MEET SCHEDULE

		Preliminaries		Finals	
		Warm–ups	**Meet Starts**	**Warm-ups Not before**	**Meet Starts Not Before**
Timed Finals	Friday			3:30 pm	5:00 pm
Prelims & Finals	Saturday	6:45 am - 7:45 am	8:00 am	2:15 pm	3:15 pm
	Sunday	6:45 am - 7:45 am	8:00 am	2:15 pm	3:15 pm
10 & Under Sessions	Saturday			11:15 am	12:00 pm
	Sunday			11:15 am	12:00 pm

MEET PROCEDURES & FORMAT

WARM-UP PROCEDURE/ TIME SCHEDULE

- ALL TIMES are LOCAL TIME
- LANE ASSIGNMENTS WILL NOT BE MADE FOR WARM-UPS.
- Assignments below are for the competition pool, west pool.
- East pool will be available throughout the meet for warm-ups and cool-down.
- NOTE: Marshals will be monitoring and enforcing warm-up procedures. Please review: Warm-up Procedures

Warm-up Schedule

Session		**General Warm-up** NO DIVING	**Sprint** Racing starts from starting end only. Swim one way. Walk back.	**Pace**	**General Warm-up** NO DIVING	**FRIDAY ONLY Sprint Lanes 1,2,9,10** **10 & Under ONLY Lanes 3-8**	**Close Pool**	**Meet Starts Not Before**
FRIDAY & PRELIMS		**ALL LANES**	**Lanes 2-4, 6-9**	**Lanes 1, 10**	**Lanes 5**			
10 & U & FINALS		**ALL LANES**	**Lanes 2, 3, 7, 8**	**Lanes 1, 10**	**Lanes 4-6**			
Timed Finals	Fri.	3:30- 4:00 pm	4:00 - 4:15 pm			4:15 -4:45 pm	4:45 pm**	5:00 pm
Prelims	Sat. & Sun.	6:45 – 7:30 am	7:30 – 7:45 am				7:45 am**	8:00 am
10 & Under ** Session	Sat.	11:15* – 11:40 pm	11:40 – 11:50 am				11:50 am	12:00 pm
	Sun.	11:15* – 11:40 pm	11:40 – 11:50 am				11:50 am	12:00 pm
Finals	Sat.	2:15* – 2:45 pm	2:45 - 3:00 pm				3:00 pm	3:15pm
	Sun.	2:15* – 2:45 pm	2:45 - 3:00 pm				3:00 pm	3:15pm

*Warm-ups will start not earlier than.
** Coaches Meeting (10 & Under Coaches meeting, Saturday - 11:00 am, Sunday- 11:00 am)

FORMAT

This meet will be run in Modified Championship Meet Format with preliminaries, consolation finals, and finals for the 12 & U and 14 & U and Open age groups. **All relay** events will be conducted as **timed finals and** all relays will swim during the preliminary session.

The distance 1650 Freestyle will be swum on a timed final basis with only the fastest seeded heat, **top 8 submitted times not indicating a prelim swim**, to swim in finals. The balance of the heats are to be held in preliminaries, swimming fastest to slowest. The event will be swum as a COMBINED timed final event (14 & U and Open) and will be awarded as 14 & Under and 15 & Over.

Ten lanes will be used in Friday and during preliminary competition Saturday and Sunday. **Eight lanes** will be used for Saturday and Sunday 10 & under sessions and final sessions.

Fly-over starts will only be used in the preliminary sessions if necessitated by timeline.

Distance event swimmers must provide their own lap counter. Lap counters that do not have deck access via their coach card or athlete status will not be allowed on deck until 15 minutes prior to the distance event start time(s) and must exit the deck immediately following the swim. These counters must sign in and out at the deck entrance security table.

Courtesy rest (12-15 minutes) shall be given for swimmers in consecutive events. It is the responsibility of the coach or swimmer to notify the meet referee of a swimmer's situation PRIOR TO the swimmer's first event regarding the courtesy.