

Colonies Zone Short Course Yards Championship

April 3 - 5, 2020

Hosted by Patriot Masters & George Mason University Swimming & Diving

Fairfax, Virginia

Sanctioned by Potomac Valley LMSC for USMS, INC. #

Estimated Event Start Times

Friday April 3, 2020

<u>Shallow end</u>			<u>Deep end</u>	
1	4:00 pm	1000 Free Mixed 1650 Free Mixed	4:00 pm	3

Saturday April 4, 2020

<u>Women – Shallow end</u>			<u>Men – Deep end</u>	
5	10:00 am	100 Free	10:00 am	6
7	10:20 am	200 Back	10:40 am	8
9	11:00 am	400 Mixed Free Relay	(swum in shallow end)	
11	11:10 am	200 Mixed Medley Relay	(swum in shallow end)	
13	11:20 am	50 Fly	11:20 am	14
15	11:30 am	200 IM	11:35 am	16
17	11:50 am	500 Free	11:55 am	18
19	12:55 pm	100 Breast	1:05 pm	20
21	1:10 pm	200 Fly	1:25 pm	22
23	1:20 pm	50 Back	1:50 pm	24
25	1:30 pm	800 Free Relay	2:05 pm	26
27	1:45 pm	400 Medley Relay	2:15 pm	28
29	1:55 pm	200 Free Relay	2:30 pm	30

Sunday April 5, 2020

<u>Women – Deep end</u>			<u>Men – Shallow end</u>	
31	10:00 am	200 Free	10:00 am	32
33	10:25 am	100 IM	10:35 am	34
	(swum in shallow end)	800 Mixed Free Relay	11:05 am	35
	(swum in shallow end)	400 Mixed Medley Relay	11:15 am	37
	(swum in shallow end)	200 Mixed Free Relay	11:20 am	39
41	11:30 am	50 Breast	11:30 am	42
43	11:40 am	100 Fly	11:45 am	44
45	11:55 am	400 IM	12:00 pm	46
47	12:20 pm	50 Free	12:30 pm	48
49	12:30 pm	200 Breast	12:50 pm	50
51	12:55 pm	100 Back	1:05 pm	52
53	1:05 pm	400 Free Relay	1:20 pm	54
55	1:15 pm	200 Medley Relay	1:35 pm	56