

## 2021 GIRLS SWIM AND DIVE STATE CHAMPIONSHIPS @ VMAC

5A: Thursday, March 11<sup>th</sup>

4A: Friday, March 12<sup>th</sup>

3A: Saturday, March 13<sup>th</sup>

\*Timeline schedule will be the same each day\*

**SCHEDULE IS TENTATIVE AND SUBJECT TO CHANGE**

<b>Diving</b>	<b>Event 6: 100 Free</b>
6:40 am – Divers arrive & warm-up	2:35 pm – Swimmers arrive & warm-up
7:45 am – Clear pool; meeting with Dive Referee	3:00 pm – Clear pool and move to heating areas
8:00 am – Diving begins	3:10 pm – Heat 1 followed by Heat 2
11:00 am – Awards following the conclusion of last dive & facility cleared <u>by</u> 11:00 am	3:35 pm – Awards immediately following Heat 2 & facility cleared of 100 Free <u>by</u> 3:35 pm
<b>Event 1: 200 Medley Relay</b>	<b>Event 7: 500 Free</b>
11:00 am – Swimmers arrive & warm-up	3:10 pm – Swimmers arrive & warm-up
11:30 am – Clear pool and move to heating areas	3:35 pm - Clear pool and move to heating areas
11:40 am – Heat 1 followed by Heat 2	3:45 pm – Heat 1 followed by Heat 2
12:15 pm – Awards immediately following Heat 2 & facility cleared of 200 Medley Relay <u>by</u> 12:15 pm	4:10 pm – Awards immediately following Heat 2 & facility cleared of 500 Free <u>by</u> 4:10 pm
<b>Event 2: 200 Free</b>	<b>Event 8: 200 Free Relay</b>
12:15 pm – Swimmers arrive & warm-up	4:10 pm – Swimmers arrive & warm-up
12:40 pm – Clear pool and move to heating areas	4:40 pm – Clear pool and move to heating areas
12:50 pm – Heat 1 followed by Heat 2	4:50 pm – Heat 1 followed by Heat 2
1:15 pm – Awards immediately following Heat 2 & facility cleared of 200 Free <u>by</u> 1:15 pm	5:25 pm – Awards immediately following Heat 2 & facility cleared of 200 Free Relay <u>by</u> 5:25 pm
<b>Event 3: 200 IM</b>	<b>Event 9: 100 Back</b>
12:50 pm – Swimmers arrive & warm-up	5:25 pm – Swimmers arrive & warm-up
1:15 pm - Clear pool and move to heating areas	5:50 pm - Clear pool and move to heating areas
1:25 pm – Heat 1 followed by Heat 2	6:00 pm – Heat 1 followed by Heat 2
1:50 pm – Awards immediately following Heat 2 & facility cleared of 200 IM <u>by</u> 1:50 pm	6:25 pm – Awards immediately following Heat 2 & facility cleared of 100 Back <u>by</u> 6:25 pm
<b>Event 4: 50 Free</b>	<b>Event 10: 100 Breast</b>
1:25 pm – Swimmers arrive & warm-up	6:00 pm – Swimmers arrive & warm-up
1:50 pm - Clear pool and move to heating areas	6:25 pm - Clear pool and move to heating areas
2:00 pm – Heat 1 followed by Heat 2	6:35 pm – Heat 1 followed by Heat 2
2:25 pm – Awards immediately following Heat 2 & facility cleared of 50 Free <u>by</u> 2:25 pm	7:00 pm – Awards immediately following Heat 2 & facility cleared of 100 Breast <u>by</u> 7:00 pm
<b>Event 5: 100 Fly</b>	<b>Event 11: 400 Free Relay</b>
2:00 pm – Swimmers arrive & warm-up	7:00 pm – Swimmers arrive & warm-up
2:25 pm - Clear pool and move to heating areas	7:30 pm – Clear pool and move to heating areas
2:35 pm – Heat 1 followed by Heat 2	7:40 pm – Heat 1 followed by Heat 2
3:00 pm – Awards immediately following Heat 2 & facility cleared of 100 Fly <u>by</u> 3:00 pm	Awards immediately following Heat 2 for both event 11 & team

\*Events will not start before scheduled time; however, entry times could be earlier depending on situation.

