



POTOMAC VALLEY
SWIMMING

Estimated Timeline for PVS LC Distance Meet

Saturday

Mixed 1500 LC M Freestyle	
Heat 1	3:30 PM
Heat 2	3:49 PM
Heat 3	4:08 PM
Heat 4	4:28 PM
Heat 5	4:48 PM
Heat 6	5:12 PM
Heat 7	5:32 PM
Heat 8	5:53 PM
Heat 9	6:15 PM
Heat 10	6:37 PM
Heat 11	6:59 PM
Mixed 400 Freestyle	
Heat 1	7:21 PM
Heat 2	7:27 PM
Heat 3	7:33 PM
Heat 4	7:39 PM
Heat 5	7:45 PM
Heat 6	7:51 PM
Heat 7	7:58 PM
Heat 8	8:05 PM



POTOMAC VALLEY
SWIMMING

Estimated Timeline for PVS LC Distance Meet

Sunday

Mixed 800 LC M Freestyle	
Heat 1	10:00 AM
Heat 2	10:10 AM
Heat 3	10:20 AM
Heat 4	10:31 AM
Heat 5	10:42 AM
Heat 6	10:53 AM
Heat 7	11:04 AM
Heat 8	11:16 AM
Heat 9	11:29 AM
Heat 10	11:43 AM
Heat 11	11:57 AM
Heat 12	12:11 PM
Heat 13	12:25 PM
Mixed 400 Individual Medley	
Heat 1	12:39 PM
Heat 2	12:45 PM
Heat 3	12:51 PM
Heat 4	12:58 PM
Heat 5	1:05 PM
Heat 6	1:12 PM
Heat 7	1:19 PM
Heat 8	1:26 PM