

2017 YMCA LONG COURSE NATIONALS SCHEDULE OF ACTIVITIES

PRE-MEET ACTIVITIES

	06/29 Deadline for Stay with Us Reservations and Rooming lists
	07/01 Deadline for Team and Coach Annual Registration
5:00 PM	07/24 Championship Entry Submission Deadline
5:00 PM	07/24 Time Trials Online Entries Deadline
	07/26 Make Hotel Cancellations/changes 72 hrs prior to check-in date
	07/26 Notification to Teams selected for Proof of Times
11:59 PM	07/27 Deadline for Advance Ticket Sales
	07/28 Entry Certification Form FAX Deadline
	07/28 Notification to Teams of Timer Requirements
	07/28 Deadline for Officials Pre-registration
10:00 AM-6:00 PM	07/30 Pool open for Swimmers (Shared Lanes) \$5 per person
1:00 PM - 4:00 PM	07/30 Facilitation Skills training for Trainer Candidates - Sheraton Greensboro Hotel
4:00 PM - 6:00 PM	07/30 Part 1 of Trainer Training Candidates - Sheraton Greensboro Hotel
5:00 PM	07/30 Additional Entry Submission Deadline

START OF DAY 1 - MONDAY CHECK-IN DAY

	Day's Event: Women's 200 Meter Freestyle Relay (preliminary heats)
	Day's Event: Men's 200 Meter Freestyle Relay (preliminary heats)
	Day's Event: Women 1500M Freestyle (fastest to slowest) alternating Women & Men (15 minute break prior to first heat)
	Day's Event: Men 1500M Freestyle (fastest to slowest) alternating Women & Men
6:00 AM - 3:30 PM	Pools open for General Warmup - All Swimmers
8:30 AM - 1:30 PM	Completion of Facilitation Skills and Trainer Candidate training (including teaching in a Level I or II class) - Pool - Room 1
9:00 AM	Athlete Village Open for Team Move-in - Events Center
9:00 AM - 3:00 PM	Parking Pass Sales - Events Center
9:00 AM - 1:00 PM	Level I Officials Training - Pool - Room 1
9:00 AM - 1:00 PM	Level II Officials Training - Pool - Room 1
9:00 AM - 4:00 PM	Spectator Pre-order Ticket Pick up - Events Center
9:00 AM - 1:00 PM	Team, Coaches Check-in - Events Center - Rm 3
9:00 AM - 1:00 PM	Scratch Table Open for Day 1 Events
9:00 AM - 5:00 PM	Scratch Table Open for Day 2 Events
9:00 AM - 2:00 PM	Officials Check-in - Events Center - Rm 3
1:15 PM - 2:00 PM	New Coaches Meeting - Events Center - Rm 4
1:30 PM - 3:00 PM	College Recruiting Seminar - TBA
2:00 PM - 3:00 PM	All Coaches Meeting - Events Center - Rm 1
2:15 PM - 2:45 PM	New Officials Meeting - Hall of Champs - Board Rm
3:00 PM - 4:00 PM	Mandatory Officials Briefing - Hall of Champs - Board Rm
3:00 PM - 6:00 PM	Team, Coaches Check-in - Events Center - Rm 4
3:30 PM - 5:00 PM	Competition Pool Open for Finals Warm-up

4:00 PM

4:00 PM	Stands Opens for Spectators
4:00 PM - 6:00 PM	Spectator Ticket Sales/Pre-order Pickup - Pool Entrance
4:00 PM	Relay table open
4:15 PM - 4:30 PM	Officials and Timers Meeting - Events Center - Rm 1
5:00 PM	Clear Pool & Devotion and National Anthem
5:15 PM <small>-end of session</small>	Officials Check-in - Officials Room

5:15 PM

8:45 PM

EVENING - DAY 1

	FINALS START
	Estimated Session End Time

2017 YMCA LONG COURSE NATIONALS SCHEDULE OF ACTIVITIES

START OF DAY 2 – TUESDAY

Day's Event: Women's 200 Meter Freestyle Relay (Finals Only)

Day's Event: Men's 200 Meter Freestyle Relay (Finals Only)

