



Swimming Order of Events Dimond High School Pool

Saturday June 9, 2018

10 a.m. – 3 p.m.	Healthy Athletes
9 a.m.	Coaches Meeting
9 – 10 a.m.	Warm Up
10 a.m.	Competition
	15 Meter Walk
	15 Meter Kick Board
	15 Meter Unassisted Swim
	15 Meter Flotation
	15 Meter Assisted Swim
	25 Meter Flotation
11 – 11:30 a.m.	Warm Up
11:30 a.m.	Competition
	50 Meter Freestyle
	25 Meter Butterfly
	25 Meter Breaststroke
	200 Meter Freestyle
	200 Meter Backstroke
	25 Meter Backstroke
	50 Meter Butterfly
	25 Meter Freestyle
*1:45 p.m.	Awards Ceremony in Old Gym
3:00 p.m.	Approximate finish including awards

Sunday June 10, 2018

9 a.m.	Coaches Meeting
9 – 9:25 a.m.	Warm-up
9:30 a.m.	Competition
	100 Meter Backstroke
	50 Meter Breaststroke
	100 Meter Freestyle
	100 Meter Individual Medley
	50 Meter Backstroke
	400 Meter Freestyle
	4X25 Meter Freestyle Relay
	4X50 Meter Freestyle Relay
*2:00 p.m.	Awards Ceremony in Old Gym
3:00 p.m.	Approximate finish including awards

**Immediately following competition athletes should dress out of their swim uniform and meet in the Old Gym by the Pool for the awards ceremony.*