

2019 Central Region SC B Champs February 7- 10

SCHEDULE OF SESSIONS: *West End with the large screen and East End with the Gym*

- Session 1,2 ,3,4, 6 and 7 will run Double ended
- All sessions will use 10 lanes except Session 3 and 6 will use 8 lanes
- Session 5 and 8 will run Single ended

West End Pool will be available on Saturday Finals and Sunday Finals for Warm up / cool down

- Session 1 – alternating heats for 800 and 1500 , 15 minutes break will be scheduled
- Session 2 – Girls 13 & Over 400 Free fast 3 heats will swim at Boys End
- Session 3 – Girls 13 & Over 400 IM fast 2 heats will swim at Boys End
- Session 4 – Girls 11-12 - 200 IM and 100 Free fast 6 heats will swim at Boys End
- Session 6 – Girls 15 & Over 200 Medley Relay will swim at Boys End
- Session 7 – Girls 11-12 – 200 Free fast 6 heats will swim at Boys End

Back Stroke Ledges will be used for the backstroke events at the Prelim and Finals on Saturday and Sunday and Lane 0 for warm up at West End and East End.

Sprint Lanes (0, 1, 8, & 9) will be opened 15 minutes before the end of the warm up.

Session #	Date	Warm Up	Age Group	Start	Warm up Groups	Competition Tank
1	07/02/2019 Thursday Evening	4:30 PM- 5:20 PM	11 & Over	5:30PM	All Swimmers	Girls Swim at East End Boys Swim at West End
2	08/02/2019 Friday Evening	4:30PM – 5:20PM	12 & Under 13 & Over	5:30PM	All Swimmers	Girls Swim at East End Boys Swim at West End
3	09/02/2019 Saturday AM	2 splits of warm up 7:00AM – 7:40AM 7:40 AM– 8:20 AM	13 & Over	8:30AM	All Girls All Boys	Girls swim at West End Boys Swim at East End
4	09/02/201 Saturday PM	2 splits of warm up 11:30 AM – 12:10PM 12:10PM – 12:50PM	12 & Under	1:00 PM	All Girls All Boys	Girls swim at West End Boys Swim at East End
5	09/02/2019 Saturday Finals	4:30PM – 5:20PM	13 & Over	5:30PM	All Swimmers	East End
6	10/02/2019 Sunday AM	2 Splits of warm up 7:00AM – 7:40AM 7:40 AM– 8:20 AM	13 & Over	8:30AM	All Boys All Girls	Girls Swim at East End Boys Swim at West End
7	10/02/2019 Sunday PM	2 splits of warm up 11:30 AM – 12:10PM 12:10PM – 12:50PM	12 & Under	1:00 PM	All Boys All Girls	Girls Swim at East End Boys Swim at West End
8	10/02/2019 Sunday Finals	5:00PM – 5:50PM	13 & Over	6:00PM	All Swimmers	East End