

## Estimated Timeline

Start Times Men	Event	Start Times Women
	<b>Thursday, April 25, 2019</b>	
7:30 a.m.	1650 freestyle (deck seeded)	7:30 a.m.
12:00 p.m.	1000 freestyle (deck seeded)	12:00 p.m.
	<i>Approximate finish time 4:40 p.m.</i>	
	<b>Friday, April 26, 2019</b>	
7:30 a.m.	Men's 500 freestyle (deck seeded)	
9:15 a.m.	30 minute warm-up in competition pool	9:15 a.m.
9:45 a.m.	100 IM	10:35 a.m.
11:20 a.m.	200 breaststroke	12:05 p.m.
12:55 p.m.	100 freestyle	1:50 p.m.
2:35 p.m.	50 backstroke	3:00 p.m.
3:25 p.m.	200 butterfly	4:00 p.m.
4:35 p.m.	200 mixed free relay	4:35 p.m.
	<i>Approximate finish time 5:15 p.m.</i>	
	<b>Saturday, April 27, 2019</b>	
	Women's 500 freestyle (deck seeded)	7:30 a.m.
9:15 a.m.	30 minute warm-up in competition pool	9:15 a.m.
9:45 a.m.	200 backstroke	10:25 a.m.
11:15 a.m.	50 freestyle	11:50 a.m.
12:20 p.m.	200 IM	1:10 p.m.
2:05 p.m.	50 breaststroke	2:30 p.m.
2:55 p.m.	100 butterfly	3:25 p.m.
3:50 p.m.	200 mixed medley relay	3:50 p.m.
4:30 p.m.	200 free relay	4:50 p.m.
	<i>Approximate finish time 5:15 p.m.</i>	
	<b>Sunday, April 28, 2019</b>	
7:30 a.m.	400 IM (deck seeded)	8:30 a.m.
9:45 a.m.	30 minute warm-up in competition pool	9:45 a.m.
10:15 a.m.	200 freestyle	11:10 a.m.
12:00 p.m.	200 medley relay	12:25 p.m.
12:45 p.m.	100 backstroke	1:10 p.m.
1:40 p.m.	50 butterfly	2:05 p.m.
2:25 p.m.	100 breaststroke	3:00 p.m.
	<i>Approximate finish time 3:30 p.m.</i>	

This timeline is **only a guide** for use in determining the **approximate** start of all events. We may run ahead of or behind the estimate. It is all swimmers' responsibility to get to the pool well before their events and be behind the blocks before their heats start.

**All swimmers must check in for all deck-seeded events by the check-in deadlines!**