CHAMPIONSHIP SCHEDULE

TUESDAY, FEBRUARY 27, 2024
1:00 PM – 6:00 PM Hampton Virginia Aquaplex competition pool open for practice
5:00 PM Swimming and Diving Coaches Meeting at Hampton Virginia Aquaplex

WEDNESDAY, FEBRUARY 28, 2024
7:15 AM HVA pools open for practice
7:15 AM – 10:00 AM Open diving warm-up
10:00 AM – 10:55 AM Men only diving warm-up
11:00 AM Dive Trials Begin
   Men’s One-meter Diving Prelims
3:00 PM Men’s One-meter Diving Consolations
3:45 PM Clear Competition Pool
       Introduce Head Coaches
       Lift Every Voice and Sing / The Star-Spangled Banner
4:00 PM Finals Begin
       Women’s 200-yard Medley Relay
       Men’s 200-yard Medley Relay
       Men’s One-meter Diving
       Women’s 800-yard Freestyle Relay
       Men’s 800-yard Freestyle Relay
5:30 PM Scratch Box Closes for all Thursday Swimming Events

THURSDAY, FEBRUARY 29, 2024
7:15 AM HVA pools open for warm-up
9:45 AM Clear Competition Pool
10:00 AM Swim Trials Begin
       Women’s 500-yard Freestyle
       Men’s 500-yard Freestyle
       Women’s 200-yard Individual Medley
       Men’s 200-yard Individual Medley
       Women’s 50-yard Freestyle
       Men’s 50-yard Freestyle
   Time Trials
   11:30 AM Women only diving warm up
12:30 PM Dive Trials Begin
       Women’s Three-meter Diving Prelims
5:00 PM Women’s Three-meter Diving Consolations
5:30 PM Scratch Box closes for all Friday Swimming Events
5:45 PM Clear Competition Pool
       Introduce Head Coaches
       Lift Every Voice and Sing / The Star-Spangled Banner
6:00 PM Finals Begin
       Women’s 500-yard Freestyle
       Men’s 500-yard Freestyle
       Women’s 200-yard Individual Medley
       Men’s 200-yard Individual Medley
       Women’s 50-yard Freestyle
       Men’s 50-yard Freestyle
       Women’s Three-meter Diving
       Women’s 400-yard Medley Relay
       Men’s 400-yard Medley Relay
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<tr>
<th>Time</th>
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<tr>
<td>7:15 AM</td>
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<td><strong>Clear Competition Pool</strong></td>
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<td>10:00 AM</td>
<td><strong>SWIM TRIALS BEGIN</strong></td>
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<td>Women’s 100-yard Butterfly</td>
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SATURDAY, MARCH 2, 2024

7:15 AM  HVA pools open for warm-up
9:45 AM  Clear Competition Pool
10:00 AM  **SWIM TRIALS BEGIN**
- Women’s 200-yard Backstroke
- Men’s 200-yard Backstroke
- Women’s 100-yard Freestyle
- Men’s 100-yard Freestyle
- Women’s 200-yard Breaststroke
- Men’s 200-yard Breaststroke
- Women’s 200-yard Butterfly
- Men’s 200-yard Butterfly

TIME TRIALS
11:30 AM  Women’s only diving warm-up
12:30 PM  **DIVE TRIALS BEGIN**
- Women’s One-meter Diving Prelims

2:00 PM – 5:00 PM (est.)
- Women’s 1,650-yard Freestyle - All heats except fastest seeded (Timed Final)
- Men’s 1,650-yard Freestyle - All heats except fastest seeded (Timed Final)
  (Note: 1,650 order: slowest to fastest, alternating women/men)

5:00 PM  Women’s One-meter Diving Consolations
5:45 PM  Clear Competition Pool
- Introduce Head Coaches and Seniors
- Lift Every Voice and Sing / The Star-Spangled Banner

6:00 PM  **FINALS BEGIN**
- Women’s 1,650-yard Freestyle - Fastest heat
- Men’s 1,650 Freestyle - Fastest heat
- Women’s 200-yard Backstroke
- Men’s 200-yard Backstroke
- Women’s 100-yard Freestyle
- Men’s 100-yard Freestyle
- Women’s 200-yard Breaststroke
- Men’s 200-yard Breaststroke
- Women’s 200-yard Butterfly
- Men’s 200-yard Butterfly
- Women’s One-meter Diving
- Women’s 400-yard Freestyle Relay
- Men’s 400-yard Freestyle Relay

AWARDS CEREMONY
Individual medal ceremonies will take place after each final heat.

CHAMPIONSHIP TEAMS, MVP’S AND COACHES OF THE YEAR RECOGNIZED