

Meet Program

Day 1 – Friday, December 14, 2018

Preliminary Session Warm-up: 0800 – 0920 Start: 0930			Final Session Warm-up: 1630 – 1750 Start: 1800		
<u>Women</u>		<u>Men</u>	<u>Women</u>		<u>Men</u>
1	200 Freestyle	2	1	200 Freestyle	2
3	100 Breaststroke	4	3	100 Breaststroke	4
5	400 Individual Medley	6	5	400 Individual Medley	6
7	100 Butterfly	8	7	100 Butterfly	8
9	50 Backstroke	10	9	50 Backstroke	10
39	1500 Freestyle (TF)	--	11	800 Freestyle Relay	12
--	800 Freestyle (TF)	40			

Day 2 – Saturday, December 15, 2018

Preliminary Session Warm-up: 0800 – 0920 Start: 0930			Final Session Warm-up: 1630 – 1750 Start: 1800		
<u>Women</u>		<u>Men</u>	<u>Women</u>		<u>Men</u>
13	200 Butterfly	14	13	200 Butterfly	14
15	100 Backstroke	16	15	100 Backstroke	16
17	400 Freestyle	18	17	400 Freestyle	18
19	50 Freestyle	20	19	50 Freestyle	20
21	200 Breaststroke	22	21	200 Breaststroke	22
23	50 Butterfly	24	23	50 Butterfly	24
			25	400 Freestyle Relay	26

Day 3 – Sunday, December 16, 2018

Preliminary Session Warm-up: 0800 – 0920 Start: 0930			Final Session Warm-up: 1630 – 1750 Start: 1800		
<u>Women</u>		<u>Men</u>	<u>Women</u>		<u>Men</u>
27	200 Individual Medley	28	35	800 Freestyle (TF - FH)	--
29	100 Freestyle	30	27	200 Individual Medley	28
31	200 Backstroke	32	29	100 Freestyle	30
33	50 Breaststroke	34	31	200 Backstroke	32
35	800 Freestyle (TF - SH)	--	33	50 Breaststroke	34
--	1500 Freestyle (TF- SH)	36	--	1500 Freestyle (TF- FH)	36
			37	400 Medley Relay	38

TF – Time Final FH – Fastest Heat SH – Slower Heats

Meet Management reserves the right to change warm-up session times, and to allocate team warm-up schedules.

To qualify for the Women's 1500m Freestyle and Men's 800m Freestyle a swimmer must have achieved the Women's 800m and Men's 1500m Freestyle time standards, respectively. Only the top 16 entries will be accepted.