

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		