

2022 LONG COURSE CHAMPIONSHIPS

EVENT SCHEDULE



Saturday Morning				Venue Access and Warmup from Managers Meeting	7:30 am	Saturday Afternoon				Venue Access and Warmup from	1:15 pm
1	Men 100 Butterfly	9	2	u	8:15 am	11	Men 100 Backstroke	12	2	u	2:00 pm
2	Women 100 Butterfly	15	2	u	8:20 am	12	Women 100 Backstroke	23	3	u	2:06 pm
3	Men 200 Breaststroke	6	1	u	8:25 am	13	Men 11 & Over 200 Butterfly	2	1	u	2:13 pm
4	Women 200 Breaststroke	8	1	u	8:30 am	14	Women 11 & Over 200 Butterfly	5	1	u	2:17 pm
905	Mixed 13 & Over 1500 Freestyle	3	1	u	8:35 am	15	Men 400 Freestyle	10	2	u	2:21 pm
10 Minute Break						10 Minute Break					
7	Men 50 Backstroke	14	2	u	9:06 am	16	Women 400 Freestyle	13	2	u	2:45 pm
8	Women 50 Backstroke	24	3	u	9:09 am	17	Men 50 Breaststroke	15	2	u	2:58 pm
9	Men 200 IM	16	2	u	9:15 am	18	Women 50 Breaststroke	27	4	u	3:01 pm
10	Women 200 IM	17	3	u	9:23 am	19	Men 4x100 Freestyle Relay	2	1	u	3:08 pm
	Swimmers Counts for Warm-ups: 72	====	====			20	Women 4x100 Freestyle Relay	5	1	u	3:13 pm
	Entry / Heat Totals:	112	17				Swimmers Counts for Warm-ups: 75	====	====		
	Finish Time				9:35 am		Entry / Heat Totals:	114	19		
							Finish Time				3:20 pm



Note: Pod B are to enter the facility via the outside stairs located at the back of the facility

Saturday Morning				Venue Access and Warmup from Managers Meeting	10:00 am	Saturday Afternoon				Venue Access and Warmup from	3:45 pm
101	Men 100 Butterfly	7	1	u	10:45 am	111	Men 100 Backstroke	14	2	u	4:30 pm
102	Women 100 Butterfly	9	2	u	10:48 am	112	Women 100 Backstroke	19	3	u	4:36 pm
103	Men 200 Breaststroke	11	2	u	10:53 am	913	Mixed 11 & Over 200 Butterfly	2	1	u	4:43 pm
104	Women 200 Breaststroke	11	2	u	11:01 am	115	Men 400 Freestyle	3	1	u	4:47 pm
105	Men 13 & Over 1500 Freestyle	0	0		11:10 am	10 Minute Break					
10 Minute Break						116	Women 400 Freestyle	4	1	u	5:02 pm
106	Women 13 & Over 1500 Freestyle	0	0		11:20 am	117	Men 50 Breaststroke	21	3	u	5:09 pm
107	Men 50 Backstroke	15	2	u	11:20 am	118	Women 50 Breaststroke	24	3	u	5:14 pm
108	Women 50 Backstroke	21	3	u	11:24 am	119	Men 4x100 Freestyle Relay	3	1	u	5:19 pm
109	Men 200 IM	11	2	u	11:29 am	120	Women 4x100 Freestyle Relay	2	1	u	5:24 pm
110	Women 200 IM	15	2	u	11:37 am		Swimmers Counts for Warm-ups: 65	====	====		
	Swimmers Counts for Warm-ups: 61	====	====				Entry / Heat Totals:	92	16		
	Entry / Heat Totals:	100	16				Finish Time				5:30 pm
	Finish Time				11:45 am						



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EVENT SCHEDULE



Sunday Morning				Venue Access and Warmup from	7:30 am	Sunday Afternoon				Venue Access and Warmup from	1:00 pm
21	Women 100 Breaststroke	20	3	u	8:15 am	29	Men 100 Freestyle	18	3	u	1:45 pm
22	Men 100 Breaststroke	12	2	u	8:23 am	30	Women 100 Freestyle	31	4	u	1:52 pm
23	Women 200 Freestyle	26	4	u	8:29 am	31	Men 200 Backstroke	7	1	u	2:01 pm
24	Men 200 Freestyle	18	3	u	8:44 am	32	Women 200 Backstroke	9	2	u	2:05 pm
10 Minute Break						10 Minute Break					
925	Mixed 12 & Over 800 Freestyle	4	1	u	9:05 am	933	Mixed 12 & Over 400 IM	2	1	u	2:23 pm
27	Women 50 Butterfly	27	4	u	9:16 am	35	Men 50 Freestyle	24	3	u	2:31 pm
28	Men 50 Butterfly	14	2	u	9:22 am	36	Women 50 Freestyle	40	5	u	2:35 pm
	Swimmers Counts for Warm-ups: 71	====	====			37	Men 4x100 Medley Relay	2	1	u	2:42 pm
	Entry / Heat Totals:	121	19			38	Women 4x100 Medley Relay	4	1	u	2:48 pm
	Finish Time				9:26 am		Swimmers Counts for Warm-ups: 75	====	====		
							Entry / Heat Totals:	137	21		
							Finish Time				2:55 pm



Note: Pod B are to enter the facility via the outside stairs located at the back of the facility

Sunday Morning				Venue Access and Warmup from	9:45 am	Sunday Afternoon				Venue Access and Warmup from	3:15 pm
121	Women 100 Breaststroke	17	3	u	10:30 am	129	Men 100 Freestyle	20	3	u	4:00 pm
122	Men 100 Breaststroke	14	2	u	10:38 am	130	Women 100 Freestyle	23	3	u	4:07 pm
123	Women 200 Freestyle	16	2	u	10:44 am	131	Men 200 Backstroke	7	1	u	4:13 pm
124	Men 200 Freestyle	9	2	u	10:51 am	132	Women 200 Backstroke	11	2	u	4:18 pm
10 Minute Break						10 Minute Break					
125	Women 12 & Over 800 Freestyle	0	0		11:09 am	133	Men 12 & Over 400 IM	2	1	u	4:36 pm
126	Men 12 & Over 800 Freestyle	2	1	u	11:09 am	134	Women 12 & Over 400 IM	0	0		4:42 pm
127	Women 50 Butterfly	23	3	u	11:18 am	135	Men 50 Freestyle	27	4	u	4:42 pm
128	Men 50 Butterfly	22	3	u	11:23 am	136	Women 50 Freestyle	27	4	u	4:48 pm
	Swimmers Counts for Warm-ups: 67	====	====			137	Men 4x100 Medley Relay	2	1	u	4:53 pm
	Entry / Heat Totals:	103	16			138	Women 4x100 Medley Relay	2	1	u	4:59 pm
	Finish Time				11:27 am		Swimmers Counts for Warm-ups: 67	====	====		
							Entry / Heat Totals:	121	20		
							Finish Time				5:07 pm

