



2026 SoFlo Last Chance Summer Invite

6/19/2026 to 6/21/2026



Estimated Pre-Scratch Prelims Timeline

<u>Friday AM Prelims</u>				<u>Saturday AM Prelims</u>			
Event		Heats	Start	Event		Heats	Start
1	G 13 & Over 200 Fly	1	8:00 AM	23	G 13 & Over 200 Breast	2	8:00 AM
2	B 13 & Over 200 Fly	2	8:04 AM	24	B 13 & Over 200 Breast	4	8:09 AM
3	G 12 & Under 100 Back	4	8:10 AM	25	G 12 & Under 50 Breast	7	8:25 AM
4	B 12 & Under 100 Back	5	8:20 AM	26	B 12 & Under 50 Breast	8	8:35 AM
5	G 13 & Over 100 Back	5	8:31 AM	27	G 13 & Over 50 Free	7	8:47 AM
6	B 13 & Over 100 Back	6	8:43 AM	28	B 13 & Over 50 Free	11	8:54 AM
7	G 12 & Under 50 Fly	6	8:57 AM	29	G 12 & Under 50 Free	8	9:05 AM
8	B 12 & Under 50 Fly	8	9:05 AM	30	B 12 & Under 50 Free	12	9:14 AM
	Time Break (WarmUp Pool)		9:15 AM		Time Break (WarmUp Pool)		9:28 AM
9	G 13 & Over 100 Free	6	9:45 AM	31	G 13 & Over 200 Back	2	9:58 AM
10	B 13 & Over 100 Free	11	9:54 AM	32	B 13 & Over 200 Back	2	10:05 AM
11	G 12 & Under 100 Free	7	10:12 AM	33	G 12 & Under 50 Back	8	10:14 AM
12	B 12 & Under 100 Free	10	10:26 AM	34	B 12 & Under 50 Back	9	10:26 AM
13	G 13 & Over 100 Breast	3	10:45 AM	35	G 13 & Over 100 Fly	5	10:42 AM
14	B 13 & Over 100 Breast	6	10:51 AM	36	B 13 & Over 100 Fly	6	10:52 AM
15	G 12 & Under 100 Breast	4	11:03 AM	37	G 12 & Under 100 Fly	1	11:02 AM
16	B 12 & Under 100 Breast	5	11:12 AM	38	B 12 & Under 100 Fly	3	11:04 AM
17	G 13 & Over 200 IM	4	11:24 AM	39	G 13 & Over 200 Free	4	11:10 AM
18	B 13 & Over 200 IM	6	11:37 AM	40	B 13 & Over 200 Free	7	11:22 AM
19	G 12 & Under 200 IM	3	11:56 AM	41	G 12 & Under 200 Free	4	11:42 AM
20	B 12 & Under 200 IM	3	12:07 PM	42	B 12 & Under 200 Free	6	11:55 AM
	End of Session		12:18 PM		End of Session		12:15 PM

All scratches from Finals will be received from coaches at the resolution desk only. All scratches for the next day will be received via email to swimvirtualar@gmail.com

Timeline:

