

2018 GCSL Swim Championship

Order of Events

Prelims:	Finals: Medley Relay A and B
IM	IM
Back	Back
Fly	Fly
Breast	Breast
Free	Free
	Free Relay A and B

6 & Under Back and Free are time finals, swum in Prelims only

Prelims – Monday July 16 at Delaware

Seniors: 10 a.m. – 1 p.m.

Coaches meeting	9:00 a.m.
Warm up	8:10 – 9:50 a.m. (<i>see next page</i>)
Meet start	10:00 a.m. following National Anthem

Juniors: 4:00 – 6:30 p.m.

Coaches meeting	3:00 p.m.
Warm up	2:45 – 3:45 p.m. (<i>see next page</i>)
Meet start	4:00 p.m. following National Anthem

Finals – Tuesday July 17 at Delaware

Swim Championship: 2:00 – 7 p.m.

Warm up	12:00 – 1:40 p.m. (<i>see next page</i>)
1:50 p.m.	Senior Recognition
2:00 p.m.	Meet Start following the National Anthem

Warm up schedule / lane assignments

Prelims - Monday July 16

SENIORS - Warm Up 8:10 – 9:50 a.m.

	Time	Ln 1-3	Ln 4-6	Ln 7-8	Ln A/B in rec pool
1	8:10 – 8:40 am	WOR	DARTS	NW	Open to session 2 teams
2	8:40 – 9:10 am	PT	HP	Session 1 sprints	Open to session 3 teams
3	9:10 – 9:40 am	WJC	GAH	Session 2 sprints	use by all teams, continuous swim only
4	9:40 – 9:50 am	*	*	*	

* 25 one-way sprints off block OR team choice for assigned lane

(1: DARTS, 2: WOR, 3: WJC, 4: HP, 5: GAH, 6: NW, 7: PT, 8: continuous swim only)

Lanes A and B in rec pool will be available for warm up cool down during meet.

Note: Continuous swim only. No diving or standing.

JUNIORS - Warm up 2:45 – 3:45 p.m.

2:45 – 3:15 pm	DARTS (1-3)	HP (4-6)	NW (7-8)	
3:15 – 3:45 pm	PT (1-2)	WOR (3-4)	GAH (5-6)	WJC (7-8)

Lane A-B in rec pool (25 yard / 3 foot deep) for use by only those teams in assigned session

Lanes A and B in rec pool will be available for warm up cool down during meet.

Note: Continuous swim only. No diving or standing.

Finals – Tuesday July 17

Swim Championship – Warm up 12:00 -1:40 p.m.

	Time	Lanes 1-4	Lanes 5-8	Lane A/B in rec pool
1	12:00 – 12:25 pm	WOR	DARTS	Open to session 2 teams
2	12:25 – 12:50 pm	WOR	WJC	Open to session 3 teams
3	12:50 – 1:15 pm	NW	HP	Open to session 4 teams
4	1:15 – 1:40 pm	GAH	PT	After 1:15 , open to all teams

Lanes A and B in rec pool will be available for warm up cool down during meet.

Note: Continuous swim only. No diving or standing.