

2020 Apple Capital Open May 29th – 31st

Entries: All swimmers may enter four (4) individual events on Friday, Saturday, and Sunday, and one (1) relay both Saturday & Sunday.

Session: 1 Friday Morning Day of Meet: 1 Starts at 10:00 AM Heat Interval: 30 Seconds / Back +15 Seconds Start time is approximate and may be adjusted depending on entries!

Race #	
1	Mixed 12 & Under 200 Freestyle
2	Mixed 11-12 400 IM
3	Mixed 11-12 100 Butterfly
4	Mixed 10 & Under 200 IM
5	Mixed 11-12 400 Freestyle
6	Mixed 11-12 200 IM

Session: 2 Friday Afternoon Day of Meet: 1 Starts at 02:45 PM Heat Interval: 30 Seconds / Back +15 Seconds Start time is approximate and may be adjusted depending on entries!

Race #	
7	Mixed 13 & Over 400 IM
8	Mixed 11 & Over 200 Backstroke
9	Mixed 13 & Over 100 Butterfly
10	Mixed 13 & Over 50 Breaststroke
11	Mixed 13 & Over 400 Freestyle

Session: 3 Saturday Morning Day of Meet: 2 Starts at 08:00 AM Heat Interval: 30 Seconds / Back +15 Seconds Start time is approximate and may be adjusted depending on entries!

Race#	
12	Mixed 8 & Under 100 Freestyle
13	Mixed 9-10 100 Freestyle
14	Mixed 11-12 100 Freestyle
15	Mixed 10 & Under 100 Butterfly
16	Mixed 11-12 50 Butterfly
17	Mixed 8 & Under 50 Backstroke
18	Mixed 9-10 50 Backstroke
19	Mixed 11-12 100 Backstroke
20	Mixed 8 & Under 50 Breaststroke
21	Mixed 9-10 50 Breaststroke
22	Mixed 11-12 50 Breaststroke
23	Women 10 & Under 200 Medley
24	Men 10 & Under 200 Medley Relay
25	Mixed 10 & Under 200 Medley Relay
26	Women 12 & Under 400 Medley Relay
27	27 Men 12 & Under 400 Medley Relay
28	Mixed 12 & Under 400 Medley Relay

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Session: 4 Saturday Afternoon Day of Meet: 2 Starts at 02:15 PM Heat Interval: 30 Seconds / Back +15 Seconds Start time is approximate and may be adjusted depending on entries!

Race #	
29	Mixed 11 & Over 200 Butterfly
30	Women 13 & Over 400 Medley Relay
31	Men 13 & Over 400 Medley Relay
32	Mixed 13 & Over 400 Medley Relay
33	missing
34	Mixed 13 & Over 100 Freestyle
35	Mixed 13 & Over 100 Backstroke
36	Mixed 13 & Over 50 Butterfly
37	Mixed 13 & Over 200 IM

Session: 5 Sunday Morning Day of Meet: 3 Starts at 08:00 AM Heat Interval: 30 Seconds / Back +15 Seconds Start time is approximate and may be adjusted depending on entries!

Race#	
38	Mixed 8 & Under 50 Freestyle
39	Mixed 9-10 50 Freestyle
40	Mixed 11-12 50 Freestyle
41	Mixed 8 & Under 50 Butterfly
42	Mixed 9-10 50 Butterfly
43	Mixed 10 & Under 100 Backstroke
44	Mixed 11-12 50 Backstroke
45	Mixed 10 & Under 100 Breaststroke
46	Mixed 11-12 100 Breaststroke
47	Women 10 & Under 200 Freestyle Relay
48	Men 10 & Under 200 Freestyle Relay
49	Mixed 10 & Under 200 Freestyle Relay
50	Women 12 & Under 400 Freestyle Relay
51	Men 12 & Under 400 Freestyle Relay
52	Mixed 12 & Under 400 Freestyle Relay

Session: 6 Sunday Afternoon Day of Meet: 3 Starts at 02:15 PM Heat Interval: 30 Seconds / Back +15 Seconds Start time is approximate and may be adjusted depending on entries!

Race #	
53	Mixed 11 & Over 200 Breaststroke
54	Mixed 13 & Over 200 Freestyle
55	Mixed 13 & Over 100 Breaststroke
56	Mixed 13 & Over 50 Freestyle
57	Mixed 13 & Over 50 Backstroke
58	Women 13 & Over 400 Freestyle Relay
59	Men 13 & Over 400 Freestyle Relay
60	Mixed 13 & Over 400 Freestyle Relay
61	Mixed 1500 Freestyle