**Saturday May 26, 2018: Open Water briefing plus Practice Swim**

Estimated timelines for the weekend activities are listed below.

* + - 8:00 am: Practice Swim Check-in Opens
    - 9:30 am: Practice Swim Briefing Begins
    - 9:45 am: Line-up for Practice Swim in Lake Audubon
    - 10:00 am: Practice swim begins
    - 11:00 am: Practice swim ends

**Sunday, May 27, 2018: JMLS 1-Mile race, USMS Middle Distance Open Water Championship, and JMLS 2-Mile race**

* + - 6:00 am: Check-in opens (All Races)
    - 7:30 am: JMLS 1-Mile Check-in closes
    - 7:30 am: Briefing for JMLS 1-Mile race begins at starting line \*\*
    - 7:45 am: Line-up for JMLS 1-Mile race at starting line \*\*\*
    - **8:00 am: JMLS 1-Mile race begins**
    - 9:00 am: JMLS 1-Mile race ends
    - 9:15 am: JMLS 2-Mile & USMS Middle Distance Championship Check-in closes
    - 9:30 am: Line-up for USMS Middle Distance Championship & JMLS 2-Mile events at starting line \*\*\*
    - 9:30 am: Briefing for USMS Middle Distance Championship & JMLS 2-Mile events begins at starting line \*\*
    - **9:45 am: USMS Middle Distance Championship begins\***
    - **JMLS 2-Mile race begins after final wave of USMS Championship**
    - 11:30 am: USMS Middle Distance Championshipends
    - 11:40 am JMLS 2-Mile race ends

\* Swimmers must be registered with USMS for 2018 and compete with Category I swimwear.

\*\* Swimmers will have an opportunity to remove sweat suits, etc. after the briefing and before they line up at the start.  
\*\*\* For JMLS 1-Mile and JMLS 2-Mile Events, swimmers will have the opportunity to change between non-wetsuit (USMS Category I swimwear) and wetsuit (USMS Category II swimwear) divisions in the lineup prior to race start.

* 50-minute time limit for the 1-mile swims, 90-minutes time limit for the 2-mile swim. Time limits begin after the last wave starts.