

Day 4-Sunday

7:00am-9:50am Swimming Competition warm-up
8:45am **COACHES MEETING**
9:20am *Announcement #8 (Pace Lanes 1-2, Sprint 7-8, Cords 2 outside short lanes)*
9:55am **Pool Cleared**; *Announcement #4, Announcement #9 (Trials Format)*

10:00am Trials Begin

10:00am Event #31 Women's 200 yd. Backstroke (14 min)
10:14am 5 minute break

10:21am Event #32 Men's 200 yd. Backstroke (6 min)

10:27am Pool Open for 10 minutes; Pool Closed

10:39am Event #33 Women's 100 yd. Freestyle (5 min)

10:44am Event #34 Men's 100 yd. Freestyle (4 min)

10:48am Pool Open for 12 minutes; Pool Closed

11:02am Event #35 Women's 200 yd. Breaststroke (8 min)

11:10am 5 Min Break

11:17am Event #36 Men's 200 yd. Breaststroke (5 min)

11:22am Pool Open for 12 minutes; Pool Closed

11:36am Event #37 Women's 200 yd. Butterfly (10 min)

11:48am Event #38 Men's 200 yd. Butterfly (5 min)

11:53am Trials End

Announcement #5

3:15pm

Event #29 Women's 1650 Freestyle Trials (2 heats – slowest and 2nd fastest) 8 lanes

Event #30 Men's 1650 Freestyle Trials (1 heat) 8 lanes

4:15-5:25 pm Swimming competition warm-up

4:45pm *Announcement #8 (Pace Lanes 1-2, Sprint 7-8, Cords 2 outside short lanes)*

5:25pm **Pool Cleared**; *Announcement #4, Announcement #6; Announcement 10*

5:27pm **National Anthem**

5:30pm Finals Begin

5:30pm Event #29 Introduce and swim Women's 1650 yd. Freestyle (fastest heat)

5:49pm 5 minute break

Awards Women's and Men's 100 yd. Backstroke

Awards Women's and Men's 400 yd. Medley Relay

5:56pm Event #30 Introduce and swim Men's 1650 yd. Freestyle (fastest heat)

6:14pm Pool Open for 10 minutes; Pool Closed

6:26pm Event #31 Introduce and swim Women's 200 yd. Backstroke

6:29pm Final for Women's 200 yd. Backstroke

6:33pm		<i>5 minute break</i>
6:40pm	Event #32	Introduce and swim Men's 200 yd. Backstroke
6:43pm		Final for Men's 200 yd. Backstroke
6:47pm		Pool Open for 10 minutes; Pool Closed
	Awards	Women's and Men's 1650 yd. Freestyle
6:52pm	Event #33	Introduce and swim Women's 100 yd Freestyle
6:54pm		Final for Women's 100 yd. Freestyle
6:58pm	Event #34	Introduce and swim Men's 100 yd. Freestyle
7:00pm		Final for Men's 100 yd. Freestyle
7:04pm		Pool Open for 12 minutes; Pool Closed
	Awards	Women's and Men's 200 yd. Backstroke
7:18pm	Event #35	Introduce and swim Women's 200 yd. Breaststroke
7:22pm		Final for Women's 200 yd. Breaststroke
7:27pm		<i>5 minute break</i>
7:34pm	Event #36	Introduce and swim Men's 200 yd. Breaststroke
7:37pm		Final for Men's 200 yd. Breaststroke
7:42pm		Pool Open for 10 minutes; Pool Closed
	Awards	Women's and Men's 100 yd. Freestyle
7:54pm	Event #37	Introduce and swim Women's 200 yd. Butterfly
7:57pm		Final for women
8:02pm	Event #38	Introduce and swim Men's 200 yd. Butterfly
8:05pm		Final for men
8:10pm		<i>Announce 20 minute Swim warm up-warm down</i>
		<i>Announcement #6; Announcement #7 (COACHES MEET)</i>
	Awards	Women's and Men's 200 yd. Breaststroke
8:30pm	Event #39	Introduce and swim Women's 400 yd. Freestyle Relay
8:35pm	Event #40	Introduce and swim Men's 400 yd. Freestyle Relay

SENIOR RECOGNITION

Awards	Women's and Men's 200 yd. Butterfly
Awards	Women's and Men's 400 yd. Freestyle Relay

TEAM AND INDIVIDUAL AWARDS CEREMONY ON POOL DECK