

# 2012 YMCA Long Course National Swimming Championship

## Schedule of Activities

### MONDAY

- 7:30am Pre-meet registration (until 3:00)**  
 2:00 Scratch Box closes for 1500 Freestyle  
 2:45 New Coaches Meeting – CRC Room 134  
 3:00 Pre-meet Officials Meeting – CRC Room 249  
 3:30 Coaches Meeting— Instructional Center Room 103  
 4:30 General Warm-up – No Diving  
 4:30 Scratch box closes for Tuesday Events  
 5:15 Clear Pool, Devotions and National Anthem  
 5:30 Time Trial Sign-up Open – (Closes at 6:30 PM)  
**5:30 1500 Finals Begin**  
 1500 free (men & women) – Alt W/M-fast to slow  
 7:00 Registration (closes 8:00)

7:30 AM – 8:30 AM - Only teams with swimmers entered in 1500M Freestyle  
 8:30 AM – 9:00 AM – Only teams from the South  
 9:00 AM – 9:45 AM – Only teams from the East  
 9:45 AM – 10:30 AM – Only teams from the Mid-West or West  
 10:30 AM – 3:00 PM – Any team

*Scratch Box and Time Trial Sign-up are open during Registration*

### TUESDAY PRELIMS

- 6:00am General Warm-up – No Diving  
 7:00 Registration - CRC Room 251 (closes at 11:00am)  
 7:30 Time Trial Sign-up open (closes at 10:00am)  
 7:30 Officials Meeting - Officials Registration Room  
 8:15 Clear Pool Devotions and National Anthem  
**8:30am Prelims Begin**  
 1:00 Scratch Box Closes for Wednesday Events  
 TBD Time Trials – 30 minutes after prelim ends

### TUESDAY FINALS

- 4:00pm General Warm-up – No Diving  
 4:30 Officials Meeting  
 5:00 Registration - CRC Room 251 (closes at 6:00pm)  
 5:00 Time Trial Sign-up Open – (Closes at 6:00 PM)  
**5:00 Parade of Swimmers and Officials**  
*\*\*Women/Men 1500 Free top 20 finishers to Awards Rm*  
 Devotions and National Anthem  
**Parade Awards Women & Men 1500 Free**  
**5:45pm Finals Begin with C, B, A Heats**  
 Swim Women & Men 100 Back  
 Swim Women 400 Free  
*\*\*Women 100 Back top 20 finishers to Awards Rm*  
 Swim Men 400 Free  
*\*\*Men 100 Back top 20 finishers to Awards Rm*  
**Parade Awards Women & Men 100 Back**  
 Swim Women 50 Breast  
 Swim Men 50 Breast  
**Parade Awards Women & Men 400 Free**  
 Swim Women 200 IM  
 Swim Men 200 IM  
**Parade Awards Women & Men 50 Breast**  
 Swim Women 50 Free  
 Swim Men 50 Free  
**Parade Awards Women 200 IM**  
*\*\*Women 50 free top 20 finishers to Awards Rm*  
**Parade Awards Men 200 IM**  
*\*\*Men 50 Free top 20 finishers to Awards Rm*  
**Parade Awards Women & Men 50 Free**  
 Swim Women & Men 200 Medley Relay

### WEDNESDAY PRELIMS

- 6:00am General Warm-up – No Diving  
 7:00 Registration - CRC Room 251 (closes at 11:00am)  
 7:30 Time Trial Sign-up open (closes at 10:00)  
 7:45 Officials Meeting - Officials Registration Room  
 8:15 Clear Pool, Devotions and National Anthem  
**Senior Recognition**  
**8:30am Prelims Begin**  
 1:00 Scratch Box Closes for Thursday events  
 TBD Time Trials – 30 minutes after prelim ends

### WEDNESDAY FINALS

- 4:00pm General Warm-up – No Diving  
 4:45 Officials Meeting - Officials Registration Room  
 5:00 Registration - CRC Room 251 (closes at 6:00pm)  
 5:00 Time Trial Sign-up Open – (Closes at 6:00 PM)  
 5:15 Clear Pool for Finals  
*\*\*Women/Men 200 MR top 20 finishers to Awards Rm*  
 Devotions and National Anthem  
**Parade Awards Women 200 Medley Relay**  
**Parade Awards Men 200 Medley Relay**  
**5:30pm Finals Begin with C, B, A Heats**  
 Swim Women 800 Free Final Heat  
 Swim Women 100 Fly  
*\*\*Women 800 Free top 20 finishers to Awards Rm*  
 Swim Men 100 Fly  
**Parade Awards Women 800 Free**  
 Swim Women 200 Breast  
 Swim Men 200 Breast  
**Parade Awards Women 100 Fly**  
**Parade Awards Men 100 Fly**  
 Swim Women 200 Free  
 Swim Men 200 Free  
**Parade Awards Women 200 Breast**  
*\*\*Women 200 Free top 20 finishers to Awards Rm*  
**Parade Awards Men 200 Breast**  
*\*\*Men 200 Free top 20 finishers to Awards Rm*  
**Parade Awards Women 200 Free**  
**Parade Awards Men 200 Free**  
 Swim Women & Men 400 Free Relay

