

MEET SCHEDULE

Monday, March 17

Swimming practice
Diving practice
Athletic training room
Registration

Time

4 p.m. – 8 p.m.
4 p.m. – 8 p.m.
4 p.m. – 8 p.m.
4 p.m. – 8 p.m.

Location

Greensboro Aquatic Center
Greensboro Aquatic Center
Greensboro Aquatic Center
Special Events Center Room 2

Tuesday, March 18

Swimming practice
Diving practice
Athletic training room
Registration
Scratch deadline

8 a.m. – 8 p.m.
8 a.m. – 8 p.m.
8 a.m. – 8 p.m.
8 a.m. – 8 p.m.
5 p.m.

Greensboro Aquatic Center
Greensboro Aquatic Center
Greensboro Aquatic Center
Special Events Center Room 2
Greensboro Aquatic Center

Wednesday, March 19

Athletic training room
Swimming warm up
Diving warm up

Swimming preliminaries
Diving preliminaries
Diving consolation finals
Swimming warm up
Scratch deadline
Diving warm up
Finals

7 a.m. – ½ hour after last race
7 a.m. – 9:45 a.m.
7 a.m. – 10 a.m. (open boards)
10 a.m. – 12:15 p.m. (flighted)
12:15 – 12:45 p.m. (event only)
10 a.m.
1 p.m.
30 minutes after prelims
4:30 p.m. – 5:45 p.m.
5 p.m.
5:30 – 6:30 p.m. (open boards)
6 p.m.

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Thursday, March 20

Athletic training room
Swimming warm up
Diving warmups

Swimming preliminaries
Diving preliminaries
Diving consolation finals
Swimming warm up
Scratch deadline
Diving warm up
Special Olympics relay
Finals

Time

7 a.m. – ½ hour after last race
7 a.m. – 9:45 a.m.
7 a.m. – 9:45 a.m. (open boards)
9:45 a.m. – 12 p.m. (flighted)
12 – 12:30 p.m. (event only)
10 a.m.
12:45 p.m.
30 minutes after prelims
4:30 p.m. – 5:45 p.m.
5 p.m.
5:30 p.m. – 6:30 p.m. (open boards)
5:45 p.m.
6 p.m.

Location

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Friday, March 21

Athletic training room
Swimming warm up
Diving warmups

Swimming preliminaries
Diving preliminaries
Diving consolation finals
Swimming warm up
Scratch deadline
Diving warm up
Senior recognition parade
Finals

7 a.m. – ½ hour after last race
7 a.m. – 9:45 a.m.
7 a.m. – 10 a.m. (open boards)
10 a.m. – 12:15 p.m. (flighted)
12:15 – 12:45 p.m. (event only)
10 a.m.
1 p.m.
30 minutes after prelims
4:30 p.m. – 5:45 p.m.
5 p.m.
5:30 p.m. – 6:30 p.m. (open boards)
5:45 p.m.
6 p.m.

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Saturday, March 22

Athletic training room
Swimming warm up
Diving warm up

Swimming preliminaries
Diving preliminaries
Diving consolation finals
Swimming warm up
Diving warm up
Finals

7 a.m. – ½ hour after last race
7 a.m. – 9:45 a.m.
7 a.m. – 9:45 a.m. (open boards)
9:45 a.m. – 12 p.m. (flighted)
12 – 12:30 p.m. (event only)
10 a.m.
12:45 p.m.
30 minutes after prelims
4:30 p.m. – 5:45 p.m.
5:30 p.m. – 6:30 p.m. (open boards)
6 p.m.

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WARM-UP PROCEDURES**Monday, March 17**

General swimming practice
General diving practice

4 p.m. – 8 p.m.
4 p.m. – 8 p.m.

Tuesday, March 18

General swimming practice
General diving practice

8 a.m. – 8 p.m.
8 a.m. – 8 p.m.

