

2023 Speedo Sectionals at Boise
Boise, Idaho
July 13-16, 2023
Friday, July 14, 2023
Finals Timeline - All times are estimates

Competition Pool Clears		5:15 PM
Awards	Women's 200 Meter Freestyle Relay	5:22 PM
Awards	Men's 200 Meter Freestyle Relay	5:24 PM
National Anthem		5:28 PM
Event #13	Women's 100 Meter Backstroke	
	D-Final	5:30 PM
	Bonus Final	5:32 PM
	Consolation Final	5:34 PM
	Parade Championship Final	5:36 PM
	Awards	5:39 PM
Event #14	Men's 100 Meter Backstroke	
	D-Final	5:42 PM
	Bonus Final	5:44 PM
	Consolation Final	5:46 PM
	Parade Championship Final	5:48 PM
	Awards	5:51 PM
Event #15	Women's 200 Meter Freestyle	
	D-Final	5:53 PM
	Bonus Final	5:56 PM
	Consolation Final	5:58 PM
	Parade Championship Final	6:01 PM
	Awards	6:05 PM
Event #16	Men's 200 Meter Freestyle	
	D-Final	6:07 PM
	Bonus Final	6:10 PM
	Consolation Final	6:12 PM
	Parade Championship Final	6:15 PM
	Awards	6:19 PM
Event #17	Women's 400 Meter Individual Medley	
	D-Final	6:21 PM
	Bonus Final	6:27 PM
	Consolation Final	6:33 PM
	Parade Championship Final	6:39 PM
	Awards	6:46 PM
Event #18	Men's 400 Meter Individual Medley	
	D-Final	6:48 PM
	Bonus Final	6:53 PM
	Consolation Final	6:59 PM
	Parade Championship Final	7:04 PM
	Awards	7:11 PM
10 Minute Break		
Event #19	Women's 400 Meter Freestyle Relay	
	Second Fastest	7:23 PM
	Fastest	7:28 PM
Event #20	Men's 400 Meter Freestyle Relay	
	Second Fastest	7:33 PM
	Fastest	7:37 PM
End of Session		7:42 PM

Scratch box for tomorrow's events closes at 6:00 PM today.

Relay cards for the 400 Meter Freestyle Relay are due at 6:15 PM.

2023 LC Speedo Sectionals - Boise, ID, Sanction #: 23-13

July 13-16, 2023

Meet Program - Finals - Friday

Event 13 Women 100 LC Meter Backstroke

MEET: 1:00.02 3/2012 Melissa Franklin

1:01.89 OLYT Olympic Trials
 1:02.89 PRO TYR Pro Champs
 1:04.39 JR-A Summer Juniors
 1:04.79 JR-B Juniors Bonus
 1:06.89 FUTR 2023 Futures

Lane Name	Age	Team	Prelims
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Heat 1 D Final

1	Bossa, Camila	15 KING-PN	1:13.22
2	Dinnen, Brigid	15 VAN-IE	1:13.09
3	Afman, Zoe	18 FST-CO	1:11.88
4	Jones, Ezmee	15 NEP-AZ	1:11.28
5	Kainass, Gwen	17 PSC-AZ	1:11.52
6	Stack, Ella	16 MAC-MT	1:12.13
7	Lewis, Addy	18 MAC-MT	1:13.18
8	Beskind, Julia	17 FAST-AZ	1:13.90

Alternates

1	Sheldon, Emily	17 PSC-AZ	1:13.93
2	Crawford, Courtney	17 LIFE-AZ	1:15.24

Heat 2 Bonus Final

1	Bureau, Aubrey	19 BY-SR	1:10.71
2	Flikkema, Dylon	13 BOZ-MT	1:10.64
3	Symington, Lelia	16 PSC-AZ	1:10.43
4	Bontemps, Julia	17 KING-PN	1:10.38
5	Wong-Boulanger, Sabine	17 WWSC-IE	1:10.39
6	Ackerman, Kileigh	17 EVER-CO	1:10.46
7	Lewis, Camryn	17 UN-PS-AZ	1:10.65
8	Hand, Hope	17 NEP-AZ	1:10.76

Heat 3 Consolation Final

1	Shuler, Sofia	18 BY-SR	1:10.08
2	George, Genevieve	16 PSC-AZ	1:09.97
3	Biglow, Lauren	17 PC-UT	1:09.58
4	Hunt, Santi	13 BY-SR	1:09.36
5	Janky, Amber	16 FAST-AZ	1:09.42
6	Frost, Ellee	17 BY-SR	1:09.78
7	Engle, Jaidan	17 NEP-AZ	1:09.99
8	McColley, Rylee	17 BOZ-MT	1:10.34

