



SCHEDULE OF ACTIVITIES

2018 YMCA NATIONAL LC SWIMMING CHAMPIONSHIP

PRE-MEET ACTIVITIES

12:00 Midnight	07/01 (Sunday) Deadline for Team and Coach Annual Registration
5:00PM	07/23 (MONDAY) Championship Entry Submission Deadline
5:00PM	07/23 (MONDAY) Time Trials Online Entries Deadline
	07/25 (Wednesday) Notification to Teams selected for Proof of Times
	07/25 (Wednesday) Notification to Teams of Timer Requirements
11:59PM	07/26 (Thursday) Deadline for Advance Ticket Sales
	07/27 (Friday) Entry Certification Form FAX Deadline
	07/27 (Friday) Deadline for Officials Pre-registration
10:00AM-9:00PM	07/29 (Sunday) Pool open for YMCA Swimmers – 50 meter pool only
1:00PM-4:00PM	07/29 (Sunday) Facilitation Skills training for Trainer Candidates Part 1 - On-campus: THE HOTEL
4:00PM-6:00PM	07/29 (Sunday) Trainer Training Candidates Part 1 - On-campus: THE HOTEL
5:00PM	07/29 (SUNDAY) Additional Entry Submission Deadline



SCHEDULE OF ACTIVITIES

2018 YMCA NATIONAL LC SWIMMING CHAMPIONSHIP

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
	Day's Event: Men 1500M Freestyle (fastest to slowest) alternating Women & Men
6:00AM-3:30PM	Pools open for General Warmup - All Swimmers
8:00AM-2:00PM	Completion of Facilitation Skills and Trainer Candidate training (including teaching in a Level I or II class) - On-campus: THE HOTEL
9:00AM	Athlete Village Open for Team Move-in - Level 0: WEST side of WEST gym
9:00AM-1:00PM	Level I Officials Training - On-campus: THE HOTEL
9:00AM-1:00PM	Level II Officials Training - On-campus: THE HOTEL
9:00AM-1:00PM	Spectator Pre-order Ticket Pick up - Level 1: Spectator Entrance
9:00AM-1:00PM	Team, Coaches Check-in - Level 0: EAST side of WEST GYM
9:00AM - 1:00PM	Scratch Table Open for Day 1 Events - Level 0: EAST side of WEST GYM
9:00AM - 5:00PM	Scratch Table Open for Day 2 Events - Level 0: EAST side of WEST GYM
9:00AM-2:00PM	Officials Check-in - Level 0: EAST side of WEST GYM
1:15PM-2:00PM	New Coaches Meeting - Level 2: Training Room (ERC2113)
2:00PM-3:00PM	All Coaches Meeting - Level 2: Training Room (ERC2113)
2:15PM-2:45PM	New Officials Meeting - Level B: AP Class Room (Swimmer entrance - left inside)
3:00PM-4:00PM	Mandatory Officials Briefing - Level B: AP Class Room (Swimmer entrance - left inside)

4:00PM

Evening - Day 1

3:30PM-5:00PM	Competition Pool Open for Evening Competition Warm-up
4:00PM-6:00PM	Team, Coaches Check-in - Level 0: EAST side of WEST GYM
4:00PM	Stands Opens for Spectators - Level 1
4:00PM	Relay table open - Level B - Pool deck
4:00PM-5:00pm	Scratch Table Open - Level B - Pool Deck
4:00PM-7:00PM	Spectator Ticket Sales/Pre-order Pickup - Level 1: Spectator Entrance
4:15PM	Officials and Timers Meeting - Officials Room - Level B: AP Class Room
5:00PM	Clear Pool & Devotion and National Anthem
5:15PM	EVENING COMPETITION START
6:00PM-end of session	Officials Check-in - Officials Room - Level B: AP Class Room (Left of Swimmer entrance)
8:00PM	Estimated Session End Time



