

TIMELINE

Start Times Women	Event	Start Times Men
Wednesday, August 17, 2016		
7:30 a.m.	1: mixed 1500 freestyle (deck seeded)	7:30 a.m.
	Approximate finish time 2:30 p.m.	
Thursday, August 18, 2016		
7:30 a.m.	3-4: 400 IM (deck seeded)	8:50 a.m.
10:10 a.m.	30-minute warm-up in competition pool	10:10 a.m.
10:40 a.m.	5-6: 100 breaststroke	11:35 a.m.
12:25 p.m.	7-8: 200 freestyle (deck seeded)	1:40 p.m.
3:00 p.m.	9-10: 50 backstroke	3:35 p.m.
4:05 p.m.	11-12: 100 butterfly	4:35 p.m.
	Approximate finish time 5:30 p.m.	
Friday, August 19, 2016		
7:30 a.m.	13: mixed 800 freestyle (deck seeded)	7:30 a.m.
1:45 p.m.	30-minute warm-up in competition pool	1:45 p.m.
2:15 p.m.	15-16: 50 breaststroke	2:50 p.m.
3:25 p.m.	17-18: 200 IM (deck seeded)	4:40 p.m.
6:05 p.m.	19-20: 200 freestyle relay	6:40 p.m.
	Approximate finish time 7:15 p.m.	
Saturday, August 20, 2016		
7:30 a.m.	21: mixed 400 freestyle (deck seeded)	7:30 a.m.
11:55 a.m.	30-minute warm-up in competition pool	11:55 a.m.
12:25 p.m.	23-24: 50 freestyle	1:10 p.m.
1:55 p.m.	25-26: 200 butterfly (deck seeded)	2:30 p.m.
3:10 p.m.	27-28 100 backstroke	4:10 p.m.
5:00 p.m.	29: 200 mixed freestyle relay	5:00 p.m.
5:45 p.m.	30: 200 mixed medley relay	5:45 p.m.
	Approximate finish time 6:45 p.m.	
Sunday, August 21, 2016		
7:30 a.m.	31-32: 200 backstroke (deck seeded)	8:35 a.m.
9:25 a.m.	33-34: 50 butterfly	10:00 a.m.
10:40 a.m.	35-36: 200 medley relay	11:15 a.m.
11:45 a.m.	37-38: 200 breaststroke (deck seeded)	12:50 p.m.
1:50 p.m.	39-40: 100 freestyle	2:50 p.m.
	Approximate finish time 4:00 p.m.	

This timeline is **only a guide** for use in determining the **approximate** start of all events. The meet may run ahead of or behind the estimate. It is the responsibility of all swimmers to get to the pool well before their events and be behind the blocks before their events start.

All swimmers must check in for all deck-seeded events by the check-in deadlines!