Heat 4 Championship Final

1	Rahn, Bethany	19 VAN-IE	1:08.95
2	Ernst, Hannah	17 NEP-AZ	1:08.79
3	Ascher, Adalynn	16 MAC-MT	1:07.99
4	Gonzalez, Carla	25 PSC-AZ	1:04.13 JR-A
5	Hyde, Catherine	18 SMR-OR	1:07.71
6	Reich, Abby	16 PSC-AZ	1:08.18
7	Djatej, Franzi	17 SWAT-IE	1:08.82
8	Hoisington, Brayleigh	13 SAW-SR	1:09.06

Alternates

1	Jones, Ezmee	15 NEP-AZ	1:11.28
2	Kainass, Gwen	17 PSC-AZ	1:11.52

Event 14 Men 100 LC Meter Backstroke

MEET: 54.95 3/2016 Daniel Carr

55.69 OLYT Olympic Trials
 56.59 PRO TYR Pro Champs
 58.79 JR-A Summer Juniors
 58.89 JR-B Juniors Bonus
 1:00.79 FUTR 2023 Futures

Lane Name	Age	Team	Prelims
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Heat 1 D Final

1	Salmen, Duncan	16 FST-CO	1:04.21
2	Postlewait, Samuel	17 NST-OR	1:03.90
3	Russo, Bennett	18 PSC-AZ	1:03.44
4	Killian, Graham	17 NEP-AZ	1:03.09
5	Hale, Nash	16 SSC-UT	1:03.28
6	Eichler, Karsten	16 PSC-AZ	1:03.50
7	Le, Ryan	16 PSC-AZ	1:03.99
8	Dusek, Ryan	16 AQFO-AZ	1:04.47

Alternates

1	Padilla-Diaz, Ruben	17 FAST-AZ	1:05.18
2	Grewal, Shah	15 KING-PN	1:05.21

Heat 2 Bonus Final

1	Boyd, Breck	15 AVON-CO	1:02.94
2	Ravegum, Drew	18 FST-CO	1:02.41
3	Mooney, Noah	16 FST-CO	1:01.99
4	Krattiger, Garrett	17 HLST-MT	1:01.64
5	Pickles, Evan	18 NEP-AZ	1:01.78
6	Cox, Carter	15 KING-PN	1:02.03
7	Sherick, Paul	15 LOVE-CO	1:02.61
8	Gingras, Ethan	15 VAN-IE	1:02.97

Heat 3 Consolation Final

1	Wu, Kevin	18 NEP-AZ	1:01.33
2	Koschmann, Soren	16 RIP-CO	1:00.84
3	Cole, Aidan	16 KING-PN	1:00.63 FUTR
4	Springer, Jack	19 KING-PN	1:00.10 FUTR
5	Ellsworth, Holden	21 UTAH-UT	1:00.33 FUTR
6	Wrona, Sebastian	16 OA-UT	1:00.65 FUTR
7	Suaverdez, Landon	17 PSC-AZ	1:01.05
8	Gingras, Owen	17 VAN-IE	1:01.60

Heat 4 Championship Final

1	Stratton, Shae	17 SAW-SR	59.72 FUTR
2	Sundeen, Winston	16 BOZ-MT	59.08 FUTR
3	Jones, Keaton	18 NEP-AZ	58.57 JR-A
4	Huston, Drew	18 UN-KI-PN	57.07 JR-A
5	Hochwalt, Michael	17 SWAT-IE	58.14 JR-A
6	Quarterman, Tyler	18 BY-SR	58.91 FUTR
7	Ponomarev, Tony	19 KING-PN	59.24 FUTR
8	Simmons, Andrew	17 NEP-AZ	59.86 FUTR

Alternates

1	Killian, Graham	17 NEP-AZ	1:03.09
2	Stemmons, Asher	21 NEP-AZ	1:03.10



2023 LC Speedo Sectionals - Boise, ID, Sanction #: 23-13

July 13-16, 2023

Meet Program - Finals - Friday

Event 15 Women 200 LC Meter Freestyle

MEET: 1:59.83 3/2012 Melissa Franklin

2:00.89 OLYT Olympic Trials
 2:01.79 PRO TYR Pro Champs
 2:04.29 JR-A Summer Juniors
 2:04.99 JR-B Juniors Bonus
 2:07.79 FUTR 2023 Futures

