

Pre-Meet Training		Deck Access	Start	End	Format	
Tuesday	Evening	4:30 PM	5:00 PM	7:30 PM	10 lanes LCM	
	July 8 Team Registration	room 2060	4:30 PM	7:00 PM		
Competition	Session	Deck Access	Warm-up	Start	Approx Finish	Dive Tank Access
GROUP A - Club Code - A to M GROUP B - Club Code - N to Y Dive Tank access during warm-up periods restricted to each GROUP when split warm-up in effect						
DAY 1 Wednesday July 9	Prelims	6:30 AM	6:50 - 7:35 AM (Group A) 7:40 - 8:25 AM (Group B)	8:30 AM	11:10 AM	6:50 AM - 2:00 PM
	Team Registration Official/Volunteer Check-in	room 2060		6:30 AM	10:00 AM	
	Distance	N/A	11:00 - 11:25 AM	11:30 AM	4:20 PM	11:30 AM - 2:00 PM
	Team Registration Official/Volunteer Check-in	room 2060		10:30 AM	2:00 PM	**Dive Tank access ends at 2 PM**
	Finals	4:30 PM	5:00 PM	6:00 PM	8:30 PM	5:00 - 9:15 PM
	Team Registration Official/Volunteer Check-in	room 2060		4:30 PM	6:00 PM	
DAY 2 Thursday July 10	Prelims	6:30 AM	6:50 - 7:35 AM (Group B) 7:40 - 8:25 AM (Group A)	8:30 AM	12:00 PM	6:50 AM - 12:30 PM
	Team Registration Official/Volunteer Check-in	room 2060		6:30 AM	9:00 AM	
	Youth Session	12:00 PM	12:15 - 1:10 PM	1:15 PM	5:00 PM	12:30 PM - 5:15 PM
	Team Registration Official/Volunteer Check-in	room 2060		11:45 AM	1:30 PM	
	Finals	5:00 PM	5:30 PM	6:30 PM	9:00 PM	5:30 - 9:15 PM
	Team Registration Official/Volunteer Check-in	room 2060		5:00 PM	6:30 PM	
DAY 3 Friday July 11	Prelims	6:30 AM	6:50 - 7:35 AM (Group A) 7:40 - 8:25 AM (Group B)	8:30 AM	1:00 PM	6:50 AM - 1:00 PM
	Team Registration Official/Volunteer Check-in	room 2060		6:30 AM	9:00 AM	
	Youth Session	1:00 PM	1:15 PM - 2:10 PM	2:15 PM	5:15 PM	1:00 - 5:30 PM
	Team Registration Official/Volunteer Check-in	room 2060		12:45 PM	2:30 PM	
	Finals	5:00 PM Due to Shooting Stars Game only the EAST/SOUTH entrances will be available	5:30 PM	6:30 PM	9:00 PM	5:30 - 9:15 PM
	Team Registration Official/Volunteer Check-in	Turnstiles - South End - ONLY SOUTH entry available		5:00 PM	6:30 PM	
DAY 4 Saturday July 12	Prelims	6:30 AM	6:50 - 7:35 AM (Group B) 7:40 - 8:25 AM (Group A)	8:30 AM	1:00 PM	6:50 AM - 1:00 PM
	Team Registration Official/Volunteer Check-in	room 2060		6:30 AM	9:00 AM	
	Youth Session	1:00 PM	1:15 PM - 2:10 PM	2:15 PM	5:00 PM	1:00 PM - 5:15 PM
	Team Registration Official/Volunteer Check-in	room 2060		12:45 PM	2:30 PM	
	Finals	5:00 PM	5:30 PM	6:30 PM	9:00 PM	5:30 - 9:15 PM
	Team Registration Official/Volunteer Check-in	room 2060		5:00 PM	6:30 PM	
DAY 5 Sunday July 13	Prelims	6:30 AM	6:50 - 7:35 AM (Group A) 7:40 - 8:25 AM (Group B)	8:30 AM	11:00 AM	6:50 AM - 2:00 PM
	Team Registration Official/Volunteer Check-in	room 2060		6:30 AM	10:00 AM	
	Distance	N/A Due to Shooting Stars Game only the EAST/SOUTH entrances will be available beginning at NOON	11:00 - 11:25 AM	11:30 AM	4:00 PM	11:30 AM - 2:00 PM
	Team Registration Official/Volunteer Check-in	Turnstiles - South End - ONLY SOUTH entry available		10:30 AM	2:00 PM	**Dive Tank access ends at 2 PM**
	Finals	4:30:00 PM Due to Shooting Stars Game only the EAST/SOUTH entrances will be available	5:00 PM	6:00 PM	8:30 PM	5:00 - 9:00 PM
	Team Registration Official/Volunteer Check-in	Turnstiles - South End - ONLY SOUTH entry available		4:30 PM	6:00 PM	

