

## Combined Master Time line for LSC/Zones

| Check In                                 | Pre-race Meeting | Women/Men                                                          | Distance                       | Start time                                                            |
|------------------------------------------|------------------|--------------------------------------------------------------------|--------------------------------|-----------------------------------------------------------------------|
| Friday 4:30 PM                           | 5:00 PM          | 1 & 2 (Open)<br>LSC                                                | Splash and<br>Dash 400 YD      | 5:30 PM (Open wave)<br>5:45 PM (Buddy<br>wave)                        |
| <b>Friday 5:15 PM</b>                    | <b>5:45 PM</b>   | <b>1 &amp; 2 (Open)<br/>Zones</b>                                  | <b>1K</b>                      | <b>6:15 PM</b>                                                        |
| Saturday 7:00 AM                         | 7:30 AM          | 3 & 4 (Open)<br>LSC                                                | 1 Mile                         | 8:00 AM                                                               |
| Saturday 8:00 AM                         | 8:30 AM          | 5 & 6 (Open)<br>LSC                                                | 5K                             | 9:00 AM                                                               |
| Saturday 9:45 AM                         | 10:45 AM         | 7 & 8 (13/14)<br>9 & 10 (Open)<br>LSC                              | 3K                             | 11:15 AM                                                              |
| Saturday 11:30<br>AM                     | 12:00 PM         | 11 & 12 (11/12)<br>13 & 14 (Open)<br>LSC                           | 2K                             | 12:30 PM                                                              |
| Saturday 1:00 PM                         | 1:30 PM          | 15 & 16<br>(10/Under)<br>17 & 18 (Open)<br>LSC                     | 800 M                          | 1:45 PM (10/U wave)<br>1:55 PM (Open wave)<br>2:05 PM (Buddy<br>wave) |
| <b>Saturday 1:45<br/>PM</b>              | <b>2:15 PM</b>   | <b>3 &amp; 4 (11/12)<br/>Zones</b>                                 | <b>3K</b>                      | <b>2:45 PM</b>                                                        |
| <b>Saturday 2:30<br/>PM*</b>             | <b>3:00 PM</b>   | <b>5 &amp; 6 (15/16)<br/>7 &amp; 8 (13/14)<br/>Zones</b>           | <b>5K</b>                      | <b>3:30 PM</b>                                                        |
| <b>Saturday 4:00<br/>PM*</b>             | <b>4:30 PM</b>   | <b>9 &amp; 10 (Sr.<br/>Open)<br/>Zones</b>                         | <b>5K</b>                      | <b>5:00 PM</b>                                                        |
| <b>Sunday 9:00 AM</b>                    | <b>9:30 AM</b>   | <b>11 &amp; 12 (Open)<br/>31 &amp; 32<br/>(14/Under)<br/>Zones</b> | <b>Team<br/>Pursuit<br/>3K</b> | <b>10:00 AM</b>                                                       |
| <b>*May be combined and run in waves</b> |                  |                                                                    |                                |                                                                       |