

<b>Session: 1 LWM Invite</b>				
<b>Estimated timeline: Guideline only. Events might start earlier or later</b>				
Starts at 10:00 AM Heat Interval: 45 Seconds / Back +15 Seconds				
<b>Ev #</b>	<b>Event</b>	<b>Entries</b>	<b>Heats</b>	<b>Starts at</b>
1	Mixed 400 IM - <b>check in by 9:30am</b>	7	2	10:00 am
2	Women 200 Free Relay- <b>entries due 9:30 am</b>	0	0	10:17 am
3	Men 200 Free Relay - <b>entries due 9:30 am</b>	0	0	10:20 am
4	Mixed 50 Breaststroke	35	6	10:23 am
5	Mixed 100 Butterfly	12	2	10:32 am
6	Mixed 200 Free	21	4	10:36 am
7	Mixed 50 Backstroke	20	4	10:52 am
8	Mixed 100 IM	44	8	10:59 am
<b>--- Break: 10 Minutes ---</b>				
9	Mixed 200 Free Relay- <b>entries due by 10:30 am</b>	0	0	11:28 am
10	Mixed 100 Breaststroke	27	5	11:31 am
11	Mixed 50 Butterfly	32	6	11:43 am
12	Mixed 100 Free	37	7	11:51 am
13	Mixed 200 Backstroke	10	2	12:05 pm
<b>--- Break: 5 Minutes ---</b>				
14	Women 200 Medley Relay- <b>entries due by 11 am</b>	0	0	12:20 pm
15	Men 200 Medley Relay - <b>entries due by 11 am</b>	0	0	12:23 pm
16	Mixed 200 Breaststroke	15	3	12:26 pm
17	Mixed 200 Butterfly	0	0	12:39 pm
18	Mixed 50 Free	45	8	12:39 pm
19	Mixed 100 Backstroke	17	3	12:49 pm
20	Mixed 200 IM	20	4	12:57 pm
<b>--- Break: 5 Minutes ---</b>				
21	Mixed 200 Medley Relay- <b>entries due by noon</b>	0	0	1:19 pm
22	Mixed 500 Free- <b>check in by end of Event #15</b>	18	3	1:22 pm
End Time				1:52 pm
Entry / Heat Totals:		360	67	
Swimmers Counts for Warm-ups: 106				