

**Schedule Subject to Change
Based on Actual Swimmer Count**

Friday, March 7– SPIRE INSTITUTE

	Session 1
Age Groups	11 & OLDER Timed Finals
Warm-up (1650 only) Start	12:00PM
Positive Check-in	12:00PM
Officials Meeting (#1)	12:00PM
Start of 1650	1:00PM
Warm-up Start	2:30PM
Coaches Meeting	2:15PM
Officials Meeting	2:30PM
Timers Meeting	2:50PM
Start of Session	3:30PM

Saturday, March 8 – SPIRE INSTITUTE

	Session 2	Session 3
Age Groups	13-14 & 15-21 Timed Finals	11-12 & 10 & U Timed Finals
Warm-up Start	7:30AM	1:00PM
Coaches Meeting	7:45AM	1:15PM
Officials Meeting	8:00AM	1:30PM
Timers Meeting	8:40AM	1:50PM
Start of Session	9:00AM	2:30PM

Sunday, March 9 – SPIRE INSTITUTE

	Session 4	Session 5
Age Groups	13-14 & 15-21 Timed Finals	11-12 & 10 & U Timed Finals
Warm-up Start	7:30AM	1:00PM
Coaches Meeting	7:45AM	1:15PM
Officials Meeting	8:00AM	1:30PM
Timers Meeting	8:40AM	1:50PM
Start of Session	9:00AM	2:30PM