SCHEDULE OF ACTIVITIES

2018 YMCA NATIONAL LC SWIMMING CHAMPIONSHIP

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
	Competition Pool Open for Prelims Warm-up
6:00AM-8:15AM	
7:00AM-11:00AM	Team, Coaches, College Coaches Check-in - Level 0: EAST side of WEST GYM
7:00AM-11:00AM	Spectator Pre-order Ticket Pickup - Level 1: Spectator Entrance
7:00AM-11:00AM	Spectator Ticket Sales - Level 1: Spectator Entrance
7:00AM	Stands Opens for Spectators - Level 1: Spectator Entrance
7:15AM	Officials and Timers Meeting & Officials Check-in - Level B: AP Class (Officials) Room
7:30AM-10:00AM	Time Trial Table Open - Level B: Room across from instructional pool
7:30AM	Relay Table Open - Level B: Room across from instructional pool
7:30AM	Scratch Table Open - Level B: Room across from instructional pool
8:15AM	Clear Pool & Devotion and National Anthem
8:30AM	PRELIMS START

TIME TRIALS START - 30 Minutes After Prelims

Scheduled Time Trial Events

200 Meter Backstroke; 100 Meter Butterfly; 200 Meter Breaststroke; 100 Meter Backstroke
 200 Meter Freestyle; 400 Meter IM; 50 Meter Breaststroke

4:00PM

Evening - Day 2

3:45PM	Pool Opens for Finals Warm-up
4:00PM-7:00PM	Spectator Pre-order Ticket Pick up - Level 1: Spectator Entrance
4:00PM-7:00PM	Spectator Ticket Sales - Level 1: Spectator Entrance
4:00PM	Stands Opens for Spectators - Level 1: Spectator Entrance
4:00PM	Relay Table, Time Trials Table Open - Level B: Room across from instructional pool
4:00PM-5:00pm	Scratch Table Open Level B: Room across from instructional pool
4:00PM	Officials and Timers Meeting & Officials Check-in - Level B: AP Class (Officials) Room
4:00PM-6:00PM	Team, Coaches, College Coaches Check-in - Level 0: EAST side of WEST GYM
4:30PM	Assembly for Opening Ceremonies - Athlete Village- Level 0: WEST Side of WEST GYM
4:45PM	Clear Competition Pool
4:45PM	OPENING CEREMONIES - PARADE OF ATHLETES
5:00PM	Devotion and National Anthem
5:15PM	FINALS START WITH C, B, A HEATS
5:15PM	Finals of Women and Men 200 Freestyle Relay
-----	Awards of the 1500 Freestyle from previous day - Women prior to awards for women 200 free relay, men prior to awards for men 200 free relay
8:20PM	Estimated Session End Time



SCHEDULE OF ACTIVITIES

2018 YMCA NATIONAL LC SWIMMING CHAMPIONSHIP

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
6:00AM-8:15AM	Competition Pool Open Prelims Warm-up
7:00AM-11:00AM	Team, Coaches, College Coaches Check-in - Level 0: EAST side of WEST GYM
7:00AM-11:00AM	Spectator Pre-order Ticket Pick up - Level 1: Spectator Entrance
7:00AM-11:00AM	Spectator Ticket Sales - Level 1: Spectator Entrance
7:00AM	Officials Picture - Level 1: Spectator Stands
7:00AM	Stands Opens for Spectators - Level 1: Spectator Entrance
7:15AM	Officials and Timers Meeting & Officials Check-in - Level B: AP Class (Officials) Room
7:30AM-10:00AM	Time Trial Table Open - Level B: Room across from instructional pool
7:30AM	Relay Table Open - Level B: Room across from instructional pool
7:30AM	Scratch Table Open - Level B: Room across from instructional pool
8:15AM	Clear Pool & Devotion and National Anthem
8:25AM	SENIOR RECOGNITION
8:30AM	PRELIMS START

TIME TRIALS START - 30 Minutes After Prelims

Scheduled Time Trial Events

100 Meter Backstroke; 200 Meter Freestyle; 400 Meter Ind. Medley; 50 Meter Breaststroke
50 Meter Freestyle; 50 Meter Butterfly; 100 Meter Breaststroke; 400 Meter Freestyle

4:00PM

Evening - Day 3

4:00PM	Pool Opens for Finals Warm-up
4:00PM-7:00PM	Spectator Ticket Sales - Level 1: Spectator Entrance
4:00PM	Stands Opens for Spectators - Level 1: Spectator Entrance
4:00PM	Relay Table, Time Trials Table Open - Level B: Room across from instructional pool
4:00PM-5:00pm	Scratch Table Open - Level B: Room across from instructional pool
4:15PM	Officials and Timers Meeting & Officials Check-in - Level B: AP Class (Officials) Room
5:00PM-6:00PM	Team, Coaches, College Coaches Check-in - Level 0: EAST side of WEST GYM
5:00PM	Clear Pool & Devotion and National Anthem
5:15PM	FINALS START WITH C, B, A HEATS
8:10PM	Estimated Session End Time



