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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 Breaststroke 25 yd Butterfly 200 yd Freestyle 25 yd Backstroke 200 yd Freestyle Relay (mixed) 50 yd Freestyle 200 yd Individual Medley 50 yd Breaststroke 200 yd Backstroke 100 yd Freestyle |
|  | ***20 minute break*** |
|  | 100 yd Medley Relay (mixed) 100 yd Butterfly 25 yd Breaststroke 50 yd Butterfly 100 yd Backstroke 200 yd Breaststroke 100 yd Individual Medley 25 yd Freestyle 50 yd Backstroke 200 yd Butterfly |