THIS IS AN ESTIMATE ONLY AND IT IS PROVIDED TO GIVE YOU THE BEST "GUESTIMATE" POSSIBLE.
Athletes still need to check-in on time. Waves may start less or more than five (5) minutes apart. Estimated times for USMS swimmers to finish is only an estimate. Swimmers need to pay attention to the races as they swim and be on time.

SATURDAY

1K Event

- 8:00 AM 1K briefing
- 8:20 AM 1K Wave 1 Starts: USAS swimmers, ages 15 and over (boys & girls)
- 8:25 AM 1K Wave 2 Starts: USAS boys, ages 11–14
- 8:30 AM 1K Wave 3 Starts: USAS girls, ages 11–14
- 8:35 AM 1K Wave 4 Starts: Masters swimmers (men & women)
- 9:00 AM Estimated time for USMS swimmers to be done

5K Event

- 9:10 AM 5K briefing
- 9:20 AM 5K Wave 1 Starts: USAS boys
- 9:25 AM 5K Wave 2 Starts: USAS girls
- 9:30 AM 5K Wave 3 Starts: Masters swimmers (men & women)
- 12:00 PM Estimated time for USMS swimmers to be done

SUNDAY

500m Event

- 8:00 AM 500 m briefing
- 8:20 AM 500 m starts Wave 1: USAS boys, ages 13 and over
    - Wave 2: USAS girls, ages 13 and over
    - Wave 3: Boys, ages 12 and under
    - Wave 4: Girls, ages 12 and under
- 8:50 AM 500 m over

3K Event

- 9:00 AM 3K briefing
- 9:10 AM 3K Wave 1 Starts: USAS boys
- 9:15 AM 3K Wave 2 Starts: USAS girls
- 9:20 AM 3K Wave 3 Starts: USMS (men & women)

Knockout – USAS boys will start before the final USMS swimmer is done with the 3K

- 10:30 AM USAS boys knockout – all three rounds
- 10:50 AM Estimated time last USMS swimmer finishes 3K
- 11:10 AM USAS girls knockout – all three rounds
- 12:00 PM USMS knockout (men & women) all three rounds