Wednesday, March 19 - Saturday, March 22**Preliminaries**

7 a.m. – 9:15 a.m.	General warm up
9:15 a.m. – 9:30 a.m.	Sprint lanes 2 and 8 (one way only)
	General lanes 1 and 7
	Pace lanes 3, 4, 5, and 6
9:30 a.m. – 9:45 a.m.	Sprint lanes 2, 3, 7, and 8 (one way only)
	Pace lanes 1, 4, 5, and 6
9:45 a.m.	Clear competition pool

Finals

4:30 p.m. – 5:15 p.m.	General warm up
5:15 p.m. – 5:30 p.m.	Sprint lanes 2 and 8 (one way only)
	General lanes 1 and 7
	Pace lanes 3, 4, 5, and 6
5:30 p.m. – 5:45 p.m.	Sprint lanes 2, 3, 7, and 8 (one way only)
	Pace lanes 1, 4, 5, and 6
5:45 p.m.	Clear competition pool

The competition pool will be closed during breaks, and before and after relays. **The lane designations and times on the warm-up schedule above are subject to change.** Signage will be used, and officials will work to make sure any changes are known during warmups.

The competition pool will close after the last race. The training pool will be available for cool down for one hour after the last race. Use of stretch cords will be restricted to Lane eight in the warm-up pool and only made available upon request of a meet official or deck marshal.

NO EQUIPMENT USE IN THE COMPETITION COURSE POOL.**ORDER OF EVENTS****Preliminary sessions begin at 10 a.m.****Finals sessions begin at 6 p.m.**

DAY 1: WEDNESDAY, MARCH 19		
WOMEN	PRELIMINARY SESSION	MEN
EVENT #	EVENT	EVENT #
1	500-YARD FREESTYLE	2
3	200-YARD INDIVIDUAL MEDLEY	4
5	50-YARD FREESTYLE	6
<i>20-Minute Break – Starts at the conclusion of each respective gender's 50-yd freestyle event.</i>		
8	400-YARD MEDLEY RELAY	9
	3-METER DIVING TRIALS (M)	7
WOMEN	FINALS SESSION	MEN
EVENT #	EVENT	EVENT #
1	500-YARD FREESTYLE	2
<i>AWARDS: WOMEN'S 500-YD FREESTYLE AND MEN'S 500-YD FREESTYLE</i>		
3	200-YARD INDIVIDUAL MEDLEY	4
<i>AWARDS: WOMEN'S 200-YD INDIVIDUAL MEDLEY AND MEN'S 200-YD INDIVIDUAL MEDLEY</i>		
5	50-YARD FREESTYLE	6
<i>PRESENTATION OF DIVING FINALISTS FOLLOWED BY AWARDS: WOMEN'S 50-YD FREESTYLE AND MEN'S 50-YD FREESTYLE</i>		
	3-METER DIVING FINALS (M)	7
	<i>AWARDS: MEN'S 3-METER DIVING</i>	
8	400-YARD MEDLEY RELAY	9
<i>AWARDS: WOMEN'S 400-YD MEDLEY RELAY AND MEN'S 400-YD MEDLEY RELAY</i>		

Preliminary sessions begin at 10 a.m.

Finals sessions begin at 6 p.m.

DAY 2: THURSDAY, MARCH 20		
WOMEN	PRELIMINARY SESSION	MEN
EVENT #	EVENT	EVENT #
10	400-YARD INDIVIDUAL MEDLEY	11
12	100-YARD BUTTERFLY	13
14	200-YARD FREESTYLE	15
<i>20-Minute Break – Starts at the conclusion of each respective gender's 200-yd freestyle event.</i>		
17	200-YARD FREESTYLE RELAY	18
16	1-METER DIVING TRIALS (W)	
WOMEN	FINALS SESSION	MEN
EVENT #	EVENT	EVENT #
10	400-YARD INDIVIDUAL MEDLEY	11
<i>AWARDS: WOMEN'S 400-YD INDIVIDUAL MEDLEY AND MEN'S 400-YD INDIVIDUAL MEDLEY</i>		
12	100-YARD BUTTERFLY	13
<i>AWARDS: WOMEN'S 100-YD BUTTERFLY AND MEN'S 100-YD BUTTERFLY</i>		
14	200-YARD FREESTYLE	15
<i>PRESENTATION OF DIVING FINALISTS FOLLOWED BY AWARDS: WOMEN'S 200-YD FREESTYLE AND MEN'S 200-YD FREESTYLE</i>		
16	1-METER DIVING FINALS (W)	
<i>AWARDS: WOMEN'S 1-METER DIVING</i>		
17	200-YARD FREESTYLE RELAY	18
<i>AWARDS: WOMEN'S 200 FREESTYLE RELAY AND MEN'S 200 FREESTYLE RELAY</i>		

Preliminary sessions begin at 10 a.m.