Lane Name	Age	Team	Prelims
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Heat 1 D Final

1	Inouye, Chloe	16 PAQ-HI	2:15.94
2	Tarran, Kirsten	16 FST-CO	2:15.27
3	Switzer, Zoey	15 FAST-AZ	2:14.61
4	Ruark, Bri	18 SAW-SR	2:14.16
5	Sheldon, Emily	17 PSC-AZ	2:14.58
6	Canaday, Keaton	17 KING-PN	2:14.76
7	Berthoud, Sarah	18 SWAT-IE	2:15.93
8	Blute, Desiree	15 FAST-AZ	2:16.05

Alternates

1	Ho, Sydney	15 PSC-AZ	2:16.15
2	Lewis, Elly	15 MAC-MT	2:16.36

Heat 2 Bonus Final

1	Clise, Maya	19 KING-PN	2:13.77
2	Koza, Becca	15 LGSC-IE	2:13.65
3	Westphal, Hope	17 SWAT-IE	2:13.12
4	Lindstrom, Emma	16 AVON-CO	2:12.84
5	Manley, Laura	17 OV-AZ	2:12.87
6	Ma, Elizabeth	17 KING-PN	2:13.13
7	Kelaheer, Kaci	17 FORD-AZ	2:13.72
8	Smith, Wren	15 FAST-AZ	2:14.15

Heat 3 Consolation Final

1	Henikman, Viri	14 FAST-AZ	2:12.77
2	Jones, Rylie	21 VAN-IE	2:12.19
3	Stafford, Leila	14 FAST-AZ	2:11.61
4	Krew, Sam	20 COUG-IE	2:11.21
5	Neilson, MJ	16 PSC-AZ	2:11.55
6	Zallen, Sloan	16 FST-CO	2:12.03
7	Hansel, Maggie	15 RIP-CO	2:12.71
8	Parrish, Issabelle	16 MRA-IE	2:12.84

Heat 4 Championship Final

1	Symington, Lelia	16 PSC-AZ	2:10.64
2	Gleason, Danielle	17 PSC-AZ	2:09.52
3	Perry, Abigail	16 FLFN-CO	2:07.33 FUTR
4	Doane, Camden	17 KING-PN	2:04.09 JR-A
5	Shanley, Kathryn	20 FST-CO	2:06.19 FUTR
6	Chen, Elayne	15 KING-PN	2:08.75
7	Tomey, Taylor	17 PSC-AZ	2:09.98
8	La, Yvy	15 KING-PN	2:10.72

Alternates

1	Ruark, Bri	18 SAW-SR	2:14.16
2	Sheldon, Emily	17 PSC-AZ	2:14.58

Event 16 Men 200 LC Meter Freestyle

MEET: 1:50.26 3/1/2004 RYK NEETHLING

1:49.99 OLYT Olympic Trials
 1:51.29 PRO TYR Pro Champs
 1:54.29 JR-A Summer Juniors
 1:55.69 JR-B Juniors Bonus
 1:58.09 FUTR 2023 Futures

Lane Name	Age	Team	Prelims
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Heat 1 D Final

1	Scifres, Cody	18 FLFN-CO	2:01.99
2	Taylor, Jaime	16 PC-UT	2:01.83
3	Metzgar, Samuel	15 KING-PN	2:01.66
4	VanLuvanee, Adam	18 FSS-AZ	2:01.14
5	Elgie, Keegan	16 PC-UT	2:01.56
6	Senske, Owen	16 VAN-IE	2:01.81
7	Sinclair, Adam	18 SSC-UT	2:01.88
8	Schubert, Jacob	17 NST-SR	2:02.38

Alternates

1	Kwon, Adam	17 KING-PN	2:02.94
2	Clise, Cota	16 KING-PN	2:03.11

Heat 2 Bonus Final

1	Lev-Tov, Joseph	18 RIP-CO	2:00.71
2	Bradley, Carter	15 FST-CO	2:00.24
3	Schreiber, James	17 FLFN-CO	2:00.08
4	Weinstein, Peter	19 FST-CO	1:59.66
5	Bednarz, Bartek	17 NEP-AZ	1:59.94
6	Curran, Evan	17 FST-CO	2:00.18
7	Babson, Riley	22 FORD-AZ	2:00.68
8	Gomez, Asher	16 PSC-AZ	2:00.89