Schedule Session No. 1 - Wednesday Prelims

2025-07-09 - 8:30

Warmup: 6:50 until 8:25

8:30	3.	200m Medley	Women	Prelim	Open	0:42	14 Heats	131
9:12	4.	200m Medley	Men	Prelim	Open	0:37	13 Heats	124
9:49	201.	400m Freestyle	Women	Prelim	Open	0:10	1 Heat	2
9:59	202.	400m Freestyle	Men	Prelim	Open	0:08	1 Heat	4
10:07	203.	200m Freestyle	Women	Prelim	Open	0:06	1 Heat	4
10:13	204.	200m Freestyle	Men	Prelim	Open	0:04	1 Heat	4
10:17	5.	100m Backstroke	Women	Prelim	Open	0:20	12 Heats	117
10:37	6.	100m Backstroke	Men	Prelim	Open	0:16	11 Heats	109
10:53	End of session				Total duration	2:23		

Schedule Session No. 2 - Wednesday Distance

2025-07-09 - 11:30

Warmup: 11:00 until 11:25

11:30	1.	1500m Freestyle	Women	Slower Heats	Open	3:00	9 Heats	88
14:30	2.	800m Freestyle	Men	Slower Heats	Open	1:49	11 Heats	102
16:19	End of session				Total duration	4:49		

Schedule Session No. 3 - Wednesday Finals

2025-07-09 - 18:00

Warmup: 17:00 until 17:50

18:00	1.	1500m Freestyle	Women	Fastest Heat	Open	0:19	1 Heat	10
18:19	2.	800m Freestyle	Men	Fastest Heat	Open	0:10	1 Heat	10
18:29	3.	200m Medley	Women	Final	Open	0:26	6 Heats	-
18:55	4.	200m Medley	Men	Final	Open	0:25	6 Heats	-
19:20	201.	400m Freestyle	Women	Final	Open	0:10	1 Heat	-
19:30	202.	400m Freestyle	Men	Final	Open	0:08	1 Heat	-
19:38	203.	200m Freestyle	Women	Final	Open	0:06	1 Heat	-
19:44	204.	200m Freestyle	Men	Final	Open	0:04	1 Heat	-
19:48	5.	100m Backstroke	Women	Final	Open	0:18	6 Heats	-
20:06	6.	100m Backstroke	Men	Final	Open	0:17	6 Heats	-
20:23	End of session				Total duration	2:23		

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Schedule Session No. 4 - Thursday Prelims
2025-07-10 - 8:30

Warmup: 6:50 until 8:25

8:30	7.	200m Freestyle	Women	Prelim	Open	0:38	14 Heats	139
9:08	8.	200m Freestyle	Men	Prelim	Open	0:33	13 Heats	124
9:41	205.	150m Medley	Women	Prelim	Open	0:05	1 Heat	2
9:46	207.	200m Medley	Women	Prelim	Open	0:08	1 Heat	6
9:54	208.	200m Medley	Men	Prelim	Open	0:04	1 Heat	7
9:58	9.	100m Breaststroke	Women	Prelim	Open	0:22	12 Heats	120
10:20	10.	100m Breaststroke	Men	Prelim	Open	0:17	10 Heats	99
10:37	11.	100m Butterfly	Women	Prelim	Open	0:21	13 Heats	126
10:58	12.	100m Butterfly	Men	Prelim	Open	0:16	11 Heats	110
11:14	101.	4 x 100m Freestyle	Girls	Slower Heats	- 14	0:06	1 Heat	8
11:20	103.	4 x 100m Freestyle	Women	Slower Heats	15 +	0:10	2 Heats	13
11:30	102.	4 x 100m Freestyle	Boys	Slower Heats	- 14	0:05	1 Heat	5
11:35	104.	4 x 100m Freestyle	Men	Slower Heats	15 +	0:09	2 Heats	13
11:44	End of session				Total duration	3:14		

