



2013 CHAMPS

Approximate Start Time of Events

Morning Program (10 & Under)

Afternoon Program (11 & Up)

TIME	SHALLOW END	DEEP END	TIME	SHALLOW END	DEEP END
6:30 – 7:15	WARM UP	WARM UP	1:00 – 1:45	WARM UP	WARM UP
7:30		MIXED MEDLEY RELAY	2:00		MIXED MEDLEY RELAY
	GIRLS 8&U FREE BOYS 9/10 FREE GIRLS 8&U BACK BOYS 9/10 BACK	BOYS 8&U FREE GIRLS 9/10 FREE BOYS 8&U BACK GIRLS 9/10 BACK		GIRLS 11/12 FREE BOYS 11/12 FREE GIRLS 11/12 BACK BOYS 11/12 BACK	GIRLS 13/14 FREE BOYS 13/14 FREE GIRLS 15-18 FREE BOYS 15-18 FREE GIRLS 13/14 BACK BOYS 13/14 BACK GIRLS 15-18 BACK BOYS 15-18 BACK
10 min	** BREAK **	** BREAK **	10 min	** BREAK **	** BREAK **
	GIRLS 8&U BREAST BOYS 9/10 BREAST GIRLS 8&U FLY BOYS 9/10 FLY	BOYS 8&U BREAST GIRLS 9/10 BREAST BOYS 8&U FLY GIRLS 9/10 FLY		GIRLS 11/12 BREAST BOYS 11/12 BREAST GIRLS 11/12 FLY BOYS 11/12 FLY	GIRLS 13/14 BREAST BOYS 13/14 BREAST GIRLS 15-18 BREAST BOYS 15-18 BREAST GIRLS 13/14 FLY BOYS 13/14 FLY GIRLS 15-18 FLY BOYS 15-18 FLY
	GIRLS 8&U IM BOYS 9/10 IM	BOYS 8&U IM GIRLS 9/10 IM		GIRLS 11/12 IM BOYS 11/12 IM	GIRLS 13/14 IM BOYS 13/14 IM GIRLS 15-18 IM BOYS 15-18 IM
		MIXED FREE RELAY			MIXED FREE RELAY
12:00	10&UNDER AWARD CEREMONY		5:45	FULL AWARD CEREMONY BEGINS	

**Timers, Stroke & Turn, and Lane Marshalls switch during this time.

NOTE: The pool is closed from 11:45-12:45 during the change-over from AM to PM meet.