

**North Coast Athletic Conference
Swimming & Diving Championship Schedule**

Thursday – February 11, 2010

Prelims - 10:00 a.m. - Athlete Doors open at 6:00 a.m. - Spectator Doors open at 8:30 a.m.
Finals – 6:30 p.m. – Spectator doors open at 5:00 p.m.

W-200 Freestyle Relay

M-200 Freestyle Relay

15 Minute Break (finals only)

W - 500 Freestyle

M - 500 Freestyle

W - 200 Individual Medley

M - 200 Individual Medley

W - 50 Freestyle

M - 50 Freestyle

10 Minute Break (prelims) - 15 Minute Break (finals only)

W - 400 Medley Relay

M - 400 Medley Relay

Diving Coaches Meeting – 11:45 a.m.

Diving (morning) – approximately 12:00 p.m. (or at the conclusion of the morning swim session)

Men's 1-meter Diving – prelims and finals

Women's 3-meter Diving – prelims

Diving (evening) – after 50 freestyle

Women's 3-meter Diving - finals

Friday – February 12, 2010

Prelims - 10:00 a.m. - Athlete Doors open at 6:00 a.m. - Spectator Doors open at 8:30 a.m.
Finals – 6:30 p.m. – Spectator doors open at 5:00 p.m.

W-200 Medley Relay

M-200 Medley Relay

15 Minute Break (finals only)

W - 400 Individual Medley

M - 400 Individual Medley

W - 100 Butterfly

M - 100 Butterfly

W - 200 Freestyle

M - 200 Freestyle

W - 100 Breaststroke

M - 100 Breaststroke

W - 100 Backstroke

M - 100 Backstroke

10 Minute Break (prelims) - 15 Minute Break (finals only)

W - 800 Freestyle Relay (prelims - B relays only; finals – A relays only)

M - 800 Freestyle Relay (prelims - B relays only; finals – A relays only)

Diving (morning) – approximately 12:00 p.m. (or at the conclusion of the morning swim session)

Men's 3-meter Diving – prelims

Diving (evening) – after 100 Backstroke

Men's 3-meter Diving – finals

Saturday – February 13, 2010

Prelims - 10:00 a.m. - Athlete Doors open at 6:00 a.m. - Spectator Doors open at 8:30 a.m.
Finals – 6:30 p.m. – Spectator doors open at 5:00 p.m.

W - 200 Backstroke

M - 200 Backstroke

W - 100 Freestyle

M - 100 Freestyle

W - 200 Breaststroke

M - 200 Breaststroke

W - 200 Butterfly

M - 200 Butterfly

15 Minute Break (finals only)

W - 400 Freestyle Relay

M - 400 Freestyle Relay

W - 1650 Freestyle (all but fastest heat-swum fastest to slowest heat, alternating heats)

M - 1650 Freestyle (all but fastest heat-swum fastest to slowest heat, alternating heats)

Diving (morning) – at the conclusion of the morning swim session

Women's 1-meter Diving – prelims

Diving (evening) – after 200 Butterfly

Women's 1-meter Diving – finals

1650 Freestyle Finals - the timed final of the 1650 is the first event of the Saturday final session

Awards Ceremony – Immediately after the final event (after last time trial)