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| **Swimming Events** |
| 8:30 am to 9:20 am | Warm-up |
| 9:30 am | 500 yd Freestyle |
|   | ***20 minute cool-down, warm-up*** |
| Remaining events are listed in the order they will be held. | 100 yd Breaststroke25 yd Butterfly200 yd Freestyle25 yd Backstroke200 yd Freestyle Relay (mixed)50 yd Freestyle200 yd Individual Medley50 yd Breaststroke200 yd Backstroke100 yd Freestyle |
|   | ***20 minute break*** |
|   | 100 yd Medley Relay (mixed)100 yd Butterfly25 yd Breaststroke50 yd Butterfly100 yd Backstroke200 yd Breaststroke100 yd Individual Medley25 yd Freestyle50 yd Backstroke200 yd Butterfly |