

USA SWIMMING CHAMPIONSHIPS TIME TRIAL RULES AND PROCEDURES

1. Use a separate form for each day of the meet. Completing the time trial entries in advance will save time waiting in sign-up lines. Bring completed forms to the meet.
 2. Swimmers may compete in a maximum of two time trials during the course of the Championships.
 3. The combination of meet events and time trial events may not exceed three per day.
 4. Time trials are conducted on a time available basis only. Refunds or rollovers will be allowed for time trials cancelled on any given day due to time limitations.
 5. The 800 and 1500 Freestyle events will typically be offered on only one day of the meet. The day will be determined by the Meet Referee, depending on the size of the meet, time available, etc; and be announced at the General Meeting.
 6. You may add, cancel, or change time trials at the meet. Refunds, rollovers, or credit will be allowed, except for no-shows.
- * The 50 Free is the last event swum in time trials, except on the day(s) it is contested in the meet, when it is the first event in time trials.

Day One

W 100 Fly
M 400 Free
W 200 IM
M 100 Breast
W 400 Free
M 400 IM
M 4 x 100 FR
W 100 Back
M 200 Free
M 100 Back
W 200 Free
M 200 Fly
W 4 x 100 FR
W 100 Breast
M 100 Fly
W 400 IM
W 4 x 200 FR
M 100 Free
W 200 Fly
M 200 IM
W 200 Back
M 100 Fly
W 400 IM
W 4 x 200 FR
M 100 Free
W 200 Fly
M 200 IM
W 200 Back
M 4 x 200 FR
M 4 x 100 MR
W 200 Back
M 4 x 200 FR
W 100 Free
M 200 Back
W 200 Breast
M 200 Breast
W 4 x 100 MR
M 4 x 100 MR
W 50 Free
M 50 Free

Day Two

W 100 Back
M 200 Free
M 100 Back
W 200 Free
M 200 Fly
W 4 x 100 FR
W 100 Breast
M 100 Fly
W 400 IM
W 4 x 200 FR
M 100 Free
W 200 Fly
M 200 IM
W 200 Back
M 4 x 200 FR
W 100 Free
M 200 Back
W 200 Breast
M 200 Breast
W 4 x 100 MR
M 4 x 100 MR
W 100 Fly
M 400 Free
W 200 IM
M 100 Breast
W 400 Free
M 400 IM
M 4 x 100 FR
W 100 Fly
M 400 Free
W 200 IM
M 100 Breast
W 400 Free
M 400 IM
M 4 x 100 FR
W 50 Free
M 50 Free

Day Three

W 50 Free
M 50 Free
W 100 Breast
M 100 Fly
W 400 IM
W 4 x 200 FR
M 100 Free
W 200 Fly
M 200 IM
W 200 Back
M 4 x 200 FR
W 100 Free
M 200 Back
W 200 Breast
M 200 Breast
W 4 x 100 MR
M 4 x 100 MR
W 100 Fly
M 400 Free
W 200 IM
M 100 Breast
W 400 Free
M 400 IM
M 4 x 100 FR
W 100 Back
M 200 Free
M 100 Back
W 200 Free
M 200 Fly
W 4 x 100 FR

Day Four

M 100 Free
W 200 Fly
M 200 IM
W 200 Back
M 4 x 200 FR
W 100 Free
M 200 Back
W 200 Breast
M 200 Breast
W 4 x 100 MR
M 4 x 100 MR
W 100 Fly
M 400 Free
W 200 IM
M 100 Breast
W 400 Free
M 400 IM
M 4 x 100 FR
W 100 Back
M 200 Free
M 100 Back
W 200 Free
M 200 Fly
W 4 x 100 FR
W 100 Breast
M 100 Fly
W 400 IM
W 4 x 200 FR
W 50 Free
M 50 Free

Day Five

W 100 Free
M 200 Back
W 200 Breast
M 200 Breast
W 4 x 100 MR
M 4 x 100 MR
W 100 Fly
M 400 Free
W 200 IM
M 100 Breast
W 400 Free
M 400 IM
M 4 x 100 FR
W 100 Back
M 200 Free
M 100 Back
W 200 Free
M 200 Fly
W 4 x 100 FR
W 100 Breast
M 100 Fly
W 400 IM
W 4 x 200 FR
M 100 Free
W 200 Fly
M 200 IM
W 200 Back
M 4 x 200 FR
W 50 Free
M 50 Free