Schedule Session No. 5 - Thursday Youth
2025-07-10 - 13:15

Warmup: 12:15 until 13:10

13:15	401.	200m Medley	Girls	Timed Final	- 12	0:24	7 Heats	61
13:39	402.	200m Medley	Boys	Timed Final	- 12	0:23	7 Heats	70
14:02	403.	100m Freestyle	Girls	Timed Final	- 12	0:08	5 Heats	48
14:10	404.	100m Freestyle	Boys	Timed Final	- 12	0:10	6 Heats	53
14:20	405.	200m Backstroke	Girls	Timed Final	- 12	0:24	7 Heats	62
14:44	406.	200m Backstroke	Boys	Timed Final	- 12	0:27	8 Heats	73
15:11	407.	100m Breaststroke	Girls	Timed Final	- 12	0:12	6 Heats	59
15:23	408.	100m Breaststroke	Boys	Timed Final	- 12	0:10	5 Heats	50
15:33	409.	4 x 50m Freestyle	Girls	Timed Final	- 12	0:06	2 Heats	15
15:39	410.	4 x 50m Freestyle	Boys	Timed Final	- 12	0:06	2 Heats	12
15:45	433.	800m Freestyle	Girls	Timed Final	- 12	0:45	4 Heats	31
16:30	412.	800m Freestyle	Boys	Timed Final	- 12	0:22	2 Heats	11
16:52	End of session				Total duration	3:37		

Schedule Session No. 6 - Thursday Finals
2025-07-10 - 18:30

Warmup: 17:30 until 18:20

18:30	7.	200m Freestyle	Women	Final	Open	0:24	6 Heats	-
18:54	8.	200m Freestyle	Men	Final	Open	0:24	6 Heats	-
19:18	205.	150m Medley	Women	Final	Open	0:05	1 Heat	-
19:23	207.	200m Medley	Women	Final	Open	0:08	1 Heat	-
19:31	208.	200m Medley	Men	Final	Open	0:04	1 Heat	-
19:35	9.	100m Breaststroke	Women	Final	Open	0:19	6 Heats	-
19:54	10.	100m Breaststroke	Men	Final	Open	0:16	5 Heats	-
20:10	11.	100m Butterfly	Women	Final	Open	0:17	6 Heats	-
20:27	12.	100m Butterfly	Men	Final	Open	0:18	6 Heats	-
20:45	105.	4 x 50m Freestyle	Mixed	Timed Final	Open	0:06	not seeded	-
20:51	101.	4 x 100m Freestyle	Girls	Fastest Heat	- 14	0:05	1 Heat	10
20:56	102.	4 x 100m Freestyle	Boys	Fastest Heat	- 14	0:05	1 Heat	10
21:01	103.	4 x 100m Freestyle	Women	Fastest Heat	15 +	0:05	1 Heat	10

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21:06	104.	4 x 100m Freestyle	Men	Fastest Heat	15 +	0:05	1 Heat	10
21:11	End of session			Total duration		2:41		

Schedule Session No. 7 - Friday Prelims

2025-07-11 - 8:30

Warmup: 6:50 until 8:25

8:30	13.	200m Backstroke	Women	Prelim	Open	0:39	13 Heats	125
9:09	14.	200m Backstroke	Men	Prelim	Open	0:37	13 Heats	124
9:46	209.	100m Backstroke	Women	Prelim	Open	0:03	1 Heat	4
9:49	210.	100m Backstroke	Men	Prelim	Open	0:02	1 Heat	5
9:51	211.	50m Backstroke	Women	Prelim	Open	0:03	1 Heat	3
9:54	15.	400m Medley	Women	Prelim	Open	1:30	15 Heats	141
11:24	16.	400m Medley	Men	Prelim	Open	1:18	14 Heats	136
12:42	213.	100m Butterfly	Women	Prelim	Open	0:02	1 Heat	4
12:44	214.	100m Butterfly	Men	Prelim	Open	0:03	1 Heat	6
12:47	215.	50m Butterfly	Women	Prelim	Open	0:02	1 Heat	3
12:49	107.	4 x 200m Freestyle	Women	Slower Heats	Open		no entries	-
12:49	108.	4 x 200m Freestyle	Men	Slower Heats	Open		no entries	-
12:49	End of session			Total duration		4:19		

Schedule Session No. 8 - Friday Youth

2025-07-11 - 14:15

Warmup: 13:15 until 14:10

14:15	413.	100m Butterfly	Girls	Timed Final	- 12	0:11	6 Heats	55
14:26	414.	100m Butterfly	Boys	Timed Final	- 12	0:11	6 Heats	55
14:37	415.	400m Freestyle	Girls	Timed Final	- 12	0:35	6 Heats	58
15:12	416.	400m Freestyle	Boys	Timed Final	- 12	0:35	6 Heats	54
15:47	417.	50m Freestyle	Girls	Timed Final	- 12	0:05	5 Heats	50
15:52	418.	50m Freestyle	Boys	Timed Final	- 12	0:06	5 Heats	45
15:58	419.	400m Medley	Girls	Timed Final	- 12	0:26	4 Heats	34
16:24	420.	400m Medley	Boys	Timed Final	- 12	0:26	4 Heats	37
16:50	421.	4 x 100m Freestyle	Girls	Timed Final	- 12	0:11	2 Heats	15
17:01	422.	4 x 100m Freestyle	Boys	Timed Final	- 12	0:11	2 Heats	11
17:12	End of session			Total duration		2:57		