## **SCHEDULE & WARM-UP LANE ASSIGNMENTS BY EVENT**

### **200 Med Relay**

**11:00 am** – Warmup:

Heat 1 Lane 1 in Lane 1 (south pool)

Heat 1 Lane 2 in Lane 2 (south pool)

Heat 1 Lane 3 in Lane 3 (south pool)

Heat 1 Lane 4 in Lane 4 (south pool)

Heat 1 Lane 5 in Lane 5 (south pool)

Heat 1 Lane 6 in Lane 6 (dive well)

Heat 1 Lane 7 in Lane 7 (dive well)

Heat 1 Lane 8 in Lane 8 (dive well)

Heat 1 Lane 9 in Lane 9 (dive well)

Heat 1 Lane 10 in Lane 10 (dive well)

Heat 2 Lanes 1-10 in their lanes in the main competition pool

**11:20 am** – Heat 2 Lanes 1-10 switch pools with Heat 1 Lanes 1-10 to use main competition pool; Heat 1 can move to their corresponding lane in the south pool (1-5) or dive well (6-10) to continue warming up if needed.

**11:30 am** – Pools cleared and move to Heat 1 and 2 Staging Areas

**11:40 am** – Heat 1 race followed by Heat 2

### **200 Free**

**12:15 pm** – Warmup: Heat 1 & 2 Lanes 1-10 in their lanes in the main competition pool

**12:40 pm** – Pools cleared and move to Heat 1 and 2 Staging Areas

**12:50 pm** – Heat 1 race followed by Heat 2

### **200 IM**

**12:50 pm** – Warmup:

Heat 1 & 2 Lane 1 & 2 in Lane 1 (south pool)

Heat 1 & 2 Lane 3 & 4 in Lane 2 (south pool)

Heat 1 & 2 Lane 5 & 6 in Lane 3 (south pool)

Heat 1 & 2 Lane 7 & 8 in Lane 4 (south pool)

Heat 1 & 2 Lane 9 & 10 in Lane 5 (south pool)

\*Can move to their event lane in the main competition pool and continue to warm up once the previous event is over.

**1:15 pm** – Pools cleared and move to Heat 1 and 2 Staging Areas

**1:25 pm** – Heat 1 race followed by Heat 2

### **50 Free**

**1:25 pm** – Warmup:

Heat 1 & 2 Lane 1 & 2 in Lane 1 (south pool)

Heat 1 & 2 Lane 3 & 4 in Lane 2 (south pool)

Heat 1 & 2 Lane 5 & 6 in Lane 3 (south pool)

Heat 1 & 2 Lane 7 & 8 in Lane 4 (south pool)

Heat 1 & 2 Lane 9 & 10 in Lane 5 (south pool)

\*Can move to their event lane in the main competition pool and continue to warm up once the previous event is over.

**1:50 pm** – Pools cleared and move to Heat 1 and 2 Staging Areas

**2:00 pm** – Heat 1 race followed by Heat 2

### **100 Fly**

**2:00 pm** – Warmup:

Heat 1 & 2 Lane 1 & 2 in Lane 1 (south pool)

Heat 1 & 2 Lane 3 & 4 in Lane 2 (south pool)

Heat 1 & 2 Lane 5 & 6 in Lane 3 (south pool)

Heat 1 & 2 Lane 7 & 8 in Lane 4 (south pool)

Heat 1 & 2 Lane 9 & 10 in Lane 5 (south pool)

\*Can move to their event lane in the main competition pool and continue to warm up once the previous event is over.

**2:25 pm** – Pools cleared and move to Heat 1 and 2 Staging Areas

**2:35 pm** – Heat 1 race followed by Heat 2

### **100 Free**

**2:35 pm** – Warmup:

Heat 1 & 2 Lane 1 & 2 in Lane 1 (south pool)

Heat 1 & 2 Lane 3 & 4 in Lane 2 (south pool)

Heat 1 & 2 Lane 5 & 6 in Lane 3 (south pool)

Heat 1 & 2 Lane 7 & 8 in Lane 4 (south pool)

Heat 1 & 2 Lane 9 & 10 in Lane 5 (south pool)

\*Can move to their event lane in the main competition pool and continue to warm up once the previous event is over.

