

SCHEDULE FOR 2018 A.L.P.S. FINALS

7:00 AM	FIRST WARM-UP BEGINS (DURATION 20 MINUTES)
7:20 AM	SECOND WARM-UP BEGINS (DURATION 20 MINUTES)
7:40 AM	THIRD WARM-UP BEGINS (DURATION 20 MINUTES)
7:45 AM	<u>COACHES MEETING</u> (All Head Coaches must attend)
8:00 AM	FOURTH WARM-UP BEGINS (DURATION 20 MINUTES)
8:20 AM	WARM-UP ENDS, SWIMMERS PREPARE FOR PARADE.
8:30 AM	PARADE OF TEAMS
8:55 AM	PRESENTATION AND NATIONAL ANTHEM
9:00 AM	START FREESTYLE
9:45 AM (APPROXIMATELY)	START BREAST STROKE
10:30 AM (APPROXIMATELY)	START BACKSTROKE
11:15 AM (APPROXIMATELY)	START BUTTERFLY
12:00 PM (APPROXIMATELY)	LUNCH (DURATION 1 HR)
1:00 PM (APPROXIMATELY)	START RELAYS
2:40 PM (APPROXIMATELY)	PRESENTATION OF TROPHIES

SCHEDULE FOR SCRATCHES

SCRATCHES ACCEPTED UP UNTIL	8:15 AM	FOR	FREESTYLE
SCRATCHES ACCEPTED UP UNTIL	9:00 AM	FOR	BREAST STROKE
SCRATCHES ACCEPTED UP UNTIL	9:45 AM	FOR	BACKSTROKE
SCRATCHES ACCEPTED UP UNTIL	10:30 AM	FOR	BUTTERFLY
SCRATCHES ACCEPTED UP UNTIL	11:15 AM	FOR	RELAYS