



Schedule

All times Eastern Standard Time (Daylight Savings Time Begins March 12)

Monday

8:00 am Entry Deadline

Tuesday

12:00 pm [Coaches Meeting \(Zoom\)](#)

Wednesday

8:00 am - Warm-Up Pool Opens
6:00 pm - Thursday Scratches Due
8:00 pm - Warm-Up Pool Closes

Thursday

7:00 am - Pool Opens for Warm-Up
9:15 am - Pool Closes for Warm-Up
9:30 am - Preliminaries Session Begins

- 50 Backstroke
- 500 Freestyle
- 50 Butterfly
- 200 Individual Medley
- 50 Breaststroke
- 50 Freestyle
- 5 Minute Break --
- 400 Medley Relay

3:00 pm - Pool Opens for Warm-Up
5:00 pm - Relay Cards Due
5:45 pm - Competition Pool Closes
6:00 pm - Scratches for Next Day Due
6:00 pm - Finals Session Begins

- 200 Free Relay
- 5 Minute Break --
- 50 Backstroke
- 500 Freestyle
- 50 Butterfly
- 200 Individual Medley
- 50 Breaststroke
- 50 Freestyle
- 5 Minute Break --
- 400 Medley Relay (20 Fastest A Relays)



Friday

- | | |
|---------|---|
| 7:00 am | - Pool Opens for Warm-Up |
| 9:15 am | - Pool Closes for Warm-Up |
| 9:30 am | - Preliminaries Session Begins <ul style="list-style-type: none">• 400 Individual Medley• 100 Butterfly• 200 Freestyle• 100 Breaststroke• 100 Backstroke-- 5 Minute Break --• 800 Freestyle Relay |
| 3:00 pm | - Pool Opens for Warm-Up |
| 5:00 pm | - Relay Cards Due |
| 5:45 pm | - Competition Pool Closes |
| 6:00 pm | - Scratches for Next Day Due |
| 6:00 pm | - Finals Session Begins <ul style="list-style-type: none">• 200 Medley Relay-- 10 Minute Break --• 400 Individual Medley• 100 Butterfly• 200 Freestyle• 100 Breaststroke• 100 Backstroke-- 5 Minute Break --• 800 Freestyle Relay (20 Fastest A Relays) |

Saturday

- | | |
|---------|--|
| 7:00 am | - Pool Opens for Warm-Up |
| 9:15 am | - Pool Closes for Warm-Up |
| 9:30 am | - Preliminaries Session Begins <ul style="list-style-type: none">• 100 Individual Medley• 200 Backstroke• 100 Freestyle• 200 Breaststroke• 200 Butterfly• 1650 Freestyle* |
| 4:30 pm | - Pool Opens for Warm-Up |
| 5:00 pm | - Relay Cards Due |
| 5:45 pm | - Competition Pool Closes |
| 6:00 pm | - Finals Session Begins <ul style="list-style-type: none">• 1000 Freestyle*• 1650 Freestyle* - last men's and women's heats of timed finals• 100 Individual Medley• 200 Backstroke• 100 Freestyle• 200 Breaststroke• 200 Butterfly-- 10 Minute Break --• 400 Freestyle Relay |

* The 1000/1650 free will be run as a timed final event with the fastest heat of each race swum during the evening session. The start time for the 1650 freestyle will begin at approximately 3:30 pm, alternating men and women, slowest to fastest, with the last heat of the men's and women's preliminaries to end at approximately 4:15.