Heat 3 Consolation Final

1	Wu, Kevin	18 NEP-AZ	1:59.60
2	Martin, Aaron	17 NEP-AZ	1:59.39
3	Irons, Devin	16 PSC-AZ	1:59.00
4	Sheffert, Tanner	15 PSC-AZ	1:58.17
5	Stamer, Ryan	16 FAST-AZ	1:58.83
6	Stewart, Alex	17 SSC-UT	1:59.18
7	Dowdall, Finn	20 PSC-AZ	1:59.45
8	Todd, Bayden	16 FST-CO	1:59.64

Heat 4 Championship Final

1	Yang, Beri	19 NEP-AZ	1:57.16 FUTR
2	Kelly, Keegan	17 FORD-AZ	1:56.96 FUTR
3	Coombs, Andrew	16 KING-PN	1:55.71 FUTR
4	Pickles, Ian	18 NEP-AZ	1:54.63 JR-B
5	Hammer, Aiden	15 KING-PN	1:55.65 JR-B
6	Esser, Devin	20 NEP-AZ	1:56.95 FUTR
7	Vetsch, August	17 NEP-AZ	1:57.07 FUTR
8	Hamblin, Carson	18 NEP-AZ	1:57.94 FUTR

Alternates

1	Theis, Kaleo	19 SWAT-IE	2:01.06
2	Troescher, Jacob	20 BY-SR	2:01.13



2023 LC Speedo Sectionals - Boise, ID, Sanction #: 23-13

July 13-16, 2023

Meet Program - Finals - Friday

Event 17 Women 400 LC Meter IM

MEET: 4:41.51 3/2008 Caitlin Leverenz
 4:49.89 OLYT Olympic Trials
 4:53.19 PRO TYR Pro Champs
 4:57.29 JR-A Summer Juniors
 5:00.99 JR-B Juniors Bonus
 5:07.29 FUTR 2023 Futures

Lane Name	Age	Team	Prelims
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Heat 1 D Final

1			
2			
3			
4	Carras, Corrina	17 KING-PN	5:38.19
5	Quihuiz, Chloe	15 NEP-AZ	5:40.98
6			
7			
8			

Heat 2 Bonus Final

1	Nie, Kathy	15 SAW-SR	5:35.92
2	Stratton, Sedona	13 SAW-SR	5:29.81
3	Lotz, Julia	16 PSC-AZ	5:26.67
4	Tabino, Taylor	14 SWAT-IE	5:26.28
5	Deneen, Marin	13 RIP-CO	5:26.57
6	Taylor, Connolly	14 FAST-AZ	5:28.65
7	Coleman, Emilie	17 FST-CO	5:31.10
8	Turner, Lyndea	21 CCAT-UT	5:37.90

Heat 3 Consolation Final

1	Byrnes Cortinas, Nicole	16 NEP-AZ	5:24.82
2	Gourley, Veronica	17 KING-PN	5:22.47
3	Jones, Ezmee	15 NEP-AZ	5:21.31
4	LaTendresse, Kaitlyn	15 KING-PN	5:21.06
5	Westphal, Hope	17 SWAT-IE	5:21.20
6	Eichler, Kennedy	20 PSC-AZ	5:22.25
7	Teunissen, Ava	13 RIP-CO	5:22.89
8	Field, Ava	15 KING-PN	5:25.15

Heat 4 Championship Final

1	Wieckowski, Kayla	18 SA-SR	5:19.85
2	Buyers, Amelia	20 VAN-IE	5:18.38
3	Li, Lilian	15 FAST-AZ	5:13.67
4	Ross, Marlies	25 PSC-AZ	5:07.23 FUTR
5	Huffmaster, Julia	17 BOZ-MT	5:07.30
6	Dalbik, Sahara	17 NEP-AZ	5:17.16
7	Chen, Elayne	15 KING-PN	5:18.94
8	Ma, Elizabeth	17 KING-PN	5:20.61

Event 18 Men 400 LC Meter IM

MEET: 4:22.00 7/15/2022 Diego Nosack
 4:25.19 OLYT Olympic Trials
 4:26.89 PRO TYR Pro Champs
 4:33.09 JR-A Summer Juniors
 4:36.99 JR-B Juniors Bonus
 4:42.39 FUTR 2023 Futures

Lane Name	Age	Team	Prelims
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Heat 1 D Final

1	Hess, Robert	16 FORD-AZ	5:12.74
2	Logan, Gavin	15 AQFO-AZ	5:08.60
3	Eussen, Lucas	17 KING-PN	5:04.25
4	Akpan, Jaden	15 BY-SR	5:01.72
5	Cox, Carter	15 KING-PN	5:01.74
6	Kung, Ian	16 NEP-AZ	5:07.24
7	Putt, Theo	14 VAST-PN	5:11.21
8	Crawford, Markus	15 PSC-AZ	5:16.10

