SWIM & DIVE
2019 REGION V CHAMPIONSHIPS
Hosted by Sitka High School
Mt Edgecumbe High School Aquatic Center

Friday, November 1, 2019 – Preliminaries
2:30-3:30 Diving Warm-ups
2:45 Coaches & Captains Meeting
3:30-5:00 Swimming Warm-ups as follows:
  3:30-4:15: Lanes 1-2 SHS
               Lanes 3-5 Kayhi
               Lane 6 WHS
               Lane 7-8 PHS
  4:15-5:00: Lanes 1-4: TMHS
               Lanes 5-7: JDHS
               Lane 8: CHS
4:15 Officials Meeting
4:40 Timers Meeting
5:00 National Anthem: SHS Music Program Ensemble
5:05 Competition begins
*Immediately after the diving competition pool will be open for 15 minute warm-up.

Saturday, November 2, 2019 – Finals
11:30-12:30 Diving Warm-ups
11:45 Coaches & Captains Meeting
12:30-2:00 Swimming Warm-ups as follows:
  12:30-1:15 Lanes 1-4: TMHS
               Lanes 5-7: JDHS
               Lanes 8: CHS
  1:15-2:00 Lanes: 1-2: SHS
               Lanes 3-5: Kayhi
               Lanes 6: WHS
               Lanes 7-8: PHS
1:15 Officials Meeting
1:40 Timers Meeting
2:00 National Anthem: SHS Music Program Solo
2:05 FINALS Competition Begins
*NOTE: Awards Presentation & Additional Warm-Up Schedule -FINALS Session