

# 2009 LONG COURSE SENIOR CHAMPS MEETING TIMES AND DEADLINES

| FRIDAY TRIALS |                                     |
|---------------|-------------------------------------|
| Time          | Item                                |
| 6:30 am       | Warm-ups start                      |
| 7:30 am       | Officials' briefing                 |
| 8:10 am       | Timers' meeting                     |
| 8:20 am       | Warm-ups close                      |
| 8:23 am       | National Anthem                     |
| 8:30 am       | Competition starts                  |
| 9:30 am       | Positive check-in 800<br>Free Relay |
| 10:30 am      | Time trial check-in<br>deadline     |

| SATURDAY TRIALS |                                       |
|-----------------|---------------------------------------|
| Time            | Item                                  |
| 6:30 am         | Warm-ups start                        |
| 7:30 am         | Officials' briefing                   |
| 8:10 am         | Timers' meeting                       |
| 8:20 am         | Warm-ups end                          |
| 8:23 am         | National Anthem                       |
| 8:30 am         | Competition starts                    |
| 9:30 am         | Positive check-in 400<br>Medley Relay |
| 10:30 am        | Time trial check-in<br>deadline       |

| SUNDAY TRIALS |  |
|---------------|--|
| Time          | Item                                     |
| 6:30 am       | Warm-ups start                           |
| 7:30 am       | Officials' briefing                      |
| 8:10 am       | Timers' meeting                          |
| 8:20 am       | Warm-ups end                             |
| 8:23 am       | National Anthem                          |
| 9:30 am       | Competition starts                       |
| 9:30am        | Positive check-in 400<br>Freestyle Relay |
| 10:30 am      | Time trial check-in<br>deadline          |

| SUNDAY 800 FREESTYLE |                               |
|----------------------|-------------------------------|
| Time                 | Item                          |
|                      | Warm-ups start                |
|                      | Warm-ups end                  |
|                      | Women's competition<br>starts |
|                      | Men's competition starts      |

| THURSDAY FINALS |                         |
|-----------------|-------------------------|
| Time            | Item                    |
| 2:00 pm         | General Meeting         |
| 2:30 pm         | Warm-ups start          |
| 3:00 pm         | Officials' briefing     |
| 3:00 pm         | Thurs scratch deadline, |
| 5:30 pm         | Friday scratch deadline |
| 3:40 pm         | Timers' meeting         |
| 3:50 pm         | Warm-ups close          |
| 3:53 pm         | National Anthem         |
| 4:00 pm         | Competition starts      |
| 8:00 pm         | End of Session          |
| 8:00 pm         | General Warm-ups        |

| FRIDAY FINALS |                        |
|---------------|------------------------|
| Time          | Item                   |
| 5:00 pm       | Warm-ups start         |
| 5:00 pm       | Officials' briefing    |
| 5:40 pm       | Timers' meeting        |
| 5:50 pm       | Warm-ups close         |
| 5:53 pm       | National Anthem        |
| 6:00 pm       | Competition starts     |
| 6:30 pm       | Sat scratches deadline |
|               | Pos Check 200 Free Rel |

| SATURDAY FINALS |   |
|-----------------|---|
| Time            | Item  |
| 5:00 pm         | Warm-ups start  |
| 5:00 pm         | Officials' briefing   |
| 5:40 pm         | Timers' meeting   |
| 5:50 pm         | Warm-ups close  |
| N/A             | Senior Recognition  |
| 5:53 pm         | National Anthem   |
| 6:00 pm         | Competition starts  |
| 6:30 pm         | Sun scratches deadline<br>(including 800 Free)<br>Pos Check 200 Med Rel |

| SUNDAY FINALS |                     |
|---------------|---------------------|
| Time          | Item                |
| 3:30 pm       | Warm-ups start      |
| 3:30 pm       | Officials' briefing |
| 4:10 pm       | Timers' meeting     |
| 4:20 pm       | Warm-ups close      |
| 4:23 pm       | National Anthem     |
| 4:30 pm       | Competition starts  |