

ESTIMATE HEAT START TIMES			
1000 FREE		1650 FREE	
Heat #		Heat #	
1	8:10	1	12:07
2	8:22	2	12:27
3	8:34	3	12:48
4	8:47	4	1:10
5	9:00	5	1:34
6	9:13	6	1:57
7	9:27	7	2:22
8	9:41		
9	9:55		
10	10:10		
11	10"25		
12	10:40		
13	10:55		
14	11:10		
15	11:25		
16	11:40		
17	11:56		
18			

Remember: These are **ESTIMATE** heat start times. Check with your coaches about what time to arrive.

Most coaches usually set an arrival time of 90 minutes before the swimmers estimated start time.