Day's Event: Women's 200 Meter Backstroke

Day's Event: Men's 200 Meter Backstroke

Day's Event: Women's 100 Meter Butterfly

Day's Event: Men's 100 Meter Butterfly

Day's Event: Women's 200 Meter Breaststroke

Day's Event: Men's 200 Meter Breaststroke

Day's Event: Women's 400 Meter Medley Relay

Day's Event: Men's 400 Meter Medley Relay

6:00 AM - 8:15 AM Competition Pool Open for Prelims Warm-up

6:00 AM - 11:00 AM Team, Coaches Check-in - Events Center - Rm 4

6:00 AM – 12:00 PM Parking pass Sales –Event Center - Rm 4

7:00 AM - 11:00 AM Spectator Pre-order Ticket Pick up

7:00 AM - 11:00 AM Spectator Ticket Sales

7:00 AM Officials and Timers Meeting & Officials Check-in - Events Center - Rm 1

7:00 AM Stands Opens for Spectators

7:30 AM - 10:00 AM Time Trial Table Open

8:00 AM Relay Table Open

8:00 AM - 5:00 PM Scratch Table Open

8:15 AM Clear Pool & Devotion and National Anthem

8:30 AM PRELIMS START

4:00 PM EVENING – DAY 2

4:00 PM Pool Opens for Finals Warm-up

4:00 PM - 7:00 PM Spectator Pre-order Ticket Pick up

4:00 PM - 7:00 PM Spectator Ticket Sales

4:00 PM Stands Opens for Spectators

4:00 PM Relay Table Open

4:15 PM Officials and Timers Meeting & Officials Check-in - Events Center - Rm 1

4:45 PM Assembly of Athletes for Opening Ceremonies - Events Center

4:50 PM Awards of the 1500 Freestyle from previous day

5:00 PM Opening Ceremonies – Parade of Athletes

5:00 PM - 6:00 PM Team, Coaches Check-in - Events Center - Rm 4

5:00 PM Clear Pool

5:20 PM Devotion and National Anthem

5:30 PM FINALS START WITH C, B, A HEATS

5:30 PM Finals of Women and Men 200 Freestyle Relay

8:30 PM Estimated Session End Time

START OF DAY 3 – WEDNESDAY

Day's Event: Women's 100 Meter Backstroke

Day's Event: Men's 100 Meter Backstroke

Day's Event: Women's 50 Meter Breaststroke

Day's Event: Men's 50 Meter Breaststroke

Day's Event: Women's 400 Meter I.M.

Day's Event: Men's 400 Meter I.M.