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Schedule Session No. 9 - Friday Finals
2025-07-11 - 18:30

Warmup: 17:30 until 18:20

18:30	13.	200m Backstroke	Women	Final	Open	0:26	6 Heats	-
18:56	14.	200m Backstroke	Men	Final	Open	0:25	6 Heats	-
19:21	209.	100m Backstroke	Women	Final	Open	0:03	1 Heat	-
19:24	210.	100m Backstroke	Men	Final	Open	0:03	1 Heat	-
19:27	211.	50m Backstroke	Women	Final	Open	0:02	1 Heat	-
19:29	15.	400m Medley	Women	Final	Open	0:22	3 Heats	-
19:51	16.	400m Medley	Men	Final	Open	0:21	3 Heats	-
20:12	213.	100m Butterfly	Women	Final	Open	0:02	1 Heat	-
20:14	214.	100m Butterfly	Men	Final	Open	0:03	1 Heat	-
20:17	215.	50m Butterfly	Women	Final	Open	0:02	1 Heat	-
20:19	107.	4 x 200m Freestyle	Women	Fastest Heat	Open	0:10	1 Heat	10
20:29	108.	4 x 200m Freestyle	Men	Fastest Heat	Open	0:09	1 Heat	10
20:38	End of session				Total duration	2:08		

Schedule Session No. 10 - Saturday Prelims
2025-07-12 - 8:30

Warmup: 6:50 until 8:25

8:30	17.	400m Freestyle	Women	Prelim	Open	1:08	13 Heats	126
9:38	18.	400m Freestyle	Men	Prelim	Open	0:59	12 Heats	115
10:37	217.	100m Freestyle	Women	Prelim	Open	0:03	1 Heat	9
10:40	218.	100m Freestyle	Men	Prelim	Open	0:03	1 Heat	10
10:43	19.	200m Breaststroke	Women	Prelim	Open	0:47	14 Heats	134
11:30	20.	200m Breaststroke	Men	Prelim	Open	0:38	12 Heats	113
12:08	21.	50m Freestyle	Women	Prelim	Open	0:11	11 Heats	105
12:19	22.	50m Freestyle	Men	Prelim	Open	0:10	11 Heats	101
12:29	109.	4 x 100m Medley	Girls	Slower Heats	- 14	0:06	1 Heat	6
12:35	111.	4 x 100m Medley	Women	Slower Heats	15 +	0:10	2 Heats	13
12:45	110.	4 x 100m Medley	Boys	Slower Heats	- 14	0:06	1 Heat	5
12:51	112.	4 x 100m Medley	Men	Slower Heats	15 +	0:10	2 Heats	15
13:01	End of session				Total duration	4:31		

Schedule Session No. 11 - Saturday Youth
2025-07-12 - 14:15

Warmup: 13:15 until 14:10

14:15	423.	200m Freestyle	Girls	Timed Final	- 12	0:21	7 Heats	65
14:36	424.	200m Freestyle	Boys	Timed Final	- 12	0:24	8 Heats	77
15:00	425.	200m Butterfly	Girls	Timed Final	- 12	0:19	5 Heats	48
15:19	426.	200m Butterfly	Boys	Timed Final	- 12	0:14	4 Heats	38
15:33	427.	100m Backstroke	Girls	Timed Final	- 12	0:13	7 Heats	61
15:46	428.	100m Backstroke	Boys	Timed Final	- 12	0:13	7 Heats	67
15:59	429.	200m Breaststroke	Girls	Timed Final	- 12	0:22	6 Heats	51
16:21	430.	200m Breaststroke	Boys	Timed Final	- 12	0:23	6 Heats	55
16:44	431.	4 x 50m Medley	Girls	Timed Final	- 12	0:06	2 Heats	15
16:50	432.	4 x 50m Medley	Boys	Timed Final	- 12	0:06	2 Heats	12
16:56	End of session				Total duration	2:41		

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Schedule Session No. 12 - Saturday Finals
2025-07-12 - 18:30

