FGC Junior Olympics Long Course 2018

7/19/2018 to 7/22/2018

Estimated Pre-scratch Prelims Timeline

1. All events will be seeded fast to slow
2. 400m and longer events will alternate heats of women and men.
3. Positive check-in is required for events 400m and longer, and will close 30 minutes after the start of the session. In the case of Thursday's 1500 freestyle, please check-in by 5:15pm.
4. The top eight swimmers who do not request a morning swim when checking in for the 400 freestyle and 400 IM will be seeded to swim in finals.
5. Time Trials registration closes at 10:30am on Friday and Saturday.

Thursday Distance

Event		Heats	Start
1&3	Women 11-14 1500 Free	Heat 1	6:00 PM
2&4	Men 11-14 1500 Free	Heat 1	6:21 PM
1&3	Women 11-14 1500 Free	Heat 2	6:41 PM
2&4	Men 11-14 1500 Free	Heat 2	7:02 PM
1&3	Women 11-14 1500 Free	Heat 3	7:23 PM
2&4	Men 11-14 1500 Free	Heat 3	7:45 PM
1&3	Women 11-14 1500 Free	Heat 4	8:06 PM
2&4	Men 11-14 1500 Free	Heat 4	8:28 PM
	End of Session		**8:50 PM**

Friday Preliminary Heats

Event		Heats	Start
7	Women 11-12 200 Back	4	9:00 AM
8	Men 11-12 200 Back	4	9:15 AM
9	Women 13-14 200 Back	6	9:29 AM
10	Men 13-14 200 Back	4	9:49 AM
11	Women 10 & Under 50 Free	7	10:02 AM
12	Men 10 & Under 50 Free	5	10:09 AM
13	Women 11-12 50 Free	10	10:14 AM
14	Men 11-12 50 Free	5	10:23 AM
15	Women 13-14 50 Free	9	10:28 AM
16	Men 13-14 50 Free	5	10:36 AM
17	Women 10 & Under 100 Breast	4	10:41 AM
18	Men 10 & Under 100 Breast	3	10:49 AM
19	Women 11-12 100 Breast	6	10:56 AM
20	Men 11-12 100 Breast	4	11:08 AM
21	Women 13-14 100 Breast	5	11:15 AM
22	Men 13-14 100 Breast	5	11:25 AM
23	Women 10 & Under 100 Fly	4	11:33 AM
24	Men 10 & Under 100 Fly	3	11:41 AM
25	Women 11-12 100 Fly	5	11:47 AM
26	Men 11-12 100 Fly	5	11:56 AM
27	Women 13-14 100 Fly	6	12:04 PM
28	Men 13-14 100 Fly	5	12:14 PM
	10 Minute Break		
29	Women 10 & Under 400 Free	3	12:32 PM
30	Men 10 & Under 400 Free	3	12:39 PM
31&33	Women 11-14 400 Free	8	1:09 PM
32&34	Men 11-14 400 Free	6	1:16 PM
	End of Session		**2:31 PM**

Saturday Preliminary Heats

Event		Heats	Start
39	Women 10 & U 200 Medley Relay	2	9:00 AM
40	Men 10 & U 200 Medley Relay	2	9:08 AM
45	Women 11-12 200 Breast	4	9:15 AM
46	Men 11-12 200 Breast	3	9:30 AM
47	Women 13-14 200 Breast	5	9:41 AM
48	Men 13-14 200 Breast	4	9:59 AM
49	Women 10 & Under 200 Free	5	10:12 AM
50	Men 10 & Under 200 Free	5	10:28 AM
51	Women 11-12 200 Free	5	10:44 AM
52	Men 11-12 200 Free	5	10:58 AM
53	Women 13-14 200 Free	8	11:13 AM
54	Men 13-14 200 Free	4	11:35 AM
55	Women 10 & Under 50 Fly	5	11:45 AM
56	Men 10 & Under 50 Fly	5	11:51 AM
57	Women 11-12 50 Fly	8	11:56 AM
58	Men 11-12 50 Fly	8	12:04 PM
59	Women 13-14 50 Fly	9	12:12 PM
60	Men 13-14 50 Fly	8	12:21 PM
61	Women 10 & Under 100 Back	5	12:28 PM
62	Men 10 & Under 100 Back	4	12:39 PM
63	Women 11-12 100 Back	8	12:48 PM
64	Men 11-12 100 Back	6	1:04 PM
65	Women 13-14 100 Back	7	1:17 PM
66	Men 13-14 100 Back	4	1:30 PM
67	Women 10 & U 200 Free Relay	2	1:37 PM
68	Men 10 & U 200 Free Relay	2	1:44 PM
69&71	Women 11-14 400 IM	3	1:50 PM
70&72	Men 11-14 400 IM	2	1:57 PM
	End of Session		**2:22 PM**

Sunday Preliminary Heats

Event		Heats	Start
77	Women 10 & Under 200 IM	3	9:00 AM
78	Men 10 & Under 200 IM	4	9:11 AM
79	Women 11-12 200 IM	3	9:26 AM
80	Men 11-12 200 IM	4	9:35 AM
81	Women 13-14 200 IM	4	9:48 AM
82	Men 13-14 200 IM	8	10:00 AM
83	Women 10 & Under 50 Back	5	10:24 AM
84	Men 10 & Under 50 Back	5	10:31 AM
85	Women 11-12 50 Back	7	10:38 AM
86	Men 11-12 50 Back	6	10:48 AM
87	Women 13-14 50 Back	8	10:56 AM
88	Men 13-14 50 Back	6	11:07 AM
89	Women 10 & Under 50 Breast	3	11:14 AM
90	Men 10 & Under 50 Breast	3	11:18 AM
91	Women 11-12 50 Breast	6	11:21 AM
92	Men 11-12 50 Breast	5	11:28 AM
93	Women 13-14 50 Breast	5	11:34 AM
94	Men 13-14 50 Breast	6	11:39 AM
95	Women 11-12 200 Fly	2	11:45 AM
96	Men 11-12 200 Fly	2	11:52 AM
97	Women 13-14 200 Fly	3	11:58 AM
98	Men 13-14 200 Fly	3	12:07 PM
99	Women 10 & Under 100 Free	6	12:16 PM
100	Men 10 & Under 100 Free	5	12:27 PM
101	Women 11-12 100 Free	7	12:35 PM
102	Men 11-12 100 Free	4	12:46 PM
103	Women 13-14 100 Free	9	12:52 PM
104	Men 13-14 100 Free	5	1:06 PM
	5 Minute Break		
105	Women 11-12 200 Free Relay	3	1:18 PM
106	Men 11-12 200 Free Relay	2	1:26 PM
107	Women 13-14 400 Free Relay	3	1:31 PM
108	Men 13-14 400 Free Relay	3	1:46 PM
	End of Session		**2:00 PM**