

REGION V SWIM/DIVE MEET SCHEDULE

ORDER OF EVENTS

200 Medley Relay	100 Freestyle
200 Freestyle	500 Freestyle
200 Individual Medley	200 Freestyle Relay
50 Freestyle	100 Backstroke
1 m. Diving	100 Breaststroke
100 Butterfly	400 Freestyle Relay

SAMPLE SCHEDULE

Friday Preliminaries:

Noon-1:00 PM – Diving Warm-ups
1:15-2:30 PM – Diving Preliminaries
3:00-4:30 PM – Swimming Warm-ups
4:45-8:00 PM – Swimming Preliminaries

Saturday Finals:

10:30 AM-Noon – Diving Warm-ups & Semi-Finals
12:00-1:30 PM – Swimming Warm-ups
1:45-4:00 PM – Swimming Finals & Diving Finals
7:30 PM – Award

- ◆ The diving event may be the first event with a brief warm up in the water prior to the medley relay, if agreed upon by the coaches and meet director.
- ◆ Prior to the 100 – yard butterfly, there shall be a break of at least 15 minutes with at least a 10-minute warm up in the water.