

**2019 Long Course Preparation Meet #1 - 5/10/2019 to 6/10/2019**  
**Session Report**

Session 1

Day of Meet: 1 Starts at 08:30 AM

Round	Event	Starts at
Finals	1 Men 12 & Over 50 Freestyle Multi Class	08:30 AM
Finals	2 Women 12 & Over 50 Freestyle Multi Class	08:32 AM
Finals	3 Men Open 50 Freestyle	08:33 AM
Finals	4 Women Open 50 Freestyle	08:46 AM
Finals	5 Men Open 200 Butterfly	09:01 AM
Finals	6 Women Open 200 Butterfly	09:07 AM
Finals	7 Men Open 100 Breaststroke	09:17 AM
Finals	8 Women Open 100 Breaststroke	09:28 AM
	Finish Time	09:43 AM

Session 2

Day of Meet: 1 Starts at 10:00 AM

Round	Event	Starts at
Finals	9 Men 12 & Over 100 Freestyle Multi Class	10:00 AM
Finals	10 Women 12 & Over 100 Freestyle Multi Class	10:02 AM
Finals	11 Men Open 400 Freestyle	10:04 AM
Finals	12 Women Open 400 Freestyle	10:30 AM
Finals	13 Men Open 100 Backstroke	11:03 AM
Finals	14 Women Open 100 Backstroke	11:16 AM
Finals	15 Men 12 & Over 100 Backstroke Multi Class	11:33 AM
Finals	16 Women 12 & Over 100 Backstroke Multi Class	11:36 AM
	Finish Time	11:38 AM

Session 3

Day of Meet: 1 Starts at 12:00 PM

Round	Event	Starts at
Finals	17 Men Open 400 IM	12:00 PM
Finals	18 Women Open 400 IM	12:12 PM
Finals	19 Men 12 & Over 100 Butterfly Multi Class	12:25 PM
Finals	20 Women 12 & Over 100 Butterfly Multi Class	12:27 PM
Finals	21 Men Open 50 Backstroke	12:29 PM
Finals	22 Women Open 50 Backstroke	12:37 PM
Finals	23 Men Open 200 Freestyle	12:46 PM
Finals	24 Women Open 200 Freestyle	01:10 PM
Finals	25 Men 12 & Over 100 Breaststroke Multi Class	01:43 PM
Finals	26 Women 12 & Over 100 Breaststroke Multi	01:45 PM
Finals	27 Men Open 800 Freestyle	01:48 PM
Finals	28 Women 13 & Over 1500 Freestyle	02:09 PM
	Finish Time	02:29 PM

**PLEASE NOTE:** This timeline is to be used as a **GUIDE ONLY** and actual start times of events may vary depending on a variety of circumstances on the actual day of competition.

**2019 Long Course Preparation Meet #1 - 5/10/2019 to 6/10/2019**  
**Session Report**

Session 4

Day of Meet: 2      Starts at 08:30 AM

Round	Event	Starts at
Finals	29 Men Open 50 Breaststroke	08:30 AM
Finals	30 Women Open 50 Breaststroke	08:36 AM
Finals	31 Men Open 100 Freestyle	08:43 AM
Finals	32 Women Open 100 Freestyle	09:00 AM
	Finish Time	09:23 AM

Session 5

Day of Meet: 2      Starts at 09:45 AM

Round	Event	Starts at
Finals	33 Men Open 200 IM	09:45 AM
Finals	34 Women Open 200 IM	10:01 AM
Finals	35 Men Open 50 Butterfly	10:30 AM
Finals	36 Women Open 50 Butterfly	10:36 AM
Finals	37 Men Open 200 Backstroke	10:42 AM
Finals	38 Women Open 200 Backstroke	10:53 AM
	Finish Time	11:13 AM

Session 6

Day of Meet: 2      Starts at 11:35 AM

Round	Event	Starts at
Finals	39 Boys Open 100 Butterfly	11:35 AM
Finals	40 Girls Open 100 Butterfly	11:45 AM
Finals	41 Men Open 200 Breaststroke	11:55 AM
Finals	42 Women Open 200 Breaststroke	12:05 PM
Finals	43 Men 13 & Over 1500 Freestyle	12:23 PM
Finals	44 Women Open 800 Freestyle	12:42 PM
	Finish Time	01:15 PM

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