

2024 LONG COURSE AGC SCHEDULE

DAY	EVENTS	WARMUP	START	END	
Thursday distance 13-14	1500 freestyle	2:00 PM	3:00 PM	4:31 PM	
Thursday relays 12 and under, 13-14	13-14 800 free relay, 11-12 400 free 10 and under 400 free	5:00 PM	5:35 PM	7:12 PM	
Friday Prelims 11-14	11-14 200 IM, 11-12 50 Back, 11-14 100 Free, 11-14 200 breast, 13-14 400 Free, 11-12 50 Fly, 11-14 400 Medley relay	7:15 AM	8:45 AM	1:10 PM	
Friday Timed Finals 10 u	200 IM, 100 Back, 50 breast, 100 Free, 400 Medley relay	1:30 PM	2:15 PM	4:06 PM	Awards
Friday Finals 11-14	11/14 200 IM, 11/12 50 Back, 100 Free, 11/14 200 Breast, 13/14 400 Free, 11/12 50 Fly, 11-14 400 Medley relay	4:00 PM	5:00 PM	7:58 PM	Awards
Saturday Prelims 11-14	11/14 200 medley relay, 13/14 400 IM, 11/14 100 Back, 11/12 50 Free, 11/14 200 Free, 11/14 100 Fly, 11/14 200 Free Relay	7:15 AM	8:45 AM	12:41 PM	
Saturday Timed Finals 10 u	200 medley relay, 100 Fly, 50 Free, 100 Breast, 200 Freestyle relay.	1:30 PM	2:15 PM	3:54 PM	Awards
Saturday Finals 11- 14	11/14 200 medley relay, 13/14 400 IM, 11/14 100 Back, 11/12 50 Free, 11/14 200 Free, 11/14 100 Fly, 11/14 200 Free Relay	4:00 PM	5:00 PM	7:55 PM	Awards
Sunday Prelims 11 -14	11/14 200 Back, 11/14 100 Breast, 11/14 200 Fly, 11/14 50 Free, 11/14, 11/14 400 Freestyle relay, 13/14 800 Freestyle	7:15 AM	8:45 AM	1:07 PM	
Sunday Timed Finals 10 u	50 Back, 200 Free, 50 Fly, 400 Free Relay	1:30 PM	2:15 PM	3:45 PM	Awards
Sunday Finals 11-14	13/14 800 Free, 11/14 200 Back, 11/14 100 Breast, 11/14 200 Fly, 11/14 50 Free, 11/14 400 Free Relay	4:00 PM	5:00 PM	8:05 PM	Awards

Scratches are due 45 minutes prior to the start of each session.

Positive check in by 6:30 PM on Saturday for the 800 Freestyle event scheduled for Sunday.

Two plungers on the start end per lane, and one plunger at the turn end per lane.

Thursday and Sunday distance events- swimmers must provide their own timers and counters.

13/14 400 Free and 400 IM- will be conducted as prelims finals with the fastest 16 swimmers returning to the finals.

12 U 400 Free, and 13/14 800 M and 1500 M Free will be on timed final basis, fastest to slowest. Must provide own timers and counters.

All breaks are general warmup and will not include start/ sprint accommodations.

The fastest heat of 800 M Free for women and men will swim as first event of Finals on Sunday evening- they must provide a counter only. The Sunday Lane timers will time the 800 Free on Sunday finals.

Top 8 of 11/14 Relays will swim in the finals.

For the trials and finals individual events, the top 16 will return to the finals- please see announcement for specifics.

All 10 and under relays will be swum during the 10 and under session.

All clubs must collect their awards prior to leaving the building on Sunday night.