

## PNA LCM Summer Meet Estimated Timeline – Saturday, July 6, 2024

**WARM-UP: 9:00 – 9:50 AM**

**MEET STARTS: 10:00 AM**

- The meet may run faster or slower than shown.
- Note the deadlines for positive check-in for 400 Free and 1500 Free
- Note the deadlines for turning in Relay Cards.

Event #	Event Name	Entries	Heats	Starts	Notes
1	400 Free	23	3u	10:00 AM	Check-in by 9:20 am
2	200 IM	23	3	10:35 AM	
3	200 Free	28	4	10:48 AM	
4	100 Breast	30	4	11:06 AM	
5	50 Fly	43	6	11:23 AM	Starts from scoreboard end
	~15 min BREAK				
6	200 Free Relay (W/M)			11:47 AM	Relay Cards due by 10:00 am
7	200 Back	15	2	11:57 AM	
8	50 Free	57	8	12:13 PM	Starts from scoreboard end
9	100 Fly	24	3	12:28 PM	
	~15 min BREAK				
10	200 Medley Relay (Mixed)			12:50 PM	Relay Cards due by end of Event 5
11	1500 Free	23	3u	1:00 PM	Check-in by end of Event 5
	Swimmer Counts: 108				
	Entry/Heat Totals:	266	36		
	Finish Time:			2:25 PM	

## PNA LCM Summer Meet Estimated Timeline – Sunday, July 7, 2024

**WARM-UP: 9:00 – 9:50 AM**

**MEET STARTS: 10:00 AM**

- The meet may run faster or slower than shown.
- Note the deadlines for positive check-in for 400 IM.
- Note the deadlines for turning in Relay Cards.

Event #	Event Name	Entries	Heats	Starts	Notes
12	400 IM	7	1 u	10:00 AM	Check-in by 9:20 am
13	200 Breast	25	4	10:09 AM	
14	100 Free	47	6	10:34 AM	
15	50 Back	30	4	10:51 AM	Starts from scoreboard end
	~15 min BREAK				
16	200 Medley Relay (W/M)			11:14 AM	Relay Cards due by 10:00 am
17	200 Fly	11	2	11:24 AM	
18	100 Back	24	3	11:34 AM	
19	50 Breast	42	6	11:47 AM	Starts from scoreboard end
	~15 min BREAK				
20	200 Free Relay (Mixed)			12:15 PM	Relay Cards due by end of Event 15
	Swimmer Counts: 89				
	Entry/Heat Totals:	186	26		
	Finish Time:			12:25 PM	