SCHEDULE OF ACTIVITIES

2018 YMCA NATIONAL LC SWIMMING CHAMPIONSHIP

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)
6:00AM-8:15AM	Competition Pool Open Prelims Warm-up
7:00AM-11:00AM	Team, Coaches, College Coaches Check-in – Level 0: EAST side of WEST GYM
7:00AM-11:00AM	Spectator Ticket Sales - Level 1: Spectator Entrance
7:00AM	Stands Opens for Spectators - Level 1: Spectator Entrance
7:15AM	Officials and Timers Meeting & Officials Check-in - Level B: AP Class (Officials) Room
7:30AM-10:00AM	Time Trial Table Open - Level B: Room across from instructional pool
7:30AM	Scratch Table Open - Level B: Room across from instructional pool
7:30AM	Relay Table Open - Level B: Room across from instructional pool
8:15AM	Clear Pool & Devotion and National Anthem
8:30AM	PRELIMS START

TIME TRIALS START - 30 Minutes After Prelims

Scheduled Time Trial Events

50 Meter Freestyle; 50 Meter Butterfly; 100 Meter Breaststroke; 400 Meter Freestyle;
200 Meter Butterfly; 100 Meter Freestyle; 200 Meter IM; 50 Meter Backstroke

4:00PM Evening - Day 4

4:00PM	Pool Opens for Finals Warm-up
4:00PM-7:00PM	Spectator Ticket Sales - Level 1: Spectator Entrance
4:00PM	Stands Opens for Spectators - Level 1: Spectator Entrance
4:00PM	Relay Table, Time Trials Table Open - Level B: Room across from instructional pool
4:00PM-5:00pm	Scratch Table Open - Level B: Room across from instructional pool
4:15PM	Officials and Timers Meeting & Officials Check-in - Level B: AP Class (Officials) Room
5:00PM-6:00PM	Team, Coaches, College Coaches Check-in – Level 0: EAST side of WEST GYM
5:00PM	Clear Pool & Devotion and National Anthem
5:15PM	FINALS START WITH C, B, A HEATS
8:15PM	Estimated Session End Time



SCHEDULE OF ACTIVITIES

2018 YMCA NATIONAL LC SWIMMING CHAMPIONSHIP

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
	Competition Pool Open Prelims Warm-up
6:00AM-8:15AM	
7:00AM-11:00AM	Team, Coaches, College Coaches Check-in - Level 0: EAST side of WEST GYM
7:00AM-11:00AM	Spectator Ticket Sales - Level 1: Spectator Entrance
7:00AM	Stands Opens for Spectators - Level 1: Spectator Entrance
7:15AM	Officials and Timers Meeting & Officials Check-in - Level B: AP Class (Officials) Room
7:30AM-10:00AM	Time Trial Table Open - Level B: Room across from instructional pool
7:30AM	Relay Table Open Level B: Room across from instructional pool
8:15AM	Clear Pool & Devotion and National Anthem
8:30AM	PRELIMS START

TIME TRIALS START - 30 Minutes After Prelims

Schedule Time Trial Events

200 Meter Butterfly; 100 Meter Freestyle; 200 Meter Ind. Medley; 50 Meter Backstroke
200 Meter Backstroke; 100 Meter Butterfly; 200 Meter Breaststroke

4:00PM Evening - Day 5

4:00PM	Pool Opens for Finals Warm-up
4:00PM-7:00PM	Spectator Ticket Sales - Level 1: Spectator Entrance
4:00PM	Stands Opens for Spectators - Level 1: Spectator Entrance
4:00PM	Relay Table Open - Level B: Room across from instructional pool
4:15pm- 5:15pm	College Coaches Check-in - Level 0: EAST side of WEST GYM
4:15PM	Officials and Timers Meeting - Level B: AP Class (Officials) Room
5:00PM	Clear Pool & Devotion and National Anthem
5:10PM	COACH OF THE MEET AWARD
5:15PM	FINALS START WITH C, B, A HEATS
8:45PM	Estimated Session End Time