

ACS ATHENS INTERNATIONAL SWIMMING CUP 2019

COMPETITION SCHEDULE

Friday, March 1st, 2019

Day 1

Start Time

Event

Phase

11.10	100m Individual Medley (Junior boys & girls)	Heats
	50m Freestyle	Heats
	100m Backstroke	Heats
	50m Breaststroke	Heats
	200m Individual Medley (Varsity boys & girls)	Timed Finals
	BREAK (10-15 minutes)	
	200m Freestyle	Timed Finals
	100m Individual Medley (Junior boys & girls)	Finals
	50m Freestyle	Finals
	100m Backstroke	Finals
	50m Breaststroke	Finals
	100 m Butterfly	Timed Finals
	4X50m Medley Relay	Finals

Saturday, March 2nd, 2019

Day 2

<u>Start Time</u>	<u>Event</u>	<u>Phase</u>
11.00	100m Freestyle	Heats
	50m Backstroke	Heats
	100m Breaststroke	Heats
	50m Butterfly	Heats
	400m Freestyle (Varsity boys-girls)	Timed Finals
	4 x 50m mixed relay (fun element)	
	BREAK (10-15 minutes)	
	100m Freestyle	Finals
	50m Backstroke	Finals
	100m Breaststroke	Finals
	50m Butterfly	Finals
	4X50m Freestyle	Finals

*Each event has 4 categories:

1. Junior boys (middle school boys: 6th-8th grade)
2. Junior girls (middle school girls: 6th-8th grade)
3. Varsity boys (high school boys: 9th-12th grade)
4. Varsity girls (high school girls: 9th-12th grade)