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## Schedule of Activities

### THURSDAY PRELIMS

6:00am General Warm-up – No Diving  
7:00 Registration - CRC Room 251 (closes at 11:00am)  
7:30 Time Trial Sign-up open (closes at 10:00)  
7:45 Officials Meeting - Officials Registration Room  
8:15 Clear Pool  
Devotions and National Anthem  
**8:30am Prelims Begin**  
1:00 Scratch Box Closes for Friday Events  
TBD Time Trials – 30 minutes after prelim ends

### THURSDAY FINALS

4:00pm General Warm-up – No Diving  
4:45 Officials Meeting - Officials Registration Room  
5:00 Registration - CRC Room 251 (closes at 6:00pm)  
5:00 Time Trial Sign-up Open – (Closes at 6:00 PM)  
**5:15 Clear Pool for Finals**  
*\*\*Women/Men 400 FR top 20 finishers to Awards Rm*  
Devotions and National Anthem  
**Parade Awards Women 400 Free Relay**  
**Parade Awards Men 400 Free Relay**  
**5:30pm Finals Begin with C, B, A Heats**  
Swim Women 400 IM  
Swim Men 400 IM  
Swim Women 100 Free  
*\*\*Women 400 IM top 20 finishers to Awards Rm*  
Swim Men 100 Free  
*\*\*Men 400 IM top 20 finishers to Awards Rm*  
**Parade Awards Women 400 IM**  
**Parade Awards Men 400 IM**  
Swim Women 200 Back  
*\*\*Women 100 Free top 20 finishers to Awards Rm*  
Swim Men 200 Back  
*\*\*Men 100 Free top 20 finishers to Awards Rm*  
**Parade Awards Women 100 Free**  
**Parade Awards Men 100 Free**  
Swim Women 50 Fly  
*Women 200 Back top 20 finishers to Awards Rm*  
Swim Men 50 Fly  
*\*\*Men 200 Back top 20 finishers to Awards Rm*  
**Parade Awards Women 200 Back**  
*\*\*Women 50 Fly top 20 finishers to Awards Rm*  
**Parade Awards Men 200 Back**  
*\*\*Men 50 Fly top 20 finishers to Awards Rm*  
**Parade Awards Women 50 Fly**  
**Parade Awards Men 50 Fly**  
Swim Women 800 Free Relay  
Swim Men 800 Free Relay

### FRIDAY PRELIMS

6:00am General Warm-up – No Diving  
7:00 Registration - CRC Room 251 (closes at 11:00am)  
7:30 Time Trial Sign-up open (closes at 10:00)  
7:45 Officials Meeting - Officials Registration Room  
8:15 Clear Pool  
Devotions and National Anthem  
**8:30am Prelims Begin**  
TBD Time Trials – 30 minutes after prelim ends

### FRIDAY FINALS

4:00pm General Warm-up – No Diving  
4:45 Official Meeting - Officials Registration Room  
5:15 Clear Pool for Finals  
*\*\*Women/Men 800 FR top 20 finishers to Awards Rm*  
Devotions and National Anthem  
**Coach of the Meet Award**  
**Parade Awards Women 800 Free Relay**  
**Parade Awards Men 800 Free Relay**  
**5:30pm Finals Begin with C, B, A Heats**  
Swim Men 800 Free Final Heat  
Swim Women 200 Free Relay  
*\*\*Men 800 Free top 20 finishers to Awards Rm*  
Swim Men 200 Free Relay  
**Parade Awards Men 800 Free**  
Swim Women 200 Fly  
*\*\*Women 200 FR top 20 finishers to Awards Rm*  
Swim Women 200 Fly  
*\*\*Men 200 FR top 20 finishers to Awards Rm*  
**Parade Awards Women 200 Free Relay**  
**Parade Awards Men 200 Free Relay**  
Swim Women 50 Back  
*\*\*Women 200 Fly top 20 finishers to Awards Rm*  
Swim Men 50 Back  
*\*\*Men 200 Fly top 20 finishers to Awards Rm*  
**Parade Awards Women 200 Fly**  
**Parade Awards Men 200 Fly**  
Swim Women 100 Breast  
*\*\*Women 50 Back top 20 finishers to Awards Rm*  
Swim Men 100 Breast  
*\*\*Men 50 Back top 20 finishers to Awards Rm*  
**Parade Awards Women 50 Back**  
*\*\*Women 100 Breast top 20 finishers to Awards Rm*  
**Parade Awards Men 50 Back**  
*\*\*Men 100 Breast top 20 finishers to Awards Rm*  
**Parade Awards Women 100 Breast**  
**Parade Awards Men 100 Breast**  
Swim Women 400 Medley Relay  
*\*\*Women 400 MR top 20 finishers to Awards Rm*  
Swim Men 400 Medley Relay  
*\*\*Men 400 MR top 20 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**