

# 2010 YMCA Long Course National Swimming Championship

## Schedule of Activities

### MONDAY

- 9:00 Pre-meet registration (closed 12-1:00)  
**3:00 Registration & Scratch Box Closes**  
**3:15 New Coaches Meeting – multi purpose Rm**  
4:00 Pre-meet Coaches Meeting-Multi-purpose Rm  
4:00 Pre-meet Officials Meeting – pool deck classroom  
5:15 General Warm-up – No Diving  
5:45 Devotions and National Anthem  
**6:00 Finals Begin**  
1500 free (men & women) – Alt fast to slow,  
7:30 Registration (closes 8:30)

### TUESDAY PRELIMS

- 6:00 General Warm-up – No Diving  
7:25 Pace and one way sprints  
7:45 Clear Pool Devotions and National Anthem  
**8:00 Prelims Begin**  
12:00 Scratch Box Closes

### TUESDAY FINALS

- 4:00 General Warm-up – No Diving  
4:45 Clear Pool for Finals  
5:00 Parade of Swimmers and Officials  
*\*\*Women/Men 1500Free top 16 finishers to Awards Rm*  
Devotions and National Anthem  
Special Olympics Swim  
**Parade Awards Women & Men 1500 Free**  
**5:45 Finals Begin with C, B, A Heats**  
Swim Women & Men 100 Back  
Swim Women 400 Free  
*\*\*Women 100 Back top 16 finishers to Awards Rm*  
Swim Men 400 Free  
*\*\*Men 100 Back top 16 finishers to Awards Rm*  
**Parade Awards Women 100 Back**  
**Parade Awards Men 100 Back**  
Swim Women 50 Breast  
*\*\*Women 400 Free top 16 finishers to Awards Rm*  
Swim Men 50 Breast  
*\*\*Men 400 Free top 16 finishers to Awards Rm*  
**Parade Awards Women 400 Free**  
**Parade Awards Men 400 Free**  
Swim Women 200 IM  
*\*\*Women 50 Breast top 16 finishers to Awards Rm*  
Swim Men 200 IM  
*\*\*Men 50 breast top 16 finishers to Awards Rm*  
**Parade Awards Women 50 Breast**  
**Parade Awards Men 50 Breast**  
Swim Women 50 Free  
*\*\*Women 200 IM top 16 finishers to Awards Rm*  
Swim Men 50 Free  
*\*\*Men 200 IM top 16 finishers to Awards Rm*  
**Parade Awards Women 200 IM**  
*\*\*Women 50 free top 16 finishers to Awards Rm*  
**Parade Awards Men 200 IM**  
*\*\*Men 50 Free top 16 finishers to Awards Rm*  
**Parade Awards Women & Men 50 Free**  
Swim Women & Men 200 Medley Relay

### WEDNESDAY PRELIMS

- 6:00 General Warm-up – No Diving  
7:25 Pace and one way sprints  
7:45 Clear Pool  
Devotions and National Anthem  
**8:00 Prelims Begin**  
12:00 Scratch Box Closes

### WEDNESDAY FINALS

- 4:00 General Warm-up – No Diving  
5:15 Clear Pool for Finals  
*\*\*Women/Men 200 MR top 16 finishers to Awards Rm*  
Devotions and National Anthem  
**Parade Awards Women 200 Medley Relay**  
**Parade Awards Men 200 Medley Relay**  
**5:30 Finals Begin with C, B, A Heats**  
Swim Women 800 Free Final Heat  
Swim Women 100 Fly  
*\*\*Men 800 Free top 16 finishers to Awards Rm*  
Swim Men 100 Fly  
**Parade Awards Women 800 Free**  
Swim Women 200 Breast  
*\*\*Women 100 Fly top 16 finishers to Awards Rm*  
Swim Men 200 Breast  
*\*\*Men 100 Fly top 16 finishers to Awards Rm*  
**Parade Awards Women 100 Fly**  
**Parade Awards Men 100 Fly**  
Swim Women 200 Free  
*\*\*Women 200 Breast top 16 finishers to Awards Rm*  
Swim Men 200 Free  
*\*\*Men 200 Breast top 16 finishers to Awards Rm*  
**Parade Awards Women 200 Breast**  
*\*\*Women 200 Free top 16 finishers to Awards Rm*  
**Parade Awards Men 200 Breast**  
*\*\*Men 200 Free top 16 finishers to Awards Rm*  
**Parade Awards Women 200 Free**  
**Parade Awards Men 200 Free**  
Swim Women 400 Free Relay  
Swim Men 400 Free Relay

