

Check-in and Timelines

THURSDAY, AUGUST 12, 2004

Check-in deadline for the 800 Freestyle is Thursday at **7:00 a.m.**

Check in deadline for the 1500 Freestyle is Thursday at **11:45 a.m.**

Check-in for Thursday's events will also be available on Wednesday between **12 noon and 8:00 p.m.**

| Evt # | Event | Est. Start Time |
|-------|-----------------------|-----------------|
| 1 / 2 | Mixed 800 Freestyle | 8:00 a.m. |
| 3 / 4 | Mixed 1500 Freestyle | 12:55 p.m. |
| | ESTIMATED FINISH TIME | 8:40 p.m. |

The 800 and 1500 Freestyles will be swum mixed gender.

FRIDAY, AUGUST 13, 2004

| Evt # | Event | Est. Start Time |
|-------|-----------------------------|-----------------|
| 5 | Women 400 Individual Medley | 8:00 a.m. |
| 6 | Men 400 Individual Medley | 9:25 a.m. |
| 7 | Women 50 Butterfly | 11:20 a.m. |
| 8 | Men 50 Butterfly | 11:40 a.m. |
| 9 | Women 200 Freestyle | 12:00 noon |
| 10 | Men 200 Freestyle | 1:05 p.m. |
| 11 | Women 100 Backstroke | 2:20 p.m. |
| 12 | Men 100 Backstroke | 3:10 p.m. |
| 13 | Women 200 Breaststroke | 3:50 p.m. |
| 14 | Men 200 Breaststroke | 5:00 p.m. |
| 15 | Mixed 200 Medley Relay | 6:15 p.m. |
| 17 | Women 200 Freestyle Relay | 6:55 p.m. |
| 18 | Men 200 Freestyle Relay | 7:20 p.m. |
| | ESTIMATED FINISHING TIME | 7:35 p.m. |

For Friday events, you must check in on Thursday between **7:00 a.m. and 6:00 p.m.**

Earlier check in is available for each day's events on line:

<http://www.usms.org/comp/lcnats04/heats/checkin.php>

SATURDAY, AUGUST 14, 2004

| Evt # | Event | Est. Start Time |
|-------|-----------------------------|-----------------|
| 19 | Women 400 Freestyle | 8:00 a.m. |
| 21 | Women 200 Backstroke | 10:40 a.m. |
| 22 | Men 200 Backstroke | 12:00 noon |
| 23 | Women 50 Freestyle | 1:20 p.m. |
| 24 | Men 50 Freestyle | 1:40 p.m. |
| 25 | Women 100 Breaststroke | 2:05 p.m. |
| 26 | Men 100 Breaststroke | 2:45 p.m. |
| 27 | Women 200 Individual Medley | 3:30 p.m. |
| 28 | Men 200 Individual Medley | 4:30 p.m. |
| 29 | Women 100 Butterfly | 5:40 p.m. |
| 30 | Men 100 Butterfly | 6:05 p.m. |
| 31 | Women 200 Medley Relay | 6:35 p.m. |
| 32 | Men 200 Medley Relay | 7:05 p.m. |
| | ESTIMATED FINISH TIME | 7:45 p.m. |

For Saturday events, you must check in on Friday between **7:00 a.m. and 6:00 p.m.**

SUNDAY, AUGUST 15, 2004

| Evt # | Event | Est. Start Time |
|-------|-----------------------|-----------------|
| 34 | Men 400 Freestyle | 8:00 a.m. |
| 35 | Women 50 Breaststroke | 10:45 a.m. |
| 36 | Men 50 Breaststroke | 11:05 a.m. |
| 37 | Women 200 Butterfly | 11:25 a.m. |
| 38 | Men 200 Butterfly | 12:05 p.m. |
| 39 | Women 100 Freestyle | 12:55 p.m. |
| 40 | Men 100 Freestyle | 1:30 p.m. |
| 41 | Women 50 Backstroke | 2:10 p.m. |
| 42 | Men 50 Backstroke | 2:25 p.m. |
| 43 | Mixed 200 Free Relay | 2:40 p.m. |
| | ESTIMATED FINISH TIME | 3:20 p.m. |

For Sunday events, you must check in on Saturday between **7:00 a.m. and 6:00 p.m.**

The Time Line is ONLY a guide to swimmers for use in determining the start of all events. It is the responsibility of all entrants to get to the pool for their event.