

2019 Phillips 66 National Championships

Wednesday, July 31 - Sunday, August 4

Avery Aquatic Center, Stanford, CA

Estimated Pre-Scratch Prelims Timeline And Finals Summary

Wednesday, July 31

Event	Heats	Start
1 W 200 Fly	10	9:00 AM
2 M 200 Fly	9	9:29 AM
3 W 100 Free	12	9:53 AM
4 M 100 Free	12	10:12 AM
End of Session		10:30 AM

Distance Heats

5 W 800 Free	6	1:42 PM
6 M 1500 Free	5	2:00 PM
End of Session		4:00 PM

Sunday, August 4

Event	Heats	Start
28 W 200 IM	12	9:00 AM
29 M 200 IM	10	9:35 AM
31 W 50 Free	10	10:03 AM
32 M 50 Free	13	10:14 AM
End of Session		10:27 AM

Distance Heats

30 M 800 Free	7	1:31 PM
27 W 1500 Free	5	1:48 PM
End of Session		4:00 PM

Thursday, August 1

Event	Heats	Start
8 W 200 Free	11	9:00 AM
9 M 200 Free	14	9:29 AM
10 W 200 Breast	9	10:04 AM
11 M 200 Breast	10	10:34 AM
12 W 200 Back	9	11:03 AM
13 M 200 Back	9	11:32 AM
End of Session		11:59 AM

Friday, August 2

Event	Heats	Start
15 W 400 IM	9	9:00 AM
16 M 400 IM	8	9:49 AM
17 W 100 Fly	13	10:30 AM
18 M 100 Fly	12	10:52 AM
End of Session		11:11 AM

Saturday, August 3

Event	Heats	Start
20 W 400 Free	9	9:00 AM
21 M 400 Free	10	9:44 AM
22 W 100 Breast	11	10:30 AM
23 M 100 Breast	10	10:51 AM
24 W 100 Back	12	11:08 AM
25 M 100 Back	11	11:32 AM
End of Session		11:52 AM

Finals Summary

Event	Start
1-6 Wednesday B/A Finals	5:00 PM
7 M 4x100 Free Relay	6:48 PM
1-4 Wednesday C/D Finals	7:08 PM
End of Session	7:25 PM
8-13 Thursday B/A Finals	5:00 PM
14 W 4x100 Free Relay	6:41 PM
8-13 Thursday C/D Finals	6:59 PM
End of Session	7:33 PM
15-18 Friday B/A Finals	5:00 PM
19 W 4x200 Free Relay	6:16 PM
15-18 Friday C/D Finals	6:38 PM
End of Session	7:06 PM
20-25 Saturday B/A Finals	5:00 PM
26 M 4x200 Free Relay	6:40 PM
20-25 Saturday C/D Finals	7:09 PM
End of Session	7:43 PM
27-32 Sunday B/A Finals	5:00 PM
33-34 W/M 400 Medley Relay	6:45 PM
28-32 Sunday C/D Finals	7:28 PM
End of Session	8:00 PM