Day's Event: Women's 200 Meter Freestyle

Day's Event: Men's 200 Meter Freestyle

Day's Event: Women's 200 Meter Medley Relay

Day's Event: Men's 200 Meter Medley Relay

6:00 AM - 8:15 AM Competition Pool Open Prelims Warm-up

6:00 AM - 11:00 AM Team, Coaches Check-in - Events Center - Rm 4

7:00 AM - 11:00 AM Spectator Pre-order Ticket Pick up

7:00 AM - 11:00 AM Spectator Ticket Sales

7:00 AM Officials Picture - Spectator Stands

7:00 AM Stands Opens for Spectators

7:15 AM Officials and Timers Meeting & Officials Check-in - Events Center - Rm 1

7:30 AM - 10:00 AM Time Trial Table Open

8:00 AM Relay Table Open

8:00 AM - 5:00 PM Scratch Table Open

8:15 AM Clear Pool & Devotion and National Anthem

8:25 AM Senior Recognition

8:30 AM PRELIMS START

4:00 PM EVENING – DAY 3

4:00 PM Pool Opens for Finals Warm-up

4:00 PM - 7:00 PM Spectator Pre-order Ticket Pick up

4:00 PM - 7:00 PM Spectator Ticket Sales

4:00 PM Stands Opens for Spectators

4:15 PM Officials and Timers Meeting & Officials Check-in - Events Center - Rm 1

5:00 PM Relay Table Open

5:00 PM - 6:00 PM Team, Coaches Check-in - Events Center - Rm 4

5:00 PM Clear Pool & Devotion and National Anthem

5:15 PM FINALS START WITH C, B, A HEATS

8:10 PM Estimated Session End Time

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START OF DAY 4 – THURSDAY

Day's Event: Women's 400 Meter Freestyle
Day's Event: Men's 400 Meter Freestyle
Day's Event: Women's 50 Meter Butterfly
Day's Event: Men's 50 Meter Butterfly
Day's Event: Men's 100 Meter Breaststroke
Day's Event: Women's 100 Meter Breaststroke
Day's Event: Men's 50 Meter Freestyle
Day's Event: Women's 50 Meter Freestyle
Day's Event: Women's 800 Meter Freestyle Relay (Prelims fastest to slowest - Top seeded 2 heats swim at Finals Session)
Day's Event: Men's 800 Meter Freestyle Relay (Prelims fastest to slowest - Top seeded 2 heats swim at Finals Session)

6:00 AM - 8:15 AM Competition Pool Open Prelims Warm-up
6:00 AM - 11:00 AM Team, Coaches Check-in - Events Center - Rm 4
7:00 AM - 11:00 AM Spectator Pre-order Ticket Pick up
7:00 AM - 11:00 AM Spectator Ticket Sales
7:00 AM Stands Opens for Spectators
7:15 AM Officials and Timers Meeting & Officials Check-in - Events Center - Rm 1
7:30 AM - 10:00 AM Time Trial Table Open
8:00 AM - 5:00 PM Scratch Table Open
8:00 AM Relay Table Open
8:15 AM Clear Pool & Devotion and National Anthem

8:30 AM PRELIMS START

4:00 PM EVENING – DAY 4

4:00 PM Pool Opens for Finals Warm-up
4:00 PM - 7:00 PM Spectator Pre-order Ticket Pick up
4:00 PM - 7:00 PM Spectator Ticket Sales
4:00 PM Stands Opens for Spectators
4:15 PM Officials and Timers Meeting & Officials Check-in - Events Center - Rm 1
5:00 PM - 6:00 PM Team, Coaches Check-in - Events Center - Rm 4
5:00 PM Relay Table Open
5:00 PM Clear Pool & Devotion and National Anthem

5:15 PM FINALS START WITH C, B, A HEATS

8:15 PM Estimated Session End Time

START OF DAY 5 – FRIDAY

Day's Event: Women's 200 Meter Butterfly
Day's Event: Men's 200 Meter Butterfly
Day's Event: Women's 100 Meter Freestyle
Day's Event: Men's 100 Meter Freestyle
Day's Event: Women's 200 Meter I.M.
Day's Event: Men's 200 Meter I.M.
Day's Event: Women's 50 Meter Backstroke
Day's Event: Men's 50 Meter Backstroke
Day's Event: Women's 400 Meter Freestyle Relay
Day's Event: Men's 400 Meter Freestyle Relay
Day's Event: Women's 800 Meter Freestyle
Day's Event: Men's 800 Meter Freestyle

6:00 AM - 8:15 AM Competition Pool Open Prelims Warm-up
6:00 AM - 11:00 AM Team, Coaches Check-in - Events Center - Rm 4
7:00 AM - 11:00 AM Spectator Pre-order Ticket Pick up
7:00 AM - 11:00 AM Spectator Ticket Sales
7:00 AM Stands Opens for Spectators
7:15 AM Officials and Timers Meeting & Officials Check-in - Events Center - Rm 1
7:30 AM - 10:00 AM Time Trial Table Open
8:00 AM Relay Table Open
8:15 AM Clear Pool & Devotion and National Anthem

8:30 AM PRELIMS START

4:00 PM EVENING – DAY 5

4:00 PM Pool Opens for Finals Warm-up
4:00 PM - 7:00 PM Spectator Pre-order Ticket Pick up
4:00 PM - 7:00 PM Spectator Ticket Sales
4:00 PM Stands Opens for Spectators
4:15 PM Officials and Timers Meeting - Events Center - Rm 1
5:00 PM Relay Table Open
5:00 PM Clear Pool & Devotion and National Anthem

5:10 PM Coach of the Meet Award

5:15 PM FINALS START WITH C, B, A HEATS

8:30 PM Estimated Session End Time