



# Timeline Changes

March 27 – 30, 2024

(Wednesday – no change)

<b>Practice</b>	<b>**Wednesday open to all ages</b>	<b>2:00 – 4:00 PM</b>	<b>N/A</b>
<b>Continuous Warmup</b>	<b>**Wednesday open to all ages</b>	<b>4:00 – 20 minutes after session 1 ends</b>	<b>N/A</b>
<b>SESSIONS</b>	<b>11–14-Year-Old Sessions:</b>	<b>Warm-up*</b>	<b>Start*</b>
	Wednesday Evening <i>Timed Finals</i>	4:00 – 4:50 PM	5:00 PM
	<b>Thursday Prelims Boys</b> 11-14	<b>7:30 – 8:25 AM</b>	<b>8:30 AM</b>
	<b>Thursday Prelims Girls</b> 11-14	<b>10:30 – 11:25 AM</b>	<b>11:30 AM</b>
	<b>Thursday Finals – Both Genders</b>	<b>4:30 – 5:20 PM</b>	<b>5:30 PM</b>
	<b>Friday Prelims Girls</b> 11-14	<b>7:30 – 8:25 AM</b>	<b>8:30 AM</b>
	<b>Friday Prelims Boys</b> 11-14	<b>10:45 – 11:40 AM</b>	<b>11:45 AM</b>
	<b>Friday Finals – Both Genders</b>	<b>4:30 – 5:20 PM</b>	<b>5:30 PM</b>
	<b>Saturday Prelims Boys</b> 11-14	<b>7:30 – 8:25 AM</b>	<b>8:30 AM</b>
	<b>Saturday Prelims Girls</b> 11-14	<b>10:20 – 11:15 AM</b>	<b>11:20 AM</b>
	<b>Saturday Finals – Both Genders</b>	<b>4:30 – 5:20 PM</b>	<b>5:30 PM</b>
	<b>10 &amp; Under Timed Finals</b>	<b>Warm-up*</b>	<b>Start*</b>
	Thursday	<b>1:30 – 2:10 PM</b>	<b>2:15 PM</b>
	Friday	<b>1:45 – 2:25 PM</b>	<b>2:30 PM</b>
	Saturday	<b>1:15 – 1:55 PM</b>	<b>2:00 PM</b>
<b>** See Wednesday Practice and Warm-Up Rules</b>			
<p><i>*Note that Session warm-up and start times for all Timed Finals and Finals Sessions could change based on timelines. Changes will be forwarded to Head Coaches, posted at the venue, posted on the hosted meet site, Eastern Zone website, and announced during the meet as necessary. Warm-up sessions for 11 &amp; Overs may be split with clubs assigned specific times and lanes if deemed appropriate by the Meet Directors.</i></p>			