM |
| 14 Men 200 Butterfly | 2 | 6:23 PM |
| 15 Women 15-16 50 Breaststroke | 2 | 6:30 PM |
| 16 Men 15-16 50 Breaststroke | 2 | 6:33 PM |
| 17 Women 50 Breaststroke | 2 | 6:36 PM |
| 18 Men 50 Breaststroke | 2 | 6:39 PM |
| 19 Women 15-16 100 IM | 2 | 6:42 PM |
| 20 Men 15-16 100 IM | 2 | 6:46 PM |
| 21 Women 100 IM | 2 | 6:50 PM |
| 22 Men 100 IM | 2 | 6:55 PM |
| 23 Women 15-16 500 Freestyle | 1 | 6:59 PM |
| 24 Men 15-16 500 Freestyle | 1 | 7:06 PM |
| 25 Women 500 Freestyle | 1 | 7:13 PM |
| 26 Men 500 Freestyle | 1 | 7:20 PM |
| 5 Minute Break | | |
| 27 Women 400 Freestyle Relay | 3 | 7:30 PM |
| 28 Men 400 Freestyle Relay | 3 | 7:47 PM |
| End of Session | | 8:00 PM |

Relay cards for the 200 freestyle relay are due at 5:00 PM and may be brought to the blocks.

Relay cards for the 400 freestyle relay are due at the resolutions table at 5:30 PM.

The scratchbox for Saturday's events closes at 5:30 PM.

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Saturday Finals

| Event | Heats | Start |
|---------------------------------|-------|----------------|
| National Anthem | | 4:56 PM |
| 29 Women 15-16 200 Freestyle | 2 | 5:00 PM |
| 30 Men 15-16 200 Freestyle | 2 | 5:06 PM |
| 31 Women 200 Freestyle | 2 | 5:12 PM |
| 32 Men 200 Freestyle | 2 | 5:18 PM |
| 33 Women 15-16 50 Backstroke | 2 | 5:24 PM |
| 34 Men 15-16 50 Backstroke | 2 | 5:27 PM |
| 35 Women 50 Backstroke | 2 | 5:31 PM |
| 36 Men 50 Backstroke | 2 | 5:34 PM |
| 37 Women 15-16 200 Breaststroke | 2 | 5:38 PM |
| 38 Men 15-16 200 Breaststroke | 2 | 5:45 PM |
| 39 Women 200 Breaststroke | 2 | 5:52 PM |
| 40 Men 200 Breaststroke | 2 | 6:00 PM |
| 41 Women 15-16 100 Butterfly | 2 | 6:07 PM |
| 42 Men 15-16 100 Butterfly | 2 | 6:11 PM |
| 43 Women 100 Butterfly | 2 | 6:15 PM |
| 44 Men 100 Butterfly | 2 | 6:19 PM |
| 45 Women 15-16 400 IM | 1 | 6:23 PM |
| 46 Men 15-16 400 IM | 1 | 6:29 PM |
| 47 Women 400 IM | 1 | 6:36 PM |
| 48 Men 400 IM | 1 | 6:42 PM |
| 5 Minute Break | | |
| 49 Women 800 Freestyle Relay | 1 | 6:52 PM |
| 50 Men 800 Freestyle Relay | 1 | 7:03 PM |
| End of Session | | 7:12 PM |

Relay cards for the 800 freestyle relay are due at the resolutions table at 5:30 PM.

Positive check-in for Sunday's 1650 freestyle closes at 5:30 PM.

The scratchbox for Sunday's events closes at 5:30 PM.

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Sunday Finals

| Event | Heats | Start |
|---------------------------------|-------|----------------|
| National Anthem | | 3:56 PM |
| 51 Women 200 Medley Relay | 3 | 4:00 PM |
| 52 Men 200 Medley Relay | 3 | 4:11 PM |
| 53 Women 15-16 100 Backstroke | 2 | 4:22 PM |
| 54 Men 15-16 100 Backstroke | 2 | 4:26 PM |
| 55 Women 100 Backstroke | 2 | 4:31 PM |
| 56 Men 100 Backstroke | 2 | 4:35 PM |
| 73 Women 1650 Freestyle | 1 | 4:40 PM |
| 57 Women 15-16 50 Butterfly | 2 | 5:01 PM |
| 58 Men 15-16 50 Butterfly | 2 | 5:04 PM |
| 59 Women 50 Butterfly | 2 | 5:07 PM |
| 60 Men 50 Butterfly | 2 | 5:10 PM |
| 61 Women 15-16 100 Breaststroke | 2 | 5:13 PM |
| 62 Men 15-16 100 Breaststroke | 2 | 5:17 PM |
| 63 Women 100 Breaststroke | 2 | 5:21 PM |
| 64 Men 100 Breaststroke | 2 | 5:26 PM |
| 74 Men 1650 Freestyle | 1 | 5:30 PM |
| 65 Women 15-16 50 Freestyle | 2 | 5:50 PM |
| 66 Men 15-16 50 Freestyle | 2 | 5:53 PM |
| 67 Women 50 Freestyle | 2 | 5:56 PM |
| 68 Men 50 Freestyle | 2 | 5:59 PM |
| 69 Women 15-16 200 IM | 2 | 6:01 PM |
| 70 Men 15-16 200 IM | 2 | 6:08 PM |
| 71 Women 200 IM | 2 | 6:14 PM |
| 72 Men 200 IM | 2 | 6:21 PM |
| 5 Minute Break | | |
| 75 Women 400 Medley Relay | 3 | 6:31 PM |
| 76 Men 400 Medley Relay | 3 | 6:51 PM |
| End of Session | | 7:08 PM |

Relay cards for the 200 medley relay are due at 4:00 PM and may be brought to the blocks.

Relay cards for the 400 medley relay are due at the resolutions table at 4:30 PM.

Thanks for coming! Have a safe journey home!