

SCHEDULE OF EVENTS

TUESDAY, FEBURARY 28, 2023

12:00 p.m. Pool available for practice

WEDNESDAY, MARCH 1, 2023

7:00 p.m. Pool available throughout the day

11:00 p.m. Swimming Coaches Technical Meeting

4:00-6:00 p.m. Pool available for warm ups

6:00 p.m. finals/time standard trials

200 medley relay (timed finals)

45 min relay break

200 free relay (timed finals)

THURSDAY, MARCH 2, 2023

7:00 a.m. Pool available for practice

11:00-12:00 p.m. Preliminaries/time standard trials:

500 free

200 IM

50 free

6:00-9:00 p.m. Final/time standard trials:

500 free

200 IM

50 free

30 min relay break

200 free relay (timed finals)

FRIDAY, MARCH 3, 2023

7:00-11:00 a.m. Pool available for practice

11:00-12:10 p.m. Preliminaries/time standard trials:

400 IM

100 flv

200 free

100 breast

100 back

4:00-6:00p.m. Pool available for warm ups

FRIDAY, MARCH 3, 2023 (CONT'D)

6:00-9:00 p.m. Finals/time standard trials:

400 IM

100 fly

200 free

100 breast

100 back

30 min relay break

400-medley relay (timed finals)

SATURDAY, MARCH 4, 2022

7:00-10:30 a.m. Pool available for practice

11:00-12:00 p.m.. Preliminaries/time standard trials:

200 back

100 free

200 breast

200 flv

4:00 p.m. (tentative) 1650 free

Pool open for warm up following 1650 heats

5:40 p.m. Senior recognition and live anthem

6:00 p.m. 1650 free (fastest heat)

6:30 p.m. Live Pac-12 Networks broadcast

6:35 p.m. Finals/time standard trials:

200 back

100 free

200 breast

200 flv

30 minute relay break

400-free relay (timed final

