

SCHEDULE OF EVENTS

Wednesday, February 18, 2026

Final Session

Session Start: 4:00 p.m.

| Women | Event | Men |
|-----------------------------------|---------------------|-----|
| 1 | 1,000 Freestyle | 2 |
| 20 min break – Awards Event 1 & 2 | | |
| 3 | 200 Medley Relay | 4 |
| 20 min break – Awards Event 3 & 4 | | |
| 5 | 800 Freestyle Relay | 6 |
| Awards Event 5 & 6 | | |

** The 1000 Freestyle is a timed final event and will swim as follows: The slower heats for both the men and women will swim be seeded and swim fast to slow at the same time. Teams must provide counters for their swimmers. The genders will alternate heats for the 1000 Freestyle.

Thursday, February 19, 2026

Prelim Session

Session Start: 10:00 a.m.

| Women | Event | Men |
|---|-----------------------|-----|
| 7 | 500 Freestyle | 8 |
| 9 | 200 Individual Medley | 10 |
| 11 | 50 Freestyle | 12 |
| Time Trials – 15 Minutes Maximum Immediately Following the Prelim Session | | |

Thursday, February 19, 2026

Final Session

Session Start: 5:00 p.m.

| Women | Event | Men |
|---|-----------------------|-----|
| 7 | 500 Freestyle | 8 |
| 9 | 200 Individual Medley | 10 |
| 10 Minute Break – Awards 7-10 | | |
| 11 | 50 Freestyle | 12 |
| 15 Minute Break – Awards 11 & 12 | | |
| 13 | 200 Freestyle Relay | 14 |
| Awards 13 & 14 | | |
| Time Trials – 30 Minutes Maximum Immediately Following the Relay Awards | | |

**Conference Carolinas
2026 Men's & Women's Swimming and Diving Championships**

SCHEDULE OF EVENTS

Friday, February 20, 2026

Prelim Session

Session Start: 10:00 a.m.

| Women | Event | Men |
|--|------------------------------|------------|
| 15 | 400 Individual Medley | 16 |
| 17 | 100 Butterfly | 18 |
| 19 | 200 Freestyle | 20 |
| 10 Minute Break | | |
| 21 | 100 Breaststroke | 22 |
| 23 | 100 Backstroke | 24 |
| Time Trials – 15 Minutes Maximum Immediately Following the Prelim Session | | |

Friday, February 20, 2026

Final Session

Session Start: 5:00 p.m.

| Women | Event | Men |
|--|------------------------------|------------|
| 15 | 400 Individual Medley | 16 |
| 17 | 100 Butterfly | 18 |
| 19 | 200 Freestyle | 20 |
| 15 Minute Break – Awards Event 15-20 | | |
| 21 | 100 Breaststroke | 22 |
| 23 | 100 Backstroke | 24 |
| 15 Minute Break – Awards 21-24 | | |
| 25 | 400 Medley Relay | 26 |
| Awards Event 25&26 | | |
| Time Trials – 30 Minutes Maximum Immediately Following the Relay Awards | | |

Saturday, February 21, 2026
Prelim Session
Session Start: 10:00 a.m.

| Women | Event | Men |
|-------------------------------------|---|-----------|
| 29 | 200 Backstroke | 30 |
| 31 | 100 Freestyle | 32 |
| 33 | 200 Breaststroke | 34 |
| 35 | 200 Butterfly | 36 |
| 20 Minute Break-Timed Trials | | |
| 27 | 1,650 Freestyle – All but Last Heat of Final Times | 28 |

** The 1650 freestyle is a timed final event and will swim as follows: The slower heats for both the men and women will swim and be seeded fastest to slowest at the same time. The top seeded heat for each gender will swim at finals. Teams must provide timers and counters for their swimmers. Please enter the 1650 time or with your 1,000 time or at "NT". Mile will be seeded by 1650 times, then 1,000 times, then "NT". The genders will alternate heats for the 1650.

Saturday, February 21, 2026
Final Session
Session Start: 5:00 p.m.

| Women | Event | Men |
|--|---|-----------|
| 27 | 1,650 Freestyle – Last Heat of Time Finals | 28 |
| 29 | 200 Backstroke | 30 |
| 31 | 100 Freestyle | 32 |
| 10 Minute Break -Awards Event 27-32 | | |
| 33 | 200 Breaststroke | 34 |
| 35 | 200 Butterfly | 36 |
| 15 Minute Break – Awards Event 33-36 | | |
| 37 | 400 Freestyle Relay | 38 |
| Awards Event 37&38 | | |
| Time Trials – 15 Minutes Maximum Immediately Following the Relay Awards | | |
| 20 MINUTE BREAK IMMEDIATELY FOLLOWING AWARDS WITH TIME TRIALS (15 MINUTES MAXIMUM) DURING THE BREAK, COACHES WILL GATHER TO VOTE ON INDIVIDUAL AWARDS | | |
| Team & Individual Awards | | |