Heat 2 Bonus Final

1	Hill, Bryson	16 SWAT-IE	5:00.45
2	Robertson, Owen	15 GACC-OR	4:59.67
3	Jones, Matthew	16 KING-PN	4:57.72
4	Ma, William	15 KING-PN	4:56.21
5	Gingras, Ethan	15 VAN-IE	4:57.41
6	Kirk, Bryce	17 RPC-AZ	4:58.97
7	Metzgar, Samuel	15 KING-PN	5:00.31
8	Goetsch, Devin	17 HLST-MT	5:00.76

Heat 3 Consolation Final

1	Joswiak, Ashton	15 PSC-AZ	4:53.73
2	Wood, Nico	17 PSC-AZ	4:52.26
3	Eichler, Karsten	16 PSC-AZ	4:51.35
4	Bradley, Carter	15 FST-CO	4:48.75
5	Troescher, Jacob	20 BY-SR	4:49.61
6	Gingras, Owen	17 VAN-IE	4:52.06
7	Slankard, Luke	15 FST-CO	4:53.40
8	Stewart, Alex	17 SSC-UT	4:54.06

Heat 4 Championship Final

1	Clise, Cota	16 KING-PN	4:46.07
2	Uhl, Tobin	15 FST-CO	4:44.83
3	Ravegum, Drew	18 FST-CO	4:42.03 FUTR
4	Hochwalt, Michael	17 SWAT-IE	4:25.22 PRO
5	Pickles, Evan	18 NEP-AZ	4:39.96 FUTR
6	Dowe, Kyle	16 FAST-AZ	4:43.47
7	Neilson, Teddy	16 PSC-AZ	4:45.83
8	Gilman, Liam	18 BEND-OR	4:48.73

Alternates

1	Akpan, Jaden	15 BY-SR	5:01.72
2	Cox, Carter	15 KING-PN	5:01.74



2023 LC Speedo Sectionals - Boise, ID, Sanction #: 23-13

July 13-16, 2023

Meet Program - Finals - Friday

Event 19 Women 400 LC Meter Freestyle Relay

MEET: 3:48.29 7/2010 Colorado Stars

J Mattern, K Naze, M Franklin, C Piehl

3:55.69 JR-A Summer Juniors

4:04.29 FUTR 2023 Futures

Lane	Team	Relay	Seed Time
Heat 1 of 3 Finals			
1	PSC-AZ	C	4:13.53
2	BOZ-MT	A	4:10.20
3	SAW-SR	A	4:08.72
4	VAN-IE	A	4:08.06
5	NEP-AZ	A	4:08.11
6	SWAT-IE	A	4:09.64
7	FST-CO	A	4:13.37
8	MAC-MT	A	4:13.77
Heat 2 of 3 Finals			
1	PSC-AZ	B	4:06.04
2	BY-SR	A	4:04.50
3	KING-PN	A	3:58.53 FUTR
4	NEP-AZ	B	3:45.41 JR-A
5	PSC-AZ	A	3:53.50 JR-A
6	FAST-AZ	A	4:03.48 FUTR
7	COUG-IE	A	4:04.78
8	KING-PN	B	4:07.82

Event 20 Men 400 LC Meter Freestyle Relay

MEET: 3:21.29 7/2009 Tucson Ford

R. Schoeman, L Ferns, A Kirkpatrick, B Aaberg

3:33.59 JR-A Summer Juniors

3:40.89 FUTR 2023 Futures

Lane	Team	Relay	Seed Time
Heat 1 of 3 Finals			
1	BOZ-MT	A	3:53.54
2	PSC-AZ	C	3:49.00
3	FST-CO	B	3:46.51
4	PSC-AZ	B	3:44.76
5	FAST-AZ	A	3:45.20
6	KING-PN	C	3:46.52
7	KING-PN	D	3:52.71
8	HLST-MT	A	3:24.05Y
Heat 2 of 3 Finals			
1	SWAT-IE	A	3:40.19 FUTR
2	BY-SR	A	3:38.34 FUTR
3	NEP-AZ	B	3:34.38 FUTR
4	NEP-AZ	A	3:25.70 JR-A
5	PSC-AZ	A	3:33.41 JR-A
6	KING-PN	A	3:36.00 FUTR
7	FST-CO	A	3:38.51 FUTR
8	KING-PN	B	3:42.47



