

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

FRIDAY, MARCH 1, 2024

7:15 AM

9:45 AM

10:00 AM

HVA pools open for warm-up

Clear Competition Pool

SWIM TRIALS BEGIN

Women's 100-yard Butterfly

Men 100-yard Butterfly

Women's 400-yard Individual Medley

Men's 400-yard Individual Medley

Women's 200-yard Freestyle

Men's 200-yard Freestyle

Women's 100-yard Breaststroke

Men's 100-yard Breaststroke

Women's 100-yard Backstroke

Men's 100-yard Backstroke

TIME TRIALS

Men's only diving warm up

DIVE TRIALS BEGIN

Men's Three-meter Diving Prelims

Men's Three-meter Diving Consolations

Scratch box closes for all Saturday Swimming Events

Clear Competition Pool

Introduce Head Coaches

Lift Every Voice and Sing / The Star Spangled Banner

FINALS BEGIN

Women's 100-yard Butterfly

Men's 100-yard Butterfly

Women's 400-yard Individual Medley

Men's 400-yard Individual Medley

Women's 200-yard Freestyle

Men's 200-yard Freestyle

Women's 100-yard Breaststroke

Men's 100-yard Breaststroke

Women's 100-yard Backstroke

Men's 100-yard Backstroke

Men's Three-meter Diving

Women's 200-yard Freestyle Relay

Men's 200-yard Freestyle Relay

11:30 AM

12:30 PM

5:00 PM

5:30 PM

5:45 PM

6:00 PM

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