



Swimming
Order of Events
Dimond High School Pool

Saturday, June 6

9 a.m.	Coaches Meeting
9:30– 9:45 a.m.	Warm Up for morning swimmers
9:50 a.m.	Fundamental Events Competition
	15 Meter Walk
	15 Meter Kick Board
	15 Meter Flotation
	15 Meter Unassisted
	15 Meter Assisted
	25 Meter Kick Board
	25 Meter Flotation
	25 Meter Assisted
*11:00 – 11:25 a.m.	Upper level warm Up, morning swimmers go through Healthy Athletes
11:30 a.m.	Upper Level Competition
	50 Meter Freestyle
	25 Meter Butterfly
	25 Meter Breaststroke
	100 Meter Individual Medley
	50 Meter Backstroke
	100 Meter Breaststroke
	50 Meter Butterfly
	200 Meter Backstroke
**2:00 p.m.	Awards Ceremony in Old Gym
3:30 p.m.	Approximate finish including awards
	<i>*Fundamental swimmers should each lunch and go through Healthy Athletes after their competition.</i>

Sunday, June 7

8:30 a.m.	Coaches Meeting
9 – 9:25 a.m.	Warm-up
9:30 a.m.	Competition
	200 Meter Freestyle
	200 Meter Breaststroke
	100 Meter Backstroke
	25 Meter Freestyle
	50 Meter Breaststroke
	100 Meter Freestyle
	25 Meter Backstroke
	4X25 Meter Medley Relay
	4X25 Meter Freestyle Relay
**1:00 p.m.	Awards Ceremony in Old Gym
2:30 p.m.	Approximate finish including awards
3:00 p.m.	Closing Ceremony in DHS Main Gym

***Immediately following their higher-level competition athletes should dress out of their swim uniform and get their lunch. Lunch will be served in the auditoria or brought to the pool (depending on coach's request). Teams must report to the Old Gym next to the pool for the awards ceremony.*