

Estimated Timeline

Reminder: This is only an estimated timeline. We could easily run ahead of schedule or run behind schedule. Please have your athlete to the pool 20-30 minutes before your estimated warm-up time.

7:00 - 8:00 am 13 & Over Open Warm-Ups

8:00 - 8:10 am National Anthem / Senior Recognition / Coaches Meeting

8:15 am 15-18 Girls & Boys (Combined Event)

- Estimated Run Time: 45 Minutes

9:00 am 13-14 Girls Warm-Up (20 minutes) & 15-18 Awards

9:20 am 13-14 Girls (will cut to top 12 after 3 rounds)

- Estimated Run Time: 40 Minutes

10:00 am 13-14 Boys Warm-Up (15 minutes) & 13-14 Girls Awards

10:15 am 13-14 Boys

- Estimated Run Time: 15 Minutes

10:30 am 11-12 Girls Warm-Up (20 Minutes) & 13-14 Boys Awards

10:50 am 11-12 Girls (will cut to top 12 after 3 rounds)

- Estimated Run Time: 40 Minutes

11:30 am 11-12 Boys Warm-Up (20 Minutes) & 11-12 Girls Awards

11:50pm 11-12 Boys (will cut to top 12 after 3 rounds)

- Estimated Run Time: 40 Minutes

12:30 - 1:15pm Lunch Break

12:30 - 1:15pm 9-10 Girls Warm-Up (45 minutes) & 11-12 Boys Awards

1:15pm 9-10 Girls (will cut to top 12 after 2 rounds)

- Estimated Run Time: 40 Minutes

1:55 pm 9-10 Boys Warm-Up (15 Minutes) & 9-10 Girls Awards

2:10 pm 9-10 Boys

- Estimated Run Time: 20 Minutes

2:30 pm 8 & Under Girls Warm-Up (15 Minutes) & 9-10 Boys Awards

2:45 pm 8 & Under Girls (will cut to top 12 after 2 rounds)

- Estimated Run Time: 25 Minutes

3:10 pm 8 & Under Boys Warm-Up (15 Minutes) and 8 & U Girls Awards

3:25 pm 8 & Under Boys

- Estimated Run Time: 15 Minutes

3:40pm 8 & U Awards, Team Awards

Age-Groups that will have cuts:

1. 15-18 Girls & Boys - no cuts
2. 13-14 Girls - will cut to top 12 after 3 rounds
3. 13-14 Boys - no cuts
4. 11-12 Girls - will cut to top 12 after 3 rounds
5. 11-12 Boys will cut to top 12 after 3 rounds
6. 9-10 Girls - will cut to top 12 after 2 rounds
7. 9-10 Boys - no cuts
8. 8 & U Girls - will cut to top 12 after 2 rounds
9. 8 & U Boys - no cuts