

SWIMMING FINALS - SATURDAY, JANUARY 16, 2021						
	11:15am	Venue Opens	Team Check in opens (coaches packets)	Team area & Locker rooms assigned		
	12-2pm	ASSIGNED WARM UP	COMPETITION POOL	WARM DOWN POOL		
	11:30-12:10	Warm up A	Assigned lanes	Assigned lanes		
	12:10-12:50	Warm up B	Assigned lanes	Assigned lanes		
	12:50-1:30	Warm up C	Assigned lanes	Assigned lanes		
	1:15-1:25p	Coaches Meeting	Hospitality Room			
1:30-1:55	1:45-1:55p	Medley Warm up	all Heats			
All heats in main pool. Events 2-6 in diving well						
		TIME	COMPETITION POOL	WARM DOWN POOL	TIME	AWARDS
		1:55p	Clear pool/National Anthem			
		2:00	HT 1 MEDLEY RELAY			
		2:04	HT 2 MED RELAY	HT 1 MEDLEY RELAY (out of warm down pool by end of 10 min break)		
		2:07	HT 3 MEDLEY RELAY	HT 2 MEDLEY RELAY (out of warm down pool by end of 10 min break)		
		2:10	15 MIN BREAK 200 FR WU	HT 3 MEDLEY RELAY (out of water by end of awards)		
		2:20-2:25			2:20	MED RELAY AWARDS
		2:25	HT 1 200 FR	HT 3 MEDLEY RELAY (out of water by start of 200 FS warm down)		
		2:28	HT 2 200 FR	200 FR WARM DOWN		
		2:31	HT 3 200 FR	200 FR WARM DOWN		
		2:34	IM WARM UP	Comp pool	2:39	200 FR AWARDS
		2:44	HT 1 200 IM			
		2:47	HT 2	200 IM WARM DOWN		
		2:50	HT 3			
		2:53-3:04	50 WARM UP	Comp pool	2:58	200 IM AWARDS
		3:04	HT 1			
		3:06	HT 2	50 WARM DOWNS		
		3:07	HT 3			
		3:08-3:28	FLY WARM UP/BREAK	Comp pool	3:18	50 AWARDS
		3:29	HT 1			
		3:31	HT 2	FLY WARM DOWN		
		3:33	HT 3			
		3:35-3:45	100 FR WARM UP	Comp pool	3:40	100 FLY AWARDS
		3:45	HT 1			
		3:47	HT 2	100 WARM DOWN		
		3:49	HT 3			
		3:50-4:05	500 WARM UP	Comp pool	3:58	100 FR AWARDS
		4:05	HT 1			
		4:12	HT 2	500 WARM DOWNS		
		4:18	HT 3			
		4:25	HT 4			
		4:31-4:41	200 FR RELAY WU	Comp pool	4:36	500 FREE AWARDS
		4:41	HT 1			
		4:44	HT 2	HT 1 FREE RELAY (out of warm down pool by end of 10 min break)		
		4:46	HT 3	HT 2 FREE RELAY (out of warm down pool by end of 10 min break)		
				HT 3 FREE RELAY (out of water by end of awards)		
		4:49-5:04	BK WARM UP	Comp pool	4:55	200 FR RELAY AWARDS
		5:04	HT 1	HT 3 FREE RELAY (out of water by start of the backstroke warm down)		
		5:06	HT 2	BK WARM DOWNS		
		5:09	HT 3			
		5:11	HT 4			
		5:13-5:23	BR WARM UP	Comp pool	5:18	100 BK AWARDS
		5:23	HT 1			
		5:25	HT 2	BR WARM DOWNS		
		5:28	HT 3			
		5:30	HT 4			
		5:32-5:42	400 WARM UP	Comp pool	5:37	100 BR AWARDS
		5:42	HT 1			
		5:47	HT 2	HT 1 FREE RELAY (out of warm down pool by end of 10 min break)		
		5:51	HT 3	HT 2 FREE RELAY (out of warm down pool by end of 10 min break)		
				HT 3 FREE RELAY (out of water by end of awards)		
		5:55			6:00	400 FREE AWARDS

	TT entries are due by 5:40 PM					6:10	TEAM AWARDS	
	5:55-6:20	TT Warmups						
	6:20	TT Starts						
	NO additional alternates if you have 5 swimmers							