



2020 FIU Sprint Invitational

Florida International University is pleased to host FIU Sprint Invitational Saturday January 4, 2020. Competition begins at 10am; warm ups begin at 8am.

The FIU Sprint Invite will be in a non-traditional format to allow coaches to fit their training. This year we are incorporating a tournament style competition of the 50's of all strokes.

The maximum number of swimming events per swimmer will be 5.

Schedule of Events:

- 1) 50 Backstroke (Heats - Round 1)**
- 2) 50 Breaststroke (Heats - Round 1)**
- 3) 50 Butterfly (Heats - Round 1)**
- 4) 50 Free (Heats - Round 1)**
- 5) 200 Free
- 6) 100 IM
- 7) 50 Backstroke (Top 8 - Round 2)**
- 8) 50 Breaststroke (Top 8 - Round 2)**
- 9) 50 Butterfly (Top 8 - Round 2)**
- 10) 50 Free (Top 8 - Round 2)**
- 10 Minute Break
- 11) 100 Free
- 12) 100 Back
- 13) 50 Backstroke (Top 4 - Round 3)**
- 14) 50 Breaststroke (Top 4 - Round 3)**
- 15) 50 Butterfly (Top 4 - Round 3)**
- 16) 50 Free (Top 4 - Round 3)**
- 17) 400 Free (limit 4 entries per team)
- 18) 100 Butterfly
- 19) 100 Breaststroke
- 20) 50 Backstroke (Top 2 - Final)**
- 21) 50 Breaststroke (Top 2 - Final)**
- 22) 50 Butterfly (Top 2 - Final)**
- 23) 50 Free (Top 2 - Final)**
- 24) 1 Meter Diving (run simultaneously with swimming events)
- 25) 3 Meter Diving (run simultaneously with swimming events)

Seeding: Entries will be seeding based on best season time. Each swimmer may enter a maximum of 5 events.

Scoring: 16 place invitational scoring; top 4 individuals score per team per event.