

Order of Events

3:00 p.m. Warm-up, 4:00 p.m. Start (Friday)
8:00 a.m. Warm-up, 9:00 a.m. Start (Saturday & Sunday)

Men	Friday - 22 July	Women	Men & Women
No.	Event	No.	Check-in by
1	400 Meter Individual Medley	2	3:30 p.m.
3	1500 Meter Freestyle	4	4:15 p.m.

get a good night's sleep!

Men	Saturday - 23 July	Women	Men & Women
No.	Event	No.	Check-in by
5	400 Meter Freestyle	6	8:15 a.m.
<i>30 minute break – warm-down, warm-up</i>			
7	200 Meter Backstroke	8	
9	50 Meter Butterfly	10	
11	100 Meter Breaststroke	12	
13	100 Meter Freestyle	14	
15	200 Meter Butterfly	16	
17	50 Meter Backstroke	18	
19	200 Meter Individual Medley	20	
21	400 Meter Medley Relay	22	Entries due by end of event 10
23	200 Meter Freestyle Relay	24	
25/26	200 Meter Mixed Medley Relay	25/26	

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Men	Sunday - 24 July	Women	Men & Women
No.	Event	No.	Check-in by
27	100 Meter Butterfly	28	
29	50 Meter Breaststroke	30	
31	200 Meter Freestyle	32	
33	100 Meter Backstroke	34	
35	200 Meter Breaststroke	36	
37	50 Meter Freestyle	38	
39	400 Meter Freestyle Relay	40	Entries due by end of event 32
41	200 Meter Medley Relay	42	
43/44	200 Meter Mixed Freestyle Relay	43/44	
45	800 Meter Freestyle	46	end of event 36