

Day 2- Friday

7:05am-9:50am	Swimming Competition warm-up
8:45am	COACHES MEETING
9:20am	<i>Announcement #8 (Pace Lanes 1-2, Sprint 7-8, Cords 2 outside short lanes)</i>
9:55am	Pool Cleared; Announcement #4, Announcement #9 (Trials Format)

10:00am **Trials Begin**

10:00am	Event #7	Women's 500 yd. Freestyle (23 min)
10:23am		<i>5 minute break</i>
10:30am	Event #8	Men's 500 yd. Freestyle (16 min)
10:46am	Pool Open for 10 minutes; Pool Closed	
10:58am	Event #9	Women's 200 yd. I.M. (13 min)
11:11am		<i>5 minute break</i>
11:18am	Event #10	Men's 200 yd. I.M. (7 min)
11:25am	Pool Open for 12 minutes; Pool Closed	
11:39am	Event #11	Women's 50 yd Freestyle (4 min)
11:43am	Event #12	Men's 50 yd. Freestyle (3 min)
11:47am	End	

POOL TRANSITION

12:00pm-2:00pm	Women's 1 meter diving warm-up
2:00pm	Event #13 Women's 1 meter trials + 6 dive final
3:15pm	Women's 1 meter trials end
3:45pm	Women's 1 meter finals start
4:15pm	Women's 1 meter finals end
**In the event diving is not completed in a timely manner, the Games Committee will make a decision to begin non-competition warm-up in 4 lanes.	

POOL TRANSITION

4:45pm-5:50pm	Swimming competition warm-up
5:00pm	<i>Scratch Announcement #1</i>
5:20pm	<i>Announcement #8 (Pace Lanes 1-2, Sprint 7-8, Cords 2 outside short lanes)</i>
5:30pm	<i>Scratch Announcement #2</i>
5:55pm	Pool Cleared
5:55pm	<i>Scratch Announcement #3, Announcement #10 (Finals Format)</i>
5:57pm	<i>National Anthem</i>
6:00pm	Finals Begin
6:00pm	Event #7 Introduce and Swim the Women's 500 yd. Freestyle

6:06pm Final for Women's 500 yd. Freestyle
6:13pm *5 minute break*
6:20pm Event #8 Introduce and Swim the Men's 500 yd. Freestyle
6:26pm Final for Men's 500 yd. Freestyle
6:31pm Pool Open for 10 minutes; Pool Closed

Awards Women's 1 meter Diving
6:43pm Event #9 Introduce and Swim the Women's 200 yd. I.M.
6:46pm Final for Women's 200 yd. I.M.
7:00pm *5 minute break*
7:07pm Event #10 Introduce and Swim the Men's 200 yd. I.M.
7:11pm Final for Men's 200 yd. I.M.
7:15pm Pool Open for 12 minutes; Pool Closed

Awards Women and Men's 200 yd. Medley Relay
Awards Women's and Men's 500 yd. Freestyle
7:29pm Event #11 Introduce and Swim the Women's 50 yd. Freestyle
7:31pm Final for Women's 50 yd. Freestyle
7:35pm Event #12 Introduce and Swim the Men's 50 yd. Freestyle
7:37pm Final for Men's 50 yd. Freestyle
7:41pm Announce 20 minute Swim warm up and warm down

Awards Women's and Men's 200 yd. I.M.
8:03pm Event #14 Introduce and Swim the Women's 200 yd. Freestyle Relay
8:04pm Event #15 Introduce and Swim the Men's 200 yd. Freestyle Relay
End