

ORDER OF EVENTS

July 7-10, 2022

Women

Men

Thursday

No.	LCM	SCY	Event	SCY	LCM	No.
1	19:26.39 19:44.39B	18:09.99 18:27.99B	W 1500/M 800 Free* Alt Distance Bonus*	10:20.999 10:25.99B	9:29.999 9:35.19B	2
3	2:36.09	2:13.99	200 Backstroke	2:06.19	2:28.79	4
5	:29.09	:25.39	50 Free	:22.59	:26.59	6
7	1:24.29	1:10.99	100 Breaststroke	1:04.19	1:16.79	8
5 Minute Break						
9			400 Medley Relay**			10

Friday

11			200 Medley Relay**			12
5 Minute Break						
13	2:16.29	1:57.79	200 Freestyle	1:49.19	2:06.59	14
15	1:12.89	1:01.49	100 Backstroke	:57.29	1:07.19	16
17	5:32.49	4:48.69	400 IM	4:28.89	5:14.09	18
19			800 Free Relay**			20

Saturday

21	1:09.59	1:00.19	100 Butterfly	:53.79	1:03.19	22
23	3:01.09	2:34.69	200 Breaststroke	2:22.29	2:48.79	24
25	4:49.79	5:14.09	400 Freestyle	4:56.59	4:30.79	26
27			400 Free Relay**			28

Sunday

29	10:04.39 10:13.39B	10:59.99 11:08.99B	W 800/ M 1500 Free* Alt Distance Bonus*	17:43.99 18:03.99B	18:26.99 18:44.99B	30
31	2:43.79	2:19.49	200 Butterfly	2:11.19	2:29.59	32
33	1:03.09	:54.29	100 Freestyle	:48.99	:57.79	34
35	2:37.59	2:13.89	200 IM	2:03.09	2:24.39	36
37			200 Free Relay**			38

*- These events will be swum as timed finals.

** - Events will be swum as timed finals with the top 2 seeded heats swum at Finals and the remaining heats swum at prelims.

The fastest heat of the Women's 1500 and 800 Freestyles along with the fastest heat of the Men's 800 and 1500 Freestyles will swim in the finals session. All other heats will be held in a distance session after the morning preliminary events have concluded. The start time of the distance session will be determined once the positive check in deadline has expired for the distance events.

Relays: the top 2 seeded heats will be swum at Finals, the remaining heats will be swum at prelims.

The D final is restricted to swimmers 18 and Under.

