

2026 NSIC Swimming & Diving Championship Schedule of Events

Wednesday, February 11 – Day 1

<u>Day 1 Trials</u>	<u>Time</u>	<u>Event</u>
	8:00 a.m.	Competition pool open for warm-ups
	10:00 a.m.	Competition Begins 200 Individual Medley 50 Freestyle 1000 Freestyle (all but last heat of time finals)
	12:00 – 3:00 p.m.	Diving well open for diving practice
<u>Day 1 Finals</u>	<u>Time</u>	<u>Event</u>
	3:00 p.m.	Competition pool open for warm-ups
	5:00 p.m.	Competition Begins 200 Medley Relay (C final, B final, A final) Awards for 200 Medley Relay (top 3) 1000 Freestyle (last heat of time finals) Awards for 1000 Freestyle (top 3) 200 Individual Medley (C final, B final, A final) Awards for 200 Individual Medley (top 3) 50 Freestyle (C final, B final, A final) Awards for 50 Freestyle (top 3) *** 40-minute break (including awards) *** 800 Freestyle Relay (C final, B final, A final) Awards for 800 Freestyle Relay (top 3)

Thursday, February 12 – Day 2

<u>Day 2 Trials</u>	<u>Time</u>	<u>Event</u>
	8:00 a.m.	Competition pool & diving well open for warm-ups
	10:00 a.m.	Competition Begins Three-Meter Diving (<i>will run concurrently with swimming events</i>) 100 Butterfly 400 Individual Medley 200 Freestyle
	~1:00 p.m. (30 mins after diving prelims conclude)	Three-Meter Diving (B final)
<u>Day 2 Finals</u>	<u>Time</u>	<u>Event</u>
	3:00 p.m.	Competition pool & diving well open for warm-ups
	5:00 p.m.	Competition Begins 100 Butterfly (C final, B final, A final) Awards for 100 Butterfly (top 3) 400 Individual Medley (C final, B final, A final) Awards for 400 Individual Medley (top 3) 200 Freestyle (C final, B final, A final) Awards for 200 Freestyle (top 3) Three-Meter Diving (A final) 400 Medley Relay (C final, B final, A final) Awards for Three-Meter Diving (top 3) Awards for 400 Medley Relay (top 3)

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Friday, February 13 – Day 3

<u>Day 3 Trials</u>	<u>Time</u>	<u>Event</u>
	8:00 a.m.	Competition pool open for warm-ups
	10:00 a.m.	Competition Begins 500 Freestyle 100 Backstroke 100 Breaststroke 200 Butterfly
	12:00 – 3:00 p.m.	Diving well open for diving practice
<u>Day 3 Finals</u>	<u>Time</u>	<u>Event</u>
	3:00 p.m.	Competition pool open for warm-ups
	4:50 p.m.	Competition pool closes
	4:50 p.m.	NSIC Scholar Athlete Recognition/NSIC Elite 18 Presentation
	5:00 p.m.	Competition Begins 500 Freestyle (C final, B final, A final) Awards for 500 Freestyle (top 3) 100 Backstroke (C final, B final, A final) Awards for 100 Backstroke (top 3) 100 Breaststroke (C final, B final, A final) Awards for 100 Breaststroke (top 3) 200 Butterfly (C final, B final, A final) Awards for 200 Butterfly (top 3) *** 40-minute break (including awards) *** 200 Freestyle Relay (C final, B final, A final) Awards for 200 Freestyle Relay (top 3)

Saturday, February 14 – Day 4

<u>Day 4 Trials</u>	<u>Time</u>	<u>Event</u>
	8:00 a.m.	Competition pool & diving well open for warm-ups
	10:00 a.m.	Competition Begins One-Meter Diving (<i>will run concurrently with swimming events</i>) 100 Individual Medley 100 Freestyle 200 Backstroke 200 Breaststroke 1650 Freestyle (all but last heat of time final)
	~1:00 p.m. (30 mins after diving prelims conclude)	One-Meter Diving (B final)

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Day 4 Finals	Time	Event
	3:00 p.m.	Competition pool & diving well open for warm-ups
	4:50 p.m.	Competition pool closes
	4:50 p.m.	Senior Recognition
	5:00 p.m.	Competition Begins
		1650 Freestyle (last heat of time final)
		Awards for 1650 Freestyle (top 3)
		100 Individual Medley (C final, B final, A final)
		Awards for 100 Individual Medley (top 3)
		100 Freestyle (C final, B final, A final)
		Awards for 100 Freestyle (top 3)
		200 Backstroke (C final, B final, A final)
		Awards for 200 Backstroke (top 3)
		200 Breaststroke (C final, B final, A final)
		Awards for 200 Breaststroke (top 3)
		One-Meter Diving (A final)
		400 Freestyle Relay (C final, B final, A final)
		Awards for One-Meter Diving (top 3)
		Awards for 400 Freestyle Relay (top 3)
		Individual Awards Presentation
		Team Champion Presentation