

2008 USMS Long Course National Championship Event Line-Up

Event		Estimated Start Time ①	Heat/Lane #	My Time	Notes
Thursday, August 14th - Ends at 9:20 PM					
1	W 800 Free ③	7:30 am ②			
2	M 800 Free ③				
3	W 1500 Free ③	11:45 am ②			
4	M 1500 Free ③				
Friday, August 15th - Ends at 6:40 PM					
5	W 400 IM ③	7:30 am			
6	M 400 IM ③	9:05 am			
30 minute warm-up in competition pool		10:20 am			
7	W 200 Free ③	10:50 am			
8	M 200 Free ③	12:15 pm			
9	W 50 Breast	1:50 pm			
10	M 50 Breast	2:20 pm			
11	W 200 Back ③	2:55 pm			
12	M 200 Back ③	3:50 pm			
13	W 100 Fly	4:45 pm			
14	M 100 Fly	5:20 pm			
15/16	Mixed 200 Free Relay	6:00 pm			
Saturday, August 16th - Ends at 8:40 PM					
18	M 400 Free ③	7:30 am			
30 minute warm-up in competition pool		9:50 am			
19/20	Mixed 200 Medley Relay	10:20 am			
21	W 100 Breast	11:00 am			
22	M 100 Breast	11:55 am			
23	W 50 Fly	12:50 pm			
24	M 50 Fly	1:20 pm			
25	W 200 IM ③	1:50 pm			
26	M 200 IM ③	3:05 pm			
27	W 100 Free	4:05 pm			
28	M 100 Free	5:10 pm			
29	W 50 Back	6:25 pm			
30	M 50 Back	7:05 pm			
31	W 200 Free Relay	7:40 pm			
32	M 200 Free Relay	8:10 pm			
Sunday, August 17th - Ends at 5:50 PM					
33	W 400 Free ③	7:30 am			
30 minute warm-up in competition pool		9:45 am			
35	W 200 Fly ③	10:15 am			
36	M 200 Fly ③	11:00 am			
37	W 100 Back	11:35 am			
38	M 100 Back	12:25 pm			
39	W 200 Breast ③	1:15 pm			
40	M 200 Breast ③	2:20 pm			
41	W 50 Free	3:15 pm			
42	M 50 Free	3:55 pm			
43	W 200 Medley Relay	4:40 pm			
44	M 200 Medley Relay	5:10 pm			

① This estimated timeline is only a guide for swimmers in determining the start time for events.

The meet **will not stop** if we are ahead of the timeline. Arrive at the pool earlier than this timeline.

② Women and men will swim together for the 800 and 1500, seeded by time only, not by gender or age group.

③ **All 200s, 400s, the 800, and 1500 will be deck seeded, so positive check-in is required.**