

2007 Virginia Swimming LC Senior Championships

July 26-29, 2007 George Mason University-Fairfax

Important Deadlines

THURSDAY

4:00pm	General Meeting
15 min after General meeting	Scratches due for Thursday events
5:15pm	Positive check-in required for 200 Med Relay
5:30pm	Relay Cards due for 200 Med Relay
5:30pm	Scratches due for Friday events

FRIDAY

9:30am	Positive check-in required for 800 Free Relay
10:30am	Friday Time Trials entry closes
11:30am	Relay Cards due for 800 Free Relay (morning swims)
1:00pm (about)	Friday Time Trials Begin
6:30pm	Scratches due for Saturday events
6:30pm	Positive check-in required for 200 Med Relay
7:00pm	Relay Cards due for 800 Free Relay (evening swims)

SATURDAY

7:30am	Relay Cards due for 200 Free Relay
9:30am	Positive check-in required for 400 Med Relay
10:30am	Saturday Time Trials entry closes
11:30am	Relay Cards due for 400 Med Relay (morning swims)
1:30pm (about)	Saturday Time Trials Begin
6:30pm	Scratches due for Sunday events (including 800 Free)
6:30pm	800 Free swimmers must declare afternoon/evening preference.
7:15pm	Relay Cards due for 400 Med Relay (evening swims)

SUNDAY

9:30am	Positive check-in required for 400 Free Relay
9:30am	Sunday Relay Rule: 400 Free Relay must declare prelims/finals preference
10:30am	Relay cards due for 400 Free Relay (morning swims)
12:00pm (about)	Sunday Time Trials Begin
1:40pm (about)	Distance Session Begins
5:30pm	Relay cards due for 400 Free Relay (evening swims)