| Friday Session | | | No Assigned warm-ups | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|
| | | Ln 1 | Ln 2 | Ln 3 | Ln 4 | Ln 5 | Ln 6 | Ln 7 | Ln 8 | Ln 9 |
| W-ups | 4:30 p.m. | | | | | | | | | |
| Meet Start: | 5:30 p.m. | | | | | | | | | |
| **Saturday AM Session** | | | | | | | | | | |
| | | Ln 1 | Ln 2 | Ln 3 | Ln 4 | Ln 5 | Ln 6 | Ln 7 | Ln 8 | Ln 9 |
| Group #1 | 7:00-7:35 am | WEST | WEST | WEST | SHOR | SHOR/LAXY | LAXY | RMSC | SEA/TOSA | WEST |
| Group #2 | 7:35-8:10 am | MAC/GYD | COHO | HSSB/J-HK/ KNCY | MMSC | MMSC/RA | RA | EBSC | EBSC | EBSC |
| Group #3 | 8:10-8:30 am | PACE | PACE | STARTS | STARTS | STARTS | STARTS | STARTS | GENERAL | GENERAL |
| Meet start | 8:35 AM | | | | | | | | | |
| **Saturday PM Session** | | | | | | | | | | |
| | | Ln 1 | Ln 2 | Ln 3 | Ln 4 | Ln 5 | Ln 6 | Ln 7 | Ln 8 | Ln 9 |
| Group #1 | 25 mins | WEST | WEST | WEST | LAXY | RMSC | SHOR | SEA | SEA | WEST |
| Group #2 | 25 mins | COHO/MAC | GYD/J-HK | RA | RA | MMSC | MMSC | KNCY/UNAT | TOSA | TOSA |
| Group #3 | 10 mins | | | | | | | | | |
| **Saturday Finals Session** | | | No Assigned warm-ups | | | | | | | |
| | | Ln 1 | Ln 2 | Ln 3 | Ln 4 | Ln 5 | Ln 6 | Ln 7 | Ln 8 | Ln 9 |
| W-ups | 4:00 p.m. | | | | | | | | | |
| Meet start | 5:05 p.m. | | | | | | | | | |
| **Sunday AM Session** | | | | | | | | | | |
| | | Ln 1 | Ln 2 | Ln 3 | Ln 4 | Ln 5 | Ln 6 | Ln 7 | Ln 8 | Ln 9 |
| Group #1 | 7:00-7:35 am | WEST | WEST | WEST | RMSC | MMSC | MMSC/TOSA | COHO | LAXY | COHO/LAXY |
| Group #2 | 7:35-8:10 am | MAC/KNCY/ GYD | SEA/HSSB/ J-HK | RA | RA | SHOR | SHOR/EBSC | EBSC | EBSC | EBSC |
| Group #3 | 8:10-8:30 am | PACE | PACE | STARTS | STARTS | STARTS | STARTS | STARTS | GENERAL | GENERAL |
| Meet start | 8:35 AM | | | | | | | | | |
| **Sunday PM Session** | | | | | | | | | | |
| | | Ln 1 | Ln 2 | Ln 3 | Ln 4 | Ln 5 | Ln 6 | Ln 7 | Ln 8 | Ln 9 |
| Group #1 | 25 mins | WEST | WEST | WEST | RMSC/UNAT | MMSC | MMSC | LAXY | LAXY | J-HK |
| Group #2 | 25 mins | RA | RA | RA | COHO | KNCY | GYD/TOSA | SHOR | SEA | SEA |
| Group #3 | 10 mins | PACE | PACE | STARTS | STARTS | STARTS | STARTS | STARTS | GENERAL | GENERAL |