**3:00 pm** – Pools cleared and move to Heat 1 and 2 Staging Areas

**3:10 pm** – Heat 1 race followed by Heat 2

### **500 Free**

**3:10 pm** – Warmup:

Heat 1 & 2 Lane 1 & 2 in Lane 1 (south pool)

Heat 1 & 2 Lane 3 & 4 in Lane 2 (south pool)

Heat 1 & 2 Lane 5 & 6 in Lane 3 (south pool)

Heat 1 & 2 Lane 7 & 8 in Lane 4 (south pool)

Heat 1 & 2 Lane 9 & 10 in Lane 5 (south pool)

\*Can move to their event lane in the main competition pool and continue to warm up once the previous event is over.

**3:35 pm** – Pools cleared and move to Heat 1 and 2 Staging Areas

**3:45 pm** – Heat 1 race followed by Heat 2

### **200 Free Relay**

**4:10 pm** – Warmup:

Heat 1 Lane 1 in Lane 1 (south pool)

Heat 1 Lane 2 in Lane 2 (south pool)

Heat 1 Lane 3 in Lane 3 (south pool)

Heat 1 Lane 4 in Lane 4 (south pool)

Heat 1 Lane 5 in Lane 5 (south pool)

Heat 1 Lane 6 in Lane 6 (dive well)

Heat 1 Lane 7 in Lane 7 (dive well)

Heat 1 Lane 8 in Lane 8 (dive well)

Heat 1 Lane 9 in Lane 9 (dive well)

Heat 1 Lane 10 in Lane 10 (dive well)

Heat 2 Lanes 1-10 in their lanes in the main competition pool

**4:30 pm** – Heat 2 Lanes 1-10 switch pools with Heat 1 Lanes 1-10 to use main competition pool; Heat 1 can move to their corresponding lane in the south pool or dive well to continue warming up if needed.

**4:40 pm** – Pools cleared and move to Heat 1 and 2 Staging Areas

**4:50 pm** – Heat 1 race followed by Heat 2

### **100 Back**

**5:25 pm** – Heat 1 & 2 Lanes 1-10 in their lanes in the main competition pool

**5:50 pm** – Pools cleared and move to Heat 1 and 2 Staging Areas

**6:00 pm** – Heat 1 race followed by Heat 2

### **100 Breast**

**6:00 pm** – Warmup:

Heat 1 & 2 Lane 1 & 2 in Lane 1 (south pool)

Heat 1 & 2 Lane 3 & 4 in Lane 2 (south pool)

Heat 1 & 2 Lane 5 & 6 in Lane 3 (south pool)

Heat 1 & 2 Lane 7 & 8 in Lane 4 (south pool)

Heat 1 & 2 Lane 9 & 10 in Lane 5 (south pool)

\*Can move to their event lane in the main competition pool and continue to warm up once the previous event is over.

**6:25 pm** – Pools cleared and move to Heat 1 and 2 Staging Areas

**6:35 pm** – Heat 1 race followed by Heat 2

### **400 Free Relay**

**7:00 pm** – Warmup:

Heat 1 Lane 1 in Lane 1 (south pool)

Heat 1 Lane 2 in Lane 2 (south pool)

Heat 1 Lane 3 in Lane 3 (south pool)

Heat 1 Lane 4 in Lane 4 (south pool)

Heat 1 Lane 5 in Lane 5 (south pool)

Heat 1 Lane 6 in Lane 6 (dive well)

Heat 1 Lane 7 in Lane 7 (dive well)

Heat 1 Lane 8 in Lane 8 (dive well)

Heat 1 Lane 9 in Lane 9 (dive well)

Heat 1 Lane 10 in Lane 10 (dive well)

Heat 2 Lanes 1-10 in their lanes in the main competition pool

**7:20 pm** - Heat 2 Lanes 1-10 switch pools with Heat 1 Lanes 1-10 to use main competition pool; Heat 1 can move to their corresponding lane in the south pool or dive well to continue warming up if needed.

**7:30 pm** – Pools cleared and move to Heat 1 and 2 Staging Areas

**7:40 pm** – Heat 1 race followed by Heat 2