For Friday events on Thursday 18th @ 5:30 PM

For Saturday events on Friday 19th @ 7:00 PM

For Sunday events on Saturday 20th @ 7:00PM

For Distance 1500M FR – Positive check-in on Saturday 20th @ 6:00 PM



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Estimated Finals Timeline

<u>Friday Finals</u>				<u>Saturday Finals</u>			
Event		Heats	Start	Event		Heats	Start
1	G 13 & Over 200 Fly	2	6:00 PM	23	G 13 & Over 200 Breast	2	6:00 PM
2	B 13 & Over 200 Fly	2	6:07 PM	24	B 13 & Over 200 Breast	2	6:08 PM
3	G 12 & Under 100 Back	2	6:13 PM	25	G 12 & Under 50 Breast	2	6:16 PM
4	B 12 & Under 100 Back	2	6:17 PM	26	B 12 & Under 50 Breast	2	6:19 PM
5	G 13 & Over 100 Back	2	6:22 PM	27	G 13 & Over 50 Free	2	6:22 PM
6	B 13 & Over 100 Back	2	6:26 PM	28	B 13 & Over 50 Free	2	6:23 PM
7	G 12 & Under 50 Fly	2	6:31 PM	29	G 12 & Under 50 Free	2	6:25 PM
8	B 12 & Under 50 Fly	2	6:34 PM	30	B 12 & Under 50 Free	2	6:27 PM
	Time Break (WarmUp Pool)		6:36 PM		Time Break (WarmUp Pool)		6:30 PM
9	G 13 & Over 100 Free	2	6:51 PM	31	G 13 & Over 200 Back	2	6:45 PM
10	B 13 & Over 100 Free	2	6:54 PM	32	B 13 & Over 200 Back	2	6:51 PM
11	G 12 & Under 100 Free	2	6:57 PM	33	G 12 & Under 50 Back	2	7:00 PM
12	B 12 & Under 100 Free	2	7:00 PM	34	B 12 & Under 50 Back	2	7:03 PM
13	G 13 & Over 100 Breast	2	7:04 PM	35	G 13 & Over 100 Fly	2	7:06 PM
14	B 13 & Over 100 Breast	2	7:08 PM	36	B 13 & Over 100 Fly	2	7:09 PM
15	G 12 & Under 100 Breast	2	7:11 PM	37	G 12 & Under 100 Fly	2	7:12 PM
16	B 12 & Under 100 Breast	2	7:16 PM	38	B 12 & Under 100 Fly	2	7:16 PM
17	G 13 & Over 200 IM	2	7:20 PM	39	G 13 & Over 200 Free	2	7:20 PM
18	B 13 & Over 200 IM	2	7:26 PM	40	B 13 & Over 200 Free	2	7:26 PM
19	G 12 & Under 200 IM	2	7:32 PM	41	G 12 & Under 200 Free	2	7:31 PM
20	B 12 & Under 200 IM	2	7:40 PM	42	B 12 & Under 200 Free	2	7:37 PM
	Time Break (WarmUp Pool)		7:47 PM		Time Break (WarmUp Pool)		7:43 PM
21	G 400 Free	5	8:02 PM	43	G 400 IM	2	7:58 PM
22	B 400 Free	7	8:31 PM	44	B 400 IM	2	8:13 PM
	End of Session		9:10 PM		End of Session		8:27 PM

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Timeline:

For Friday events on Thursday 18th @ 5:30 PM

For Saturday events on Friday 19th @ 7:00 PM

For Sunday events on Saturday 20th @ 7:00PM

For Distance 1500M FR – Positive check-in on Saturday 20th @ 6:00 PM



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Sunday TF

Event		Heats	Start
45	Girls 1500 Freestyle (Alt)	2	7:30 AM
46	Boys 1500 Freestyle (Alt)	2	7:51 AM
	Time Break (WarmUp Pool)		9:00 AM
47	Girls 13 & Over 50 Butterfly	5	10:00 AM
48	Boys 13 & Over 50 Butterfly	7	10:06 AM
49	Girls 12 & Under 200 Butterfly	1	10:15 AM
50	Boys 12 & Under 200 Butterfly	1	10:19 AM
51	Girls 13 & Over 50 Backstroke	3	10:25 AM
52	Boys 13 & Over 50 Backstroke	4	10:30 AM
53	Girls 12 & Under 200 Backstroke	1	10:37 AM
54	Boys 12 & Under 200 Backstroke	2	10:42 AM
55	Girls 13 & Over 50 Breaststroke	3	10:52 AM
56	Boys 13 & Over 50 Breaststroke	6	10:56 AM
57	Girls 12 & Under 200 Breaststroke	2	11:05 AM
58	Boys 12 & Under 200 Breaststroke	1	11:14 AM
	End of Session		11:19 AM

Events 1500 LCM FR (#45 and #46) will swim alternating Girls and Boys,
from the slowest to fastest. heats

swimvirtualar@gmail.com