Finals sessions begin at 6 p.m.

DAY 3: FRIDAY, MARCH 21		
WOMEN	PRELIMINARY SESSION	MEN
EVENT #	EVENT	EVENT #
19	200-YARD MEDLEY RELAY	20
<i>10-Minute Break – Starts at the conclusion of each respective gender's 200-yd medley relay event.</i>		
21	200-YARD BUTTERFLY	22
23	100-YARD BACKSTROKE	24
25	100-YARD BREASTSTROKE	26
<i>20-Minute Break – Starts at the conclusion of each respective gender's 100-yd breaststroke event.</i>		
28	800-YARD FREESTYLE RELAY*	29
	<i>*Timed final event. All heats except the fastest heat. Swum slow to fast.</i>	
	1-METER DIVING TRIALS (M).	27
WOMEN	FINALS SESSION	MEN
EVENT #	EVENT	EVENT #
19	200-YARD MEDLEY RELAY	20
<i>AWARDS: WOMEN'S 200-YD MEDLEY RELAY AND MEN'S 200-YD MEDLEY RELAY</i>		
<i>10-Minute Break – Starts at the conclusion of each gender's 200-yd medley relay event.</i>		
21	200-YARD BUTTERFLY	22
<i>AWARDS: WOMEN'S 200-YD BUTTERFLY AND MEN'S 200-YD BUTTERFLY</i>		
23	100-YARD BACKSTROKE	24
<i>AWARDS: WOMEN'S 100-YD BACKSTROKE AND MEN'S 100-YD BACKSTROKE</i>		
25	100-YARD BREASTSTROKE	26
<i>PRESENTATION OF DIVING FINALISTS FOLLOWED BY AWARDS: WOMEN'S 100-YD BREASTSTROKE AND MEN'S 100-YD BREASTSTROKE</i>		
	1-METER DIVING FINALS (M)	27
<i>AWARDS: MEN'S 1-METER DIVING</i>		
28	800-YARD FREESTYLE RELAY*	29
	<i>*Fastest seeded heat. Timed final event.</i>	
<i>AWARDS: WOMEN'S 800-YD FREESTYLE RELAY AND MEN'S 800-YD FREESTYLE RELAY</i>		

Preliminary sessions begin at 10 a.m.

Finals sessions begin at 6 p.m.

DAY 4: SATURDAY, MARCH 22		
WOMEN	PRELIMINARY SESSION	MEN
EVENT #	EVENT	EVENT #
32	100-YARD FREESTYLE	33
34	200-YARD BACKSTROKE	35
36	200-YARD BREASTSTROKE	37
20-Minute Break – Starts at the conclusion of each respective gender's 200-yd breaststroke event.		
39	400-YARD FREESTYLE RELAY	40
30	1650-YARD FREESTYLE* <i>*Timed final event. All heats except the fastest heat. Swum fastest to slowest, alternating genders.</i>	31
38	3-MEETING DIVING TIRALS (W)	
WOMEN	FINALS SESSION	MEN
EVENT #	EVENT	EVENT #
30	1650-YARD FREESTYLE* <i>*Fastest seeded heat. Timed final event.</i>	31
AWARDS: WOMEN'S 1650-YD FREESTYLE AND MEN'S 1650-YD FREESTYLE		
32	100-YARD FREESTYLE	33
AWARDS: WOMEN'S 100-YD FREESTYLE AND MEN'S 100-YD FREESTYLE		
34	200-YARD BACKSTROKE	35
AWARDS: WOMEN'S 200-YD BACKSTROKE AND MEN'S 200-YD BACKSTROKE		
36	200-YARD BREASTSTROKE	37
PRESENTATION OF DIVING FINALISTS FOLLOWED BY AWARDS: WOMEN'S 200-YD BREASTSTROKE AND MEN'S 200-YD BREASTSTROKE		
38	3-METER DIVING FINALS (W)	
AWARDS: WOMEN'S 3-METER DIVING		
39	400-YARD FREESTYLE RELAY	40
AWARDS: WOMEN'S 400-YD FREESTYLE RELAY AND MEN'S 400-YD FREESTYLE RELAY		