



SWIMMING  
NORMAL COMMUNITY HIGH SCHOOL  
SCHEDULE

\*\*\* times are estimated and can vary +/- 30 mins \*\*\*  
\*\*\* swimmers should be ready 30 minutes before event time \*\*\*

**SATURDAY, JUNE 8, 2024**

EVENT	DIVISIONS	EVENTS	READY BY	EVENT TIME
Volunteer Check In	<b>Entrance of the school</b>			7:30AM
Coach Meeting	<b>(in hallway behind Awards)</b>			8:00AM
Warm-Up				8:30AM - 8:45AM
200M Freestyle	F1-F2, M1-M4	101 - 106	8:50AM	9:00AM - 9:15AM
50M Backstroke	F5-F10, M5-M10	107 - 118	8:55AM	9:15AM - 10:00AM
50M Butterfly	CO11-CO14	119 - 122	9:30AM	10:00AM - 10:15AM
100M Breaststroke	F15-F16, M15-M16	123 - 126	9:45AM	10:15AM - 10:25AM
4x100M Freestyle Relay	CO17	127	9:45AM	10:25AM - 10:35AM
4x50M Medley Relay	CO18 - CO19	128 - 129	10:00AM	10:35AM - 10:50AM
4x50M Freestyle Relay	CO20 - CO22	130 - 132	10:15AM	10:50AM - 11:05AM
4x25M Medley Relay	CO23 - CO24	133 - 134	10:45AM	11:15AM - 11:25AM
4x25 Freestyle Relay	CO25 - CO28	135 - 138	10:55AM	11:25AM - 12:15PM
Break	<u>if time allows</u>			
Afternoon Warm Up				12:45
100M Backstroke	F29-F32, M29-M32	201 - 208	1:00PM	1:15PM - 1:35PM
25M Breaststroke	F33-F35, M33-M35	209 - 214	1:05PM	1:40PM - 1:45PM
100M IM	CO36 - CO41	215 - 220	1:15PM	1:45PM - 2:00PM
25M Butterfly	F37-F38, M37-M39	221 - 225	1:30PM	2:00PM - 2:05PM
100M Freestyle	F40-F43, M40-M46	226 - 236	1:30PM	2:05PM - 2:45PM
25M Freestyle - Female	F50 - F62	237 - 249	2:15PM	2:45PM - 3:20PM
25M Freestyle - Male	M50 - M65c	250 - 267	2:45PM	3:20PM - 4:20PM
End of Day				4:30PM

**SUNDAY, JUNE 9, 2024**

Warm Up				8:30AM
400M Freestyle	CO66 - CO68b	301 - 303	8:50AM	9:00AM - 9:20AM
25M Backstroke - Female	F70 - F78	304 - 312	8:55AM	9:20AM - 9:40AM
25M Backstroke - Male	M70 - M80b	313 - 324	9:15AM	9:45AM - 10:20AM
100 Butterfly	M81	325 - 326	9:45AM	10:20AM - 10:25AM
50M Breaststroke	F82-F84, M82-M84	327 - 332	9:45AM	10:25AM - 10:35AM
200M IM	F85, M85	333 - 334	10:00AM	10:35AM - 10:40AM
50M Freestyle - Female	F86 - F93	335 - 342	10:00AM	10:40AM - 11:10AM
50M Freestyle - Male	M86 - M103	343 - 360	10:45AM	11:15AM - 12:15PM
End of Day				12:30PM