

JUNIOR SESSIONS

Preliminary session will be seeded by time and gender regardless of age

Finals session age groups: 13&U, 14

SH – Slower heats, FH – Fastest heat - Distance events – seeded by time regardless of age

Junior Session relays all swimming in finals

EVENT 3/4 ARE REVERSED IN THE EVENT FILE. THE WOMEN WILL SWIM BEFORE THE MEN. THE EVENTS WILL BE RENUMBERED TO MATCH THE MEET PACKAGE ONCE ENTRIES ARE FINALIZED. NO CHANGES TO THE EVENT FILE.

DAY 1 – THURSDAY, MARCH 5, 2026					
Preliminary Session Warmup: 7:20 am (split) Start: 9:00 am			Final Session Warmup: 5:30 pm – 6:25 pm Start: 6:30 pm		
W		M	W		M
1	200 IM	2		800 Free (FH)	10
3	50 Breast	4	1	200 IM	2
5	400 Free		3	50 Breast	4
7	50 Back	8	5	400 Free	
	800 Free (SH)	10	7	50 Back	8
			101	4 x 100 Free Relay (All heats)	102
DAY 2 – FRIDAY, MARCH 6, 2026					
Preliminary Session Warmup: 7:20 am (split) Start: 9:00 am			Final Session Warmup: 5:30 pm – 6:25 pm Start: 6:30 pm		
W		M	W		M
11	200 Fly	12	22	1500 Free (FH)	
13	100 Free	14	11	200 Fly	12
15	200 Back	16	13	100 Free	14
17	50 Fly	18	15	200 Back	16
	400 IM	20	17	50 Fly	18
22	1500 Free (SH)			400 IM	20
			103	4 x 50 Medley Relay (All heats)	104
DAY 3 – SATURDAY, MARCH 7, 2026					
Preliminary Session Warmup: 7:20 am (split) Start: 9:00 am			Final Session Warmup: 5:30 pm – 6:25 pm Start: 6:30 pm		
W		M	W		M
23	200 Free	24		1500 Free (FH)	32
25	100 Breast	26	23	200 Free	24
27	400 IM		25	100 Breast	26
29	100 Back	30	27	400 IM	
	1500 Free (SH)	32	29	100 Back	30
			105	4 x 50 Free Relay (All heats)	106
DAY 4 – SUNDAY, MARCH 8, 2026					
Preliminary Session Warmup: 7:20 am (split) Start: 9:00 am			Final Session Warmup: 5:30 pm – 6:25 pm Start: 6:30 pm		
W		M	W		M
33	200 Breast	34	41	800 Free (FH)	
35	50 Free	36	33	200 Breast	34
	400 Free	38	35	50 Free	36
39	100 Fly	40		400 Free	38
41	800 Free (SH)		39	100 Fly	40
			107	4 x 100 Medley Relay (All heats)	108

YOUTH SESSIONS

All events will be seeded slowest to fastest by gender. 400m or less events will swim the fastest heat of each age (11&U, 12) last. Distance events – seeded by time regardless of age

DAY 2 – FRIDAY, MARCH 6, 2026

Timed Final Warmup: 1:15 – 1:40 PM Start: 1:45 PM		
W		M
401	200 Back	402
403	100 Free	404
405	200 Fly	406
407	50 Breast	408
409	400 Free	
411	4 x 50 Medley Relay	412
	800 Free	414

DAY 3 – SATURDAY, MARCH 7, 2026

Timed Final Warmup: 1:15 – 1:40 PM Start: 1:45 PM		
W		M
415	100 Back	416
429	50 Free	430
417	100 Breast	418
419	200 Free	420
421	50 Fly	422
423	400 IM	424
426	4 x 50 Mixed Freestyle Relay	426

DAY 4 – SUNDAY, MARCH 8, 2026

Timed Final Warmup: 1:15 – 1:40 PM Start: 1:45 PM		
W		M
427	200 IM	428
441	50 Back	442
431	200 Breast	432
	400 Free	434
435	100 Fly	436
437	4 x 50 Free Relay	438
439	800 Free	

Meet Management reserves the right to change warm-up session times and to allocate team warm-up schedules.