

**2011 Colonies Zone LCM Championship Meet, Sanction #: 042-005-SLCM-2011**  
**June 24-26, 2011 at Middlebury College**  
**Draft Timeline as of 06/19/11. Actual start times may vary.**

Session: 1 Friday

Day of Meet: 1 Warm-ups start at 11:00 AM. Meet starts at 12:00 PM

	<b>Event</b>	<b>Entries</b>	<b>Heats</b>	<b>Starts at</b>	
1	Women 1500 Freestyle	27	4	12:00 PM	1 & 2 will alternate
2	Men 1500 Freestyle	34	5	12:35 PM	
	Break: 20 Minutes				
3	Women 800 Freestyle	41	6	04:39 PM	3 & 4 will alternate
4	Men 800 Freestyle	31	5	04:58 PM	
	Swimmer Count for Warm-ups: 100	=====	=====		
	Entry / Heat Totals:	133	20		
	Finish Time			07:29 PM	

Session: 2 Saturday

Day of Meet: 2 Warm-ups start at 8:00 AM. Meet starts at 09:00 AM

6	Men 400 Freestyle	45	8	09:00 AM	
	Break: 20 Minutes				
7	Women 50 Breaststroke	41	7	10:17 AM	
8	Men 50 Breaststroke	37	7	10:28 AM	
9	Women 200 Backstroke	29	5	10:38 AM	
10	Men 200 Backstroke	22	4	11:03 AM	
11	Women 100 Freestyle	56	10	11:20 AM	
12	Men 100 Freestyle	63	11	11:40 AM	
13	Women 400 IM	19	4	12:01 PM	
14	Men 400 IM	26	5	12:38 PM	
15	Women 50 Backstroke	45	8	01:20 PM	
16	Men 50 Backstroke	34	6	01:34 PM	
	Break: 10 Minutes				
17	Women 200 Breaststroke	21	4	01:53 PM	
18	Men 200 Breaststroke	30	5	02:12 PM	
19	Women 100 Butterfly	26	5	02:33 PM	
20	Men 100 Butterfly	30	5	02:44 PM	
	Break: 5 Minutes				
21	Women 400 Freestyle Relay	0	0	03:00 PM	
22	Men 400 Freestyle Relay	0	0		
23	Mixed 400 Freestyle Relay	0	0		
	Swimmer Count for Warm-ups: 180	=====	=====		
	Entry / Heat Totals:	524	94		
	Finish Time			3:30 PM	

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Day of Meet: 3 Warm-ups start at 7:00 AM. Meet starts at 08:00 AM

	<b>Event</b>	<b>Entries</b>	<b>Heats</b>	<b>Starts at</b>
25	Women 400 Freestyle Break: 20 Minutes	33	5	08:00 AM
27	Women 50 Freestyle	49	9	09:02 AM
28	Men 50 Freestyle	54	9	09:13 AM
29	Women 200 Butterfly	14	3	09:23 AM
30	Men 200 Butterfly	22	4	09:39 AM
31	Women 100 Breaststroke	24	4	09:55 AM
32	Men 100 Breaststroke Break: 10 Minutes	24	4	10:05 AM
33	Women 200 IM	23	4	10:24 AM
34	Men 200 IM	40	7	10:42 AM
35	Women 50 Butterfly	33	6	11:10 AM
36	Men 50 Butterfly Break: 10 Minutes	36	6	11:18 AM
37	Women 200 Freestyle	36	6	11:35 AM
38	Men 200 Freestyle	42	7	11:58 AM
39	Women 100 Backstroke	32	6	12:23 PM
40	Men 100 Backstroke Break: 5 Minutes	31	6	12:39 PM
41	Women 400 Medley Relay	0	0	12:59 PM
42	Men 400 Medley Relay	0	0	
43	Mixed 400 Medley Relay	0	0	
	Swimmer Count for Warm-ups: 161	=====	=====	
	Entry / Heat Totals:	493	86	
	Finish Time			1:30 PM