

**2019 USA Swimming Futures Championships
Des Moines, IA
Friday, August 2, 2019**

Estimated Prelim Timeline, Before Scratches

		<u>No. of Heats</u>	<u>Est. Start Time</u>
Event #5	Women's 200 Meter Freestyle	12	9:00 AM
Event #6	Men's 200 Meter Freestyle	11	9:28 AM
Event #7	Women's 100 Meter Breaststroke	9	9:53 AM
Event #8	Men's 100 Meter Breaststroke	9	10:06 AM
Event #9	Women's 100 Meter Butterfly	14	10:19 AM
Event #10	Men's 100 Meter Butterfly	11	10:37 AM
Event #11	Women's 400 Meter Individual Medley	7	10:51 AM
Event #12	Men's 400 Meter Individual Medley	7	11:29 AM
	Relay Warm-Up Break (10 min.)		12:03 PM
Event #13	Women's 400 Meter Freestyle Relay	2	12:13 PM
Event #14	Men's 400 Meter Freestyle Relay	2	12:22 PM
	End of Session		12:30 PM

**The fastest two heats of Events #13 (W 400M FR) and #14 (M 400M FR)
will be swum in Friday Finals**

**Relay cards for events #13 (W 400M FR) and #14 (M 400M FR)
are due by 10:30 AM**

REMINDER - Scratch Box for Saturday's events closes at 5:30