

2013 YMCA Long Course National Swimming Championship

Schedule of Activities

MONDAY

- 9:00am Pre-meet registration (until 3:00)**
2:00 Scratch Box closes for 1500 Freestyle
2:30 New Coaches Meeting – Student Center Theater
3:15 New Officials Meeting – CRC Room 147
3:30 Coaches Meeting— Student Center Theater
4:00 Officials meeting – CRC Room 147
4:30 General Warm-up – 1500M swimmers only
4:30 Scratch box closes for Tuesday Events
5:00 Timers & Official Meeting CRC Room 147
5:15 Clear Pool, Devotions and National Anthem
5:30 Registration (closes 7:30) - CRC Room 251
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

9:00 AM – 9:30 AM – Only teams from the South
9:30 AM – 10:15 AM – Only teams from the East
10:15 AM – 11:00 AM – Only teams from the Mid-West or West
11:00 AM – 12:00 PM – Any team
12:00 Noon – 12:30pm – Lunch
12:30 PM – 3:00 PM – Any team

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

TUESDAY PRELIMS

- 6:00am General Warm-up
7:00 Registration - CRC Room 251 (closes at 11:00am)
7:30 Time Trial Sign-up open (closes at 10:00am)
7:30 Timers & Official Meeting CRC Room 147
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
4:30 Timers & Official Meeting CRC Room 147
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 1500Free top 20 finishers to Awards*
Devotions and National Anthem
Awards: Women & Men 1500 Free
5:45pm Finals Begin with C, B, A Heats
Swim Women 100 Back
Awards: Women 100 Back
Swim Men 100 Back
Awards: Men 100 Back
Swim Women 400 Free
Awards: Women 400 Free
Swim Men 400 Free
Awards: Men 400 Free
Swim Women 50 Breast
Swim Men 50 Breast
Awards: Women & Men 50 Breast
Swim Women 200 IM
Awards: Women 200 IM
Swim Men 200 IM
Awards: Men 200 IM
Swim Women and Men 50 Free
Awards: Women & Men 50 Free
Swim Women & Men 200 Medley Relay

WEDNESDAY PRELIMS

- 6:00am General Warm-up
7:00 Registration - CRC Room 251 (closes at 11:00am)
7:30 Time Trial Sign-up open (closes at 10:00)
7:45 Timers & Official Meeting CRC Room 147
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
4:45 Timers & Official Meeting CRC Room 147
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*
Devotions and National Anthem
Awards: Women & Men 200 Medley Relay
5:30pm Finals Begin with C, B, A Heats
Swim Women 800 Free Final Heat
***Women 800 Free top 20 finishers to Awards*
Awards: Women 800 Free
Swim Women 100 Fly
Awards: Women 100 Fly
Swim Men 100 Fly
Awards: Men 100 Fly
Swim Women 200 Breast
Awards: Women 200 Breast
Swim Men 200 Breast
Awards: Men 200 Breast
Swim Women 200 Free
Awards: Women 200 Free
Swim Men 200 Free
Awards: Men 200 Free
Swim Women 400 Free Relay
Swim Men 400 Free Relay

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THURSDAY PRELIMS

6:00am General Warm-up
7:00 Registration - CRC Room 251 (closes at 11:00am)
7:30 Time Trial Sign-up open (closes at 10:00)
7:45 Timers & Official Meeting CRC Room 147
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
4:45 Timers & Official Meeting CRC Room 147
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*
Devotions and National Anthem
Awards: Women & Men 400 Free Relay
5:30pm Finals Begin with C, B, A Heats
Swim Women 400 IM
Awards: Women 400 IM
Swim Men 400 IM
Awards: Men 400 IM
Swim Women 100 Free
Awards: Women 100 Free
Swim Men 100 Free
Awards: Men 100 Free
Swim Women 200 Back
Awards: Women 200 Back
Swim Men 200 Back
Awards: Men 200 Back
Swim Women 50 Fly
Awards: Women & Men 50 Fly
Swim Men 50 Fly
Awards: Women & Men 50 Fly
Swim Women 800 Free Relay (top 2 heats)
Swim Men 800 Free Relay (top 2 heats)

FRIDAY PRELIMS

6:00am General Warm-up
7:00 Registration - CRC Room 251 (closes at 11:00am)
7:30 Time Trial Sign-up open (closes at 10:00)
7:45 Timers & Official Meeting CRC Room 147
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
4:45 Timers & Official Meeting CRC Room 147
5:15 Clear Pool for Finals
***Women/Men 800 FR top 20 finishers to Awards*
Devotions and National Anthem
Coach of the Meet Award
Awards: Women & Men 800 Free Relay
5:30pm Finals Begin with C, B, A Heats
Swim Men 800 Free Final Heat
***Men 800 Free top 20 finishers to Awards*
Awards: Men 800 Free
Swim Women 200 Free Relay
Awards: Women 200 Free Relay
Swim Men 200 Free Relay
Awards: Men 200 Free Relay
Swim Women 200 Fly
Awards: Women 200 Fly
Swim Men 200 Fly
Awards: Men 200 Fly
Swim Women 50 Back
Swim Men 50 Back
Awards: Women & Men 50 Back
Swim Women 100 Breast
Awards: Women 100 Breast
Swim Men 100 Breast
Awards: Men 100 Breast
Swim Women 400 Medley Relay
Swim Men 400 Medley Relay
Awards: Women 400 Medley Relay
Awards: Men 400 Medley Relay
Awards: Women's Team
Awards: Men's Team
Awards: Combined Team