2023 Speedo Sectionals at Boise
Boise, Idaho
July 13-16, 2023
Saturday, July 15, 2023
Estimated Preliminaries Timeline

		<u>No. of Heats</u>	<u>Est. Start Time</u>
Event #21	Women's 200 Meter Backstroke	4	9:30 AM
Event #22	Men's 200 Meter Backstroke	5	9:46 AM
Event #23	Women's 400 Meter Freestyle	6	10:06 AM
Event #24	Men's 400 Meter Freestyle	5	10:40 AM
Event #25	Women's 100 Meter Breaststroke	5	11:06 AM
Event #26	Men's 100 Meter Breaststroke	6	11:17 AM
Event #27	Women's 100 Meter Butterfly	6	11:30 AM
Event #28	Men's 100 Meter Butterfly	9	11:41 AM
	End of Session		12:07 PM

All events will swim fastest-to-slowest.

All heats will start from the West/Finals end of the pool.

Scratch box for tomorrow's events closes at 6:00 PM today.

Unofficial Timeline for Preliminaries Sessions
2023 Speedo Sectionals at Boise
Boise, Idaho
July 13-16, 2023

Estimated Preliminaries Timeline, Prior to Scratches

Thursday, July 13, 2023

1	W 200M Medley Relay	3	9:30 AM
2	M 200M Medley Relay	3	9:40 AM

10 Minute Break

3	W 100M Freestyle	8	10:00 AM
4	M 100M Freestyle	9	10:14 AM
7	W 200M Breaststroke	5	10:29 AM
8	M 200M Breaststroke	5	10:48 AM
9	W 200M Butterfly	3	11:06 AM
10	M 200M Butterfly	5	11:17 AM

End of Session 11:33 AM

Distance Freestyle

5	W 800M Freestyle	3	11:43 AM
6	M 800M Freestyle	3	11:53 AM

***Events 5 and 6 will swim fastest-to-slowest.**
***Events 5 and 6 will alternate heats women/men.**
***The fastest heats of Events 5 and 6 will swim during finals.**

End of Session 12:33 PM

Friday, July 14, 2023

13	W 100M Backstroke	5	9:30 AM
14	M 100M Backstroke	7	9:44 AM
15	W 200M Freestyle	7	10:02 AM
16	M 200M Freestyle	9	10:23 AM
17	W 400M Individual Medley	4	10:48 AM
18	M 400M Individual Medley	5	11:13 AM

10 Minute Break

19	W 400M Freestyle Relay	1	11:53 AM
20	M 400M Freestyle Relay	1	11:57 AM

***Events 19 and 20 will alternate heats women/men.**
***The fastest two heats of Events 19 and 20 will swim during finals.**

End of Session 12:02 PM

Saturday, July 15, 2023

21	W 200M Backstroke	4	9:30 AM
22	M 200M Backstroke	5	9:46 AM
23	W 400M Freestyle	6	10:06 AM
24	M 400M Freestyle	5	10:40 AM
25	W 100M Breaststroke	5	11:06 AM
26	M 100M Breaststroke	6	11:17 AM
27	W 100M Butterfly	6	11:30 AM
28	M 100M Butterfly	9	11:41 AM

End of Session 12:07 PM

Sunday, July 16, 2023

31	W 200M Individual Medley	7	9:30 AM
32	M 200M Individual Medley	8	9:53 AM
35	W 50M Freestyle	7	10:17 AM
36	M 50M Freestyle	9	10:26 AM

10 Minute Break

37	W 400M Medley Relay	1	10:47 AM
38	M 400M Medley Relay	0	

***Events 37 and 38 will alternate heats women/men.**
***The fastest two heats of Events 37 and 38 will swim during finals.**

End of Session 10:53 AM

Distance Freestyle

33	W 1500M Freestyle	3	2:08 PM
34	M 1500M Freestyle	3	2:27 PM

***Events 33 and 34 will swim slowest-to-fastest.**
***Events 33 and 34 will alternate heats women/men.**
***The fastest heats of Events 33 and 34 will swim during finals.**

End of Session 4:00 PM

The official timeline will be printed in each day's preliminaries heat sheet.

Events in preliminaries sessions will swim fastest to slowest except as otherwise noted.

The 50 Meter Freestyle will start from the East/Scoreboard end of the pool. All other events will start from the West/Finals end of the pool.

Scratch box for each day's events closes at 6:00 PM the evening before the event.

The competition pool clears 10 minutes prior to session start.