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### THURSDAY PRELIMS

6:00 General Warm-up – No Diving  
7:25 Pace and one way sprints  
7:45 Clear Pool  
Devotions and National Anthem  
**Senior Recognition**  
8:00 **Prelims Begin**  
12:00 Scratch Box Closes

### FRIDAY PRELIMS

6:00 General Warm-up – No Diving  
7:25 Pace and one way sprints  
7:45 Clear Pool  
Devotions and National Anthem  
**Coach of the Meet Award**  
8:00 **Prelims Begin**  
12:00 Scratch Box Closes

### THURSDAY FINALS

4:00 General Warm-up – No Diving  
5:15 Clear Pool for Finals  
*\*\*Women/Men 400 FR top 16 finishers to Awards Rm*  
Devotions and National Anthem  
**Parade Awards Women 400 Free Relay**  
**Parade Awards Men 400 Free Relay**  
5:30 **Finals Begin with C, B, A Heats**  
Swim Women 400 IM  
Swim Men 400 IM  
Swim Women 100 Free  
*\*\*Women 400 IM top 16 finishers to Awards Rm*  
Swim Men 100 Free  
*\*\*Men 400 IM top 16 finishers to Awards Rm*  
**Parade Awards Women 400 IM**  
**Parade Awards Men 400 IM**  
Swim Women 200 Back  
*\*\*Women 100 Free top 16 finishers to Awards Rm*  
Swim Men 200 Back  
*\*\*Men 100 Free top 16 finishers to Awards Rm*  
**Parade Awards Women 100 Free**  
**Parade Awards Men 100 Free**  
Swim Women 50 Fly  
*Women 200 Back top 16 finishers to Awards Rm*  
Swim Men 50 Fly  
*\*\*Men 200 Back top 16 finishers to Awards Rm*  
**Parade Awards Women 200 Back**  
*\*\*Women 50 Fly top 16 finishers to Awards Rm*  
**Parade Awards Men 200 Back**  
*\*\*Men 50 Fly top 16 finishers to Awards Rm*  
**Parade Awards Women 50 Fly**  
**Parade Awards Men 50 Fly**  
Swim Women 800 Free Relay  
Swim Men 800 Free Relay  
  
9:00 Volunteer Dinner – Invitation Only  
The Inn & Conference Center, U of Maryland

### FRIDAY FINALS

4:00 General Warm-up – No Diving  
5:15 **Clear Pool for Finals**  
*\*\*Women/Men 800 FR top 16 finishers to Awards Rm*  
Devotions and National Anthem  
**Parade Awards Women 800 Free Relay**  
**Parade Awards Men 800 Free Relay**  
5:30 **Finals Begin with C, B, A Heats**  
Swim Men 800 Free Final Heat  
Swim Women 200 Free Relay  
*\*\*Women 800 Free top 16 finishers to Awards Rm*  
Swim Men 200 Free Relay  
**Parade Awards Men 800 Free**  
Swim Women 200 Fly  
*\*\*Women 200 FR top 16 finishers to Awards Rm*  
Swim Women 200 Fly  
*\*\*Men 200 FR top 16 finishers to Awards Rm*  
**Parade Awards Women 200 Free Relay**  
**Parade Awards Men 200 Free Relay**  
Swim Women 50 Back  
*\*\*Women 200 Fly top 16 finishers to Awards Rm*  
Swim Men 50 Back  
*\*\*Men 200 Fly top 16 finishers to Awards Rm*  
**Parade Awards Women 200 Fly**  
**Parade Awards Men 200 Fly**  
Swim Women 100 Breast  
*\*\*Women 50 Back top 16 finishers to Awards Rm*  
Swim Men 100 Breast  
*\*\*Men 50 Back top 16 finishers to Awards Rm*  
**Parade Awards Women 50 Back**  
*\*\*Women 100 Breast top 16 finishers to Awards Rm*  
**Parade Awards Men 50 Back**  
*\*\*Men 100 Breast top 16 finishers to Awards Rm*  
**Parade Awards Women 100 Breast**  
**Parade Awards Men 100 Breast**  
Swim Women 400 Medley Relay  
*\*\*Women 400 MR top 16 finishers to Awards Rm*  
Swim Men 400 Medley Relay  
*\*\*Men 400 MR top 16 finishers to Awards Rm*  
**Parade Awards Women 400 Medley Relay**  
**Parade Awards Men 400 Medley Relay**  
**Parade Women's Team Award**  
**Parade Men's Team Award**  
**Parade Combined Team Award**