Warmup: 17:30 until 18:20

18:30	17.	400m Freestyle	Women	Final	Open	0:19	3 Heats	-
18:49	18.	400m Freestyle	Men	Final	Open	0:19	3 Heats	-
19:08	217.	100m Freestyle	Women	Final	Open	0:03	1 Heat	-
19:11	218.	100m Freestyle	Men	Final	Open	0:03	1 Heat	-
19:14	19.	200m Breaststroke	Women	Final	Open	0:29	6 Heats	-
19:43	20.	200m Breaststroke	Men	Final	Open	0:27	6 Heats	-
20:10	21.	50m Freestyle	Women	Final	Open	0:13	6 Heats	-
20:23	22.	50m Freestyle	Men	Final	Open	0:14	6 Heats	-
20:37	113.	4 x 50m Medley	Mixed	Timed Final	Open	0:06	not seeded	-
20:43	109.	4 x 100m Medley	Girls	Fastest Heat	- 14	0:06	1 Heat	10
20:49	110.	4 x 100m Medley	Boys	Fastest Heat	- 14	0:05	1 Heat	10
20:54	111.	4 x 100m Medley	Women	Fastest Heat	15 +	0:06	1 Heat	10
21:00	112.	4 x 100m Medley	Men	Fastest Heat	15 +	0:05	1 Heat	10
21:05	End of session				Total duration	2:35		

Schedule Session No. 13 - Sunday Prelims
2025-07-13 - 8:30

Warmup: 6:50 until 8:25

8:30	305.	50m Breaststroke	Women	Prelim	Open	0:02	1 Heat	3
8:32	306.	50m Breaststroke	Men	Prelim	Open	0:02	1 Heat	3
8:34	219.	50m Breaststroke	Women	Prelim	Open	0:02	1 Heat	2
8:36	221.	100m Breaststroke	Women	Prelim	Open	0:04	1 Heat	7
8:40	222.	100m Breaststroke	Men	Prelim	Open	0:04	1 Heat	3
8:44	25.	200m Butterfly	Women	Prelim	Open	0:44	14 Heats	132
9:28	26.	200m Butterfly	Men	Prelim	Open	0:40	14 Heats	132
10:08	223.	50m Freestyle	Women	Prelim	Open	0:02	1 Heat	6
10:10	224.	50m Freestyle	Men	Prelim	Open	0:02	1 Heat	10
10:12	307.	50m Freestyle	Women	Prelim	Open	0:01	1 Heat	3
10:13	308.	50m Freestyle	Men	Prelim	Open	0:02	1 Heat	3
10:15	27.	100m Freestyle	Women	Prelim	Open	0:18	12 Heats	113
10:33	28.	100m Freestyle	Men	Prelim	Open	0:15	11 Heats	105
10:48	End of session				Total duration	2:18		

Schedule Session No. 14 - Sunday Distance
2025-07-13 - 11:30

Warmup: 11:00 until 11:25

11:30	23.	800m Freestyle	Women	Slower Heats	Open	1:46	10 Heats	96
13:16	24.	1500m Freestyle	Men	Slower Heats	Open	2:49	9 Heats	89
16:05	End of session				Total duration	4:35		

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Schedule Session No. 15 - Sunday Finals

2025-07-13 - 18:00

Warmup: 17:00 until 17:50

18:00	23.	800m Freestyle	Women	Fastest Heat	Open	0:10	1 Heat	10
18:10	24.	1500m Freestyle	Men	Fastest Heat	Open	0:18	1 Heat	10
18:28	305.	50m Breaststroke	Women	Final	Open	0:02	1 Heat	-
18:30	306.	50m Breaststroke	Men	Final	Open	0:02	1 Heat	-
18:32	219.	50m Breaststroke	Women	Final	Open	0:02	1 Heat	-
18:34	221.	100m Breaststroke	Women	Final	Open	0:04	1 Heat	-
18:38	222.	100m Breaststroke	Men	Final	Open	0:03	1 Heat	-
18:41	25.	200m Butterfly	Women	Final	Open	0:27	6 Heats	-
19:08	26.	200m Butterfly	Men	Final	Open	0:26	6 Heats	-
19:34	223.	50m Freestyle	Women	Final	Open	0:02	1 Heat	-
19:36	224.	50m Freestyle	Men	Final	Open	0:01	1 Heat	-
19:37	307.	50m Freestyle	Women	Final	Open	0:02	1 Heat	-
19:39	308.	50m Freestyle	Men	Final	Open	0:02	1 Heat	-
19:41	27.	100m Freestyle	Women	Final	Open	0:17	6 Heats	-
19:58	28.	100m Freestyle	Men	Final	Open	0:17	6 Heats	-
20:15	End of session				Total duration	2:15		

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