

## **ORDER OF EVENTS**

### **FRIDAY, January 10, 2020**

Warm-up begins at 4:45 PM.

Competition begins at 5:45 PM.

Continuous warm-up/warm-down will be available in the DIVING WELL.

### **EVENTS**

12 & UN 200 IM

12 & OVER 400 IM

12 & Under 500 FREE

13 & OVER 500 FREE

All events on Friday will be deck seeded except 200 IM. Check-in closes at **5:15 PM** at the Clerk of Course.

All events on Friday will be swum fastest to slowest except 200 IM. 13 & Over 400 IM will be deck seeded and swum together but will be separated by age group in results. 13 & Over 500 Free will be deck seeded and swum together but will be separated by age group in results. The number of heats swum may be limited.

**MORNING SESSION**

**SATURDAY, January 11, 2020**

Warm-up begins at 6:45 AM

Competition begins at 8:00 AM

Continuous warm-up/warm-down will be available in the DIVING WELL

**EVENTS**

Open 400 MEDLEY RELAY (swims with finals no prelims)

13-14 400 MEDLEY RELAY (swims with finals no prelims)

SENIOR 200 BACK

13 & 14 200 BACK

SENIOR 100 FREE

13 & 14 100 FREE

SENIOR 200 IM

13 & 14 200 IM

SENIOR 100 BREAST

13 & 14 100 BREAST

SENIOR 200 FLY

13 & 14 200 FLY

*Above order is for Finals*

**AFTERNOON SESSION**

**SATURDAY, January 11, 2020**

Warm-up will begin immediately following the AM session Competition immediately following warm-up.

Continuous warm-up/warm-down will be available in the diving well.

**EVENTS**

10 & UN 200 MEDLEY RELAY (cards should be taken to the blocks)

11 & 12 200 MEDLEY RELAY (cards should be taken to the blocks)

8 & UNDER 100 IM

9 & 10 Under 100 IM

11 & 12 100 IM

8 & UNDER 25 BACK

9 & 10 50 BACK

11 & 12 50 BACK

8 & UNDER 50 FLY

9 & 10 100 FLY

11 & 12 100 FLY

8 & UNDER 50 FREE

9 & 10 100 FREE

11 & 12 100 FREE

8 & UNDER 50 BREAST

9 & 10 100 BREAST

11 & 12 100 BREAST

**FINALS SESSION**

**SATURDAY, January 11, 2020**

Warm-up begins at 4:00pm

Competition begins at 5:00pm

Continuous warm-up/warm-down will available in the scoreboard end of pool.

**See Above for Order of Events**

**MORNING SESSION**

**SUNDAY, January 12, 2020**

Warm-up begins at 6:45 AM.

Competition begins at 8:00 AM.

Continuous warm-up/warm-down will be available in the DIVING WELL.

**EVENTS**

SENIOR 400 FREE RELAY (Swimming with Prelims)

13-14 400 FREE RELAY (Swimming with Prelims)

\*12 Over 1000 FREESTYLE (fastest heat at finals, all other heats after 200 Breast)

SENIOR 100 BACK

13 & 14 100 BACK

SENIOR 200 FREE

13 & 14 200 FREE

SENIOR 100 FLY

13 & 14 100 FLY

SENIOR 50 FREE

13 & 14 50 FREE

SENIOR 200 BREAST

13 & 14 200 BREAST

**\*1000 Free is a deck seeded timed final**

Check in with the Clerk of Course by 9:00am.

The fastest heat will swim in the Finals session. All other heats will swim after 200 Breast in prelims session.

You need to provide your own timer for all heats in prelims

**AFTERNOON SESSION**

**SUNDAY, January 12, 2020**

Warm-up will begin immediately following the AM session Competition immediately following warm-up.

Continuous warm-up/warm-down will be available in the diving well.

**EVENTS**

10 & UN 200 FREE RELAY (cards should be taken to the blocks)

11 & 12 200 FREE RELAY (cards should be taken to the blocks)

8 & UN 25 BREAST

9 & 10 50 BREAST

11 & 12 50 BREAST

8 & UN 50 BACK

9 & 10 100 BACK

11 & 12 100 BACK

8 & UN 25 FREE

9 & 10 50 FREE

11 & 12 50 FREE

8 & UN 25 FLY

9 & 10 50 FLY

11 & 12 50 FLY

8 & UN 100 FREE

10 & UN 200 FREE

11 & 12 200 FREE

**FINALS SESSION**

**SUNDAY, January 12, 2020**

Warm-up begins at 4:00pm

Competition begins at 5:00pm

Continuous warm-up/warm-down will available in the scoreboard end of pool.

***See Above for Order of Events***