

PROCEDURE: A Scratch box will be provided and all scratches are due by 5:30pm the previous evening.  
Anyone wishing to scratch from the evening finals must adhere to the 30 minute scratch rule.

## JANIS HAPE DOWD NIKE CUP SCHEDULE

Wednesday, November 14, 2012

Pool Open for Warm-up

### Daily Schedule

<b>6:30am</b>	<b>Pool open for Warm-up</b>
<b>9:50am</b>	<b>Pool Cleared for Prelims</b>
<b>10:00am</b>	<b>Prelims Begin</b>
<b>5:30pm</b>	<b>Scratches due for following day's events</b>
<b>5:50pm</b>	<b>Pool Cleared for Finals</b>
<b>6:00pm</b>	<b>Finals Begin</b>

Thursday, November 15, 2012

<u>WOMEN'S EVENT #</u>	<u>EVENT</u>	<u>MEN'S EVENT #</u>
1	200 Freestyle Relay	2
3	500 Freestyle	4
5	200 Individual Medley	6
7	50 Freestyle	8
9	Diving	10
	Women 1 Meter	
	Men 3 Meter	
11	400 Medley Relay	12

Friday, November 16, 2012

<u>WOMEN'S EVENT #</u>	<u>EVENT</u>	<u>MEN'S EVENT#</u>
13	200 Medley Relay	14
15	400 Individual Medley	16
17	100 Butterfly	18
19	200 Freestyle	20
21	100 Breaststroke	22
23	100 Backstroke	24
25	Diving	26
	Women 3 Meter	
	Men 1 Meter	
27	800 Freestyle Relay	28

Saturday, November 17, 2012

<u>WOMEN'S EVENT #</u>	<u>EVENT</u>	<u>MEN'S EVENT#</u>
29	1650 Freestyle	30
31	200 Backstroke	32
33	100 Freestyle	34
35	200 Breaststroke	36
37	200 Butterfly	38
39	10 Meter Diving	40
41	400 Freestyle Relay	42

**\* Events will be limited to the fastest 48(6heats) individuals entered**

**\*\*All relays will be swum as timed finals**

**# The 1650 Freestyle will be swum slowest to fastest beginning at 2pm. We will alternate between Women and Men. All heats completed by 5:00pm with the top Women's and Men's heat being swum in the finals session. The 1650 Freestyle will be limited to the fastest 40 competitors of each sex.**