SCHEDULE:

	Tuesday	Wednesday	Thursday	Friday
Pool opens for wake-up swims	8:00AM-12:00PM	6:00 AM	6:00 AM	6:00 AM
Swimming Warm-ups	2:30 PM	8:30 AM	8:30 AM	8:30 AM
Coaches Meeting		9:15 AM		
Pace Lanes	3:20 PM	9:20 AM	9:20 AM	9:20 AM
Prelims Competition		10:00 AM	10:00 AM	10:00 AM
Warm-ups	2:30 PM	4:30 PM	4:30 PM	2:30 PM
Pace Lanes	3:20 PM	5:20 PM	5:20 PM	3:20 PM
Finals Competition	4:00 PM	6:00 PM	6:00 PM	4:00 PM

		Tuesday, November 18 *Day One TIMED FINALS*
		1650y Freestyle– 4:00pm
		800 Freestyle Relay- 6:00pm
Wednesday, November 19 *Day One Prelims*		**Wednesday, November 19** *Day One FINALS*
100y Butterfly– 10:00am		200y Medley Relay – 6:00pm
400y Individual Medley		*10 Min - Break*
200y Freestyle		100y Butterfly
100y Breaststroke		400y Individual Medley
		200y Freestyle
		100y Breaststroke
Thursday, November 20 *Day Two Prelims*		**Thursday, November 20** *Day Two FINALS*
100y Backstroke – 10:00am		200y Freestyle Relay – 6:00pm
200y Breaststroke		*10 Min – Break*
500y Freestyle		100y Backstroke
50y Freestyle		200y Breaststroke
		500y Freestyle
		50y Freestyle
		20 Min- Break
		400 Medley Relay
Friday, November 21 *Day Three Prelims*		**Friday, November 21** *Day Three FINALS*
200y Individual Medley – 10:00am		200y Individual Medley- 4:00pm
100y Freestyle		100y Freestyle
200y Butterfly		200y Butterfly
200y Backstroke		200y Backstroke
		20 Min - Break
		400y Freestyle Relay