

## **Warm-Up Schedule & Event Schedule**

### ***Friday, August 23<sup>rd</sup> , 2019***

1:00 - Marystown (Lanes 1-2), Grand Falls Windsor (Lanes 3-5), Grand Bank (Lane 6)

1:20 - Springdale (Lanes 1-4), Clarendville (Lane 5), Baie Verte (Lane 6)

1:40 - Bay Roberts (Lanes 1-4), St. Anthony (Lane 5), Gros Morne (Lane 6)

### ***Saturday, August 24<sup>th</sup> , 2019***

8:30 - Springdale (Lanes 1-4), Clarendville (Lane 5), Baie Verte (Lane 6)

8:50 - Bay Roberts (Lanes 1-4), St. Anthony (Lane 5), Gros Morne (Lane 6)

9:10 - Marystown (Lanes 1-2), Grand Falls Windsor (Lanes 3-5), Grand Bank (Lane 6)

### ***Sunday, August 25<sup>th</sup> , 2019***

8:30 - Bay Roberts (Lanes 1-4), St. Anthony (Lane 5), Gros Morne (Lane 6)

8:50 - Marystown (Lanes 1-2), Grand Falls Windsor (Lanes 3-5), Grand Bank (Lane 6)

9:10 - Springdale (Lanes 1-4), Clarendville (Lane 5), Baie Verte (Lane 6)

## **Event Schedule**

### ***Friday, August 23<sup>rd</sup> , 2019***

1:00 - Warm-up

2:00 - Freestyle and Freestyle Finals

### ***Saturday, August 24<sup>th</sup> , 2019***

8:30 - Warm-up

9:30 - Butterfly and Backstroke

Lunch to be Determined (90 minutes with officials meeting after 60 minutes)

After Lunch - Butterfly and Backstroke Finals

- I.M.

- Freestyle Relay

### ***Sunday, August 25<sup>th</sup> , 2019***

8:30 - Warm-up

9:30 - I.M. Finals

- Breaststroke

Lunch to be Determined (90 minutes with officials meeting after 60 minutes)

After Lunch - Breaststroke Finals

- Medley Relay

During the designated diving practice:

Swimmers in lanes 1-3: dive practice in lanes 1 & 2 with lane 3 reserved for circle swimming, regardless of team.

Swimmers in lanes 4-6: dive practice in lanes 5 & 6 with lane 4 reserved for circle swimming, regardless of team.