

Pre-Scratch Timeline for Prelim Sessions
2019 USA Swimming Futures Championships
Des Moines, IA
August 1 – August 4, 2019

Thursday, August 1, 2019

1 & 2 W/M 800/1500		4:00 PM
(fastest 4 heats of each slow-to-fast)		
3 W 800 Free Relay	3	6:00 PM
4 M 800 Free Relay	3	6:26 PM
1 W 800 Free	1	7:01 PM
(remaining heats fast-to-slow)		
Thursday Prelims End		7:11 PM

Friday, August 2, 2019

5 W 200 Free	12	9:00 AM
6 M 200 Free	11	9:28 AM
7 W 100 Breast	9	9:53 AM
8 M 100 Breast	9	10:06 AM
9 W 100 Fly	14	10:19 AM
10 M 100 Fly	11	10:37 AM
11 W 400 IM	7	10:51 AM
12 M 400 IM	7	11:29 AM
13 W 400 Free Relay	2	12:13 PM
14 M 400 Free Relay	2	12:22 PM

Friday Prelims End

12:30 PM

updated:
7/30/2019

Saturday, August 3, 2019

15 W 200 Fly	6	9:00 AM
16 M 200 Fly	6	9:15 AM
17 W 50 Free	15	9:30 AM
18 M 50 Free	13	9:40 AM
19 W 200 Breast	8	9:49 AM
20 M 200 Breast	8	10:13 AM
21 W 100 Back	14	10:35 AM
22 M 100 Back	11	10:56 AM
23 W 400 Free	8	11:12 AM
24 M 400 Free	7	11:50 AM

Saturday Prelims End

12:21 PM

Sunday, August 4, 2019

25 W 100 Free	14	9:00 AM
26 M 100 Free	11	9:19 AM
28 W 200 Back	11	9:34 AM
29 M 200 Back	8	10:05 AM
31 W 200 IM	14	10:26 AM
32 M 200 IM	12	11:03 AM
33 W 400 Medley Relay	2	11:45 AM
34 M 400 Medley Relay	2	11:55 AM

Sunday Prelims End

12:03 PM

Sunday, August 4, 2019

Afternoon Distance Free Heats

30 & 27 W/M 1500/800**	2:27 PM
Slowest to fastest, alternating W/M as required	
Last heat ends @	4:00 PM

****Top heats of Events 27 & 30 will be swum in Sunday night Finals session.**