



*****Prescratch Estimated Time Line for Prelim Sessions*****

2026 CT Swimming LCM Senior Championship

Middletown, CT

Event	Heats	Start Time
<u>Thursday, July 9, 2026</u>		
3 W 50 Free	10	9:00 AM
4 M 50 Free	17	9:07 AM
5 W 200 Fly	6	9:28 AM
6 M 200 Fly	8	9:46 AM
7 W 100 Breast	7	10:18 AM
8 M 100 Breast	10	10:29 AM
15 mins Breaks		10:54 AM
1/2 W 1500 Free/M 800 Free	3	11:09 AM
	5	
End of Session		12:56 PM

Event	Heats	Start Time
<u>Saturday, July 11, 2026</u>		
39 W 400 Free Rel	4	9:00 AM
40 M 400 Free Rel	4	9:17 AM
15 mins Breaks		9:33 AM
19 W 50 Back	11	9:48 AM
20 M 50 Back	11	9:57 AM
21 W 100 Fly	9	10:16 AM
22 M 100 Fly	13	10:28 AM
23 W 200 Breast	7	10:55 AM
24 M 200 Breast	7	11:18 AM
25/26 W 400 Free/M 400 Free	6	11:49 AM
	7	
End of Session		1:03 PM

<u>Friday, July 10, 2026</u>		
17 W 400 Medley Rel	4	9:00 AM
18 M 400 Medley Rel	4	9:19 AM
15 mins Breaks		9:46 AM
9 W 50 Breast	8	10:01 AM
10 M 50 Breast	7	10:09 AM
11 W 200 Free	10	10:24 AM
12 M 200 Free	14	10:50 AM
13 W 100 Back	8	11:32 AM
14 M 100 Back	12	11:44 AM
W 400 IM/M 400 IM	5	12:10 PM
	6	
End of Session		1:22 PM

<u>Sunday, July 12, 2026</u>		
31 W 50 Fly	10	9:00 AM
32 M 50 Fly	11	9:07 AM
33 W 200 Back	7	9:26 AM
34 M 200 Back	9	9:45 AM
35 W 100 Free	12	10:19 AM
36 M 100 Free	15	10:35 AM
37 W 200 IM	7	11:03 AM
38 M 200 IM	9	11:23 AM
15 mins Breaks		11:57 AM
29/30 W 800 Free/M 1500 Free	4	12:12 PM
	4	
End of Session		1:31 PM

*** 10 mins breaks after each individual men's event. Pool will open for warm up/warm down***