

Pre-Scratch Estimated Time Line for Prelim Sessions
2023 Speedo Winter Junior Championships (West)
Westmont, Ill
December 6 - 9, 2023

Event	Heats	Start Time
WOMEN'S POOL		
<u>Thursday, December 7, 2023</u>		
5 W 500 Free	9	9:00 AM
5 Min Break		
7 W 200 IM	17	9:51 AM
10 Min Break		
9 W 50 Free	18	10:42 AM
End of Session		10:55 AM
<u>Friday, December 8, 2023</u>		
13 W 400 IM	9	9:00 AM
15 W 100 Fly	15	9:44 AM
10 Min Break		
17 W 200 Free	13	10:13 AM
19 W 100 Breast	13	10:44 AM
10 Min Break		
21 W 100 Back	14	11:12 AM
End of Session		11:33 AM
<u>Saturday, December 9, 2023</u>		
27 W 200 Back	11	9:00 AM
5 Min Break		
29 W 100 Free	20	9:33 AM
15 Min Break		
31 W 200 Breast	12	10:11 AM
5 Min Break		
33 W 200 Fly	8	10:48 AM
End of Session		11:07 AM
DISTANCE		
<u>Saturday, December 9, 2023</u>		
26 M 1650 Free	3	2:10 PM
25 W 1650 Free	4	2:58 PM
End of Session		4:00 PM

Event	Heats	Start Time
MEN'S POOL		
<u>Thursday, December 7, 2023</u>		
6 M 500 Free	15	9:00 AM
5 Min Break		
8 M 200 IM	19	10:17 AM
10 Min Break		
10 M 50 Free	20	11:08 AM
End of Session		11:22 AM
<u>Friday, December 8, 2023</u>		
14 M 400 IM	13	9:00 AM
16 M 100 Fly	17	9:59 AM
10 Min Break		
18 M 200 Free	16	10:32 AM
20 M 100 Breast	17	11:04 AM
10 Min Break		
22 M 100 Back	13	11:40 AM
End of Session		11:58 AM
<u>Saturday, December 9, 2023</u>		
28 M 200 Back	10	9:00 AM
5 Min Break		
30 M 100 Free	17	9:28 AM
15 Min Break		
32 M 200 Breast	16	10:02 AM
5 Min Break		
34 M 200 Fly	14	10:45 AM
End of Session		11:15 AM
DISTANCE		
<u>Saturday, December 9, 2023</u>		
26 M 1650 Free	6	2:10 PM
End of Session		4:00 PM

** The slowest heats of the Men's 1650 will swim first in the Women's Pool **

