

2010 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 Free Relay
10:30 am	Time trial check-in 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 Medley Relay
10:30 am	Time trial check-in 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 Freestyle Relay
10:30 am	Time trial check-in deadline

SUNDAY 800 FREESTYLE	
Time	Item
	Warm-ups start
	Warm-ups end
	Women's competition 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, Friday scratch deadline
3:40 pm	Timers' meeting
3:50 pm	Warm-ups close
3:53 pm	National Anthem
4:00 pm	Competition starts

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 (including 800 Free)
	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