

2016 AQUATICS SCHEDULE

The times listed below are approximate event times. Events may run a little ahead or behind schedule depending on the flow of competition. Please have your athletes ready to compete at least 20 minutes prior to their scheduled competition. Athletes should report to the staging area 15 minutes prior to their scheduled competition time. There will be an aquatics coaches meeting at 8:00 a.m. before the start of competition. Announcements will be made updating the schedule of events as the meet progresses.

Please Note: Distances are listed in meters due to how the computer system labels them on Rosters, etc., but distances are actually run in yards.
For example, the 400M is actually the 400 yard race.

Friday, June 10

Coach's Meeting 8:00 a.m. in Pool Office

8:30 a.m.-8:50 a.m.	Warm-up
9:00 a.m.-9:25 a.m.	4 x 50M Medley Relay
9:25 a.m.-9:55 a.m.	100M Freestyle
9:55 a.m.-10:30 a.m.	25M Freestyle
11:00 a.m.-11:20 a.m.	100M Individual Medley
11:20 a.m.-11:50 a.m.	50M Backstroke
11:50 a.m.-12:00 p.m.	25M Butterfly
12:00 p.m.-1:00 p.m.	Break/Warm-up
1:00 p.m.-1:20 p.m.	4 x 50M Freestyle Relay
1:20 p.m.-1:35 p.m.	100M Breaststroke
1:35 p.m.-1:50 p.m.	100M Butterfly
1:50 p.m.-2:05 p.m.	100M Backstroke
2:05 p.m.-2:25 p.m.	4 x 25M Medley Relay
2:25 p.m.-2:50 p.m.	400M Freestyle
2:50 p.m.-3:20 p.m.	50M Freestyle
3:20 p.m.-3:30 p.m.	15M Unassisted Swim

Saturday, June 11

Coach's Meeting (if did not attend on Friday) 8:00 a.m. in Pool Office

8:30 a.m.-8:50 a.m.	Warm-up
9:00 a.m.-9:15 a.m.	25M Breaststroke
9:15 a.m.-9:55 a.m.	200M Freestyle
9:55 a.m.-10:30 a.m.	4 x 25M Free Relay
10:30 a.m.-10:50 a.m.	50M Breaststroke
10:50 a.m.-11:05 a.m.	50M Butterfly
11:05 a.m.-11:50 a.m.	25M Backstroke
11:50 a.m.-12:05 p.m.	4 x 100M Freestyle Relay

*****Rules governing pool safety will be posted and enforced at all times*****