

Session 1 – Friday Evening

Warm-ups: 4:00 – 4:50 pm

Session Starts: 5:00 pm

1	Open 1500 Freestyle	2
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Session 2 – Saturday Morning

Warm-ups: 7:00 – 7:50 am

Session Starts: 8:00 am

3	9-10 200 Freestyle	4
5	11-12 400 Freestyle	6
7	9-10 200 IM	8
9	11-12 100 Butterfly	10
11	9-10 50 Butterfly	12
13	11-12 200 Backstroke	14
15	9-10 100 Backstroke	16
17	11-12 100 Breaststroke	18
19	9-10 50 Breaststroke	20
21	11-12 200 Freestyle	22
23	9-10 100 Freestyle	24
25	11-12 400 IM	26

Session 3 – Saturday Afternoon

Warm-ups: when morning session ends (not before 12:00 pm)

Session Starts: 60 minutes after morning session ends

27	13-14 100 Freestyle	28
29	15 & Over 100 Freestyle	30
31	8 & Under 100 Freestyle	32
33	13 & Over 400 Freestyle	34
35	8 & Under 50 Butterfly	36
37	13-14 100 Butterfly	38
39	15 & Over 100 Butterfly	40
41	8 & Under 100 Backstroke	42
43	13-14 200 Backstroke	44
45	15 & Over 200 Backstroke	46
47	8 & Under 50 Breaststroke	48
49	13-14 100 Breaststroke	50
51	15 & Over 100 Breaststroke	52
53	8 & Under 200 IM	54
55	13 & Over 400 IM	56



Session 4 – Sunday Morning

Warm-ups: 7:00 – 7:50 am

Session Starts: 8:00 am

57	11-12 50 Freestyle	58
59	9-10 400 Freestyle	60
61	11-12 200 IM	62
63	9-10 100 Butterfly	64
65	11-12 200 Butterfly	66
67	9-10 50 Backstroke	68
69	11-12 100 Backstroke	70
71	9-10 100 Breaststroke	72
73	11-12 200 Breaststroke	74
75	9-10 50 Freestyle	76
77	11-12 100 Freestyle	78
79	12 & Under 800 Freestyle	80

Session 5 – Sunday Afternoon

Warm-ups: when morning session ends (not before 12:00 pm)

Session Starts: 60 minutes after morning session ends

81	13-14 200 Freestyle	82
83	15 & Over 200 Freestyle	84
85	8 & Under 200 Freestyle	86
87	13-14 50 Freestyle	88
89	15 & Over 50 Freestyle	90
91	8 & Under 100 Butterfly	92
93	13-14 200 IM	94
95	15 & Over 200 IM	96
97	8 & Under 50 Backstroke	98
99	13-14 200 Butterfly	100
101	15 & Over 200 Butterfly	102
103	8 & Under 100 Breaststroke	104
105	13-14 100 Backstroke	106
107	15 & Over 100 Backstroke	108
109	8 & Under 50 Freestyle	110
111	13-14 200 Breaststroke	112
113	15 & Over 200 Breaststroke	114
115	13 & Over 800 Freestyle	116

