

## FEBRUARY DISTANCE

Coaches, remember these are approximate heat start times. Please do NOT check in swimmers that are not physically at the pool. If swimmers are checked in they will get seeded. Our timeline is tight but with scratches we should save some time.

We are running a 12 Lane course so make sure you gauge heat start based on 12 swimmers per heat. A good rule to follow is have swimmers arrive about 90 minutes before their estimated heat.

Heat #	Approximate Heat start time 1000 Free	
	Girls	Boys
1	8:10	8:22
2	8:33	8:45
3	8:56	9:08
4	9:20	9:32
5	9:45	9:58
6	10:11	10:25
7	10:38	10:53
8	11:07	11:22
9	11:37	11:51
10	12:03	12:17
11	12:32	With Heat 12
12	12:46	
Depending on scratches, Heats 11 and 12 may not be needed		
Heat #	Approximate Heat start times 1650 Free	
	Girls	Boys
1	12:30	12:50
2	1:10	1:35
3	1:51	2:13
4	2:35	
Depending on scratches Heat 4 may not be needed		