



SENIOR CHAMPIONSHIPS LONG COURSE ORDER OF EVENTS

WOMEN PRELIMINARIES MEN WOMEN FINALS

MEN

<i>Warm-Ups: 2:00-3:15 pm</i>		THURSDAY EVENTS		<i>Warm-Ups: Not before 6:00</i>	
<i>Meet Starts: 3:30 pm</i>				<i>Meet Starts: Not before 7:00</i>	
3	50 Freestyle	4		**1	1500 Freestyle
**1	1500 Freestyle	**2		3	50 Freestyle
<i>Warm-Ups: 7:30-8:45 am</i>		FRIDAY EVENTS		<i>Warm-Ups: Not before 4:00</i>	
<i>Meet Starts: 9:00 am</i>				<i>Meet Starts: Not before 5:15</i>	
5	400 Individual Medley	6		5	400 Individual Medley
7	100 Freestyle	8		7	100 Freestyle
9	200 Backstroke	10		9	200 Backstroke
11	100 Breaststroke	12		11	100 Breaststroke
**13	800 Freestyle Relay	**14		**13	800 Freestyle Relay
<i>Warm-Ups: 7:30-8:45 am</i>		SATURDAY EVENTS		<i>Warm-Ups: Not before 4:00</i>	
<i>Meet Starts: 9:00 am</i>				<i>Meet Starts: Not before 5:15</i>	
15	200 Butterfly	16		15	200 Butterfly
17	100 Backstroke	18		17	100 Backstroke
19	400 Freestyle	20		19	400 Freestyle
21	200 Breaststroke	22		21	200 Breaststroke
*23	400 Medley Relay	*24		*23	400 Medley Relay
<i>Warm-Ups: 7:30-8:45 am</i>		SUNDAY EVENTS		<i>Warm-Ups: Not before 3:00</i>	
<i>Meet Starts: 9:00 am</i>				<i>Meet Starts: Not before 4:30</i>	
25	200 Individual Medley	26		25	200 Individual Medley
29	200 Freestyle	30		**27	800 Freestyle
31	100 Butterfly	32		29	200 Freestyle
*33	400 Free Relay	*34		31	100 Butterfly
**27	800 Freestyle	**28		*33	400 Free Relay

* Timed Finals with the Top 8 submitted relay entry times swimming in evening finals with the rest (#9 seed and slower) being swum in the morning preliminaries.

** The 800 and 1500 Freestyle and the 800 Free Relays are to be conducted on a Timed Final basis with only the fastest seeded heat to swim in finals. All other heats are to be held in the Preliminaries. All heats shall be swum alternately Women/Men as follows: (i) fastest women's heat first; (ii) fastest men's heat second; (iii) second fastest women's heat third; (iv) second fastest men's heat fourth, continuing until all heats are swum; (v) in the event of an unequal number of women's and men's heats, the excess slow heats will be swum last.