

ALL ATHLETES NEED TO ARRIVE AT LEAST 2 HOURS PRIOR TO THEIR ESTIMATED RACE TIME. ALL ATHLETES NEED TO CHECK-IN AT LEAST 4 HEATS PRIOR TO THEIR EVENT. THERE WILL BE NO CALLS TO CHECK-IN – YOU MUST PAY ATTENTION TO WHAT EVENT IS HAPPENING!

Time	Event	Athlete(s)	Warm-up
1:00	<i>Girls 1600 Heat 1</i>	<i>Kim</i>	<i>12:10</i>
1:08	<i>2</i>	<i>Cheung</i>	<i>12:15</i>
1:17	3		
1:25	4		
1:34	5		
1:42	<i>6</i>	<i>Gamboa</i>	<i>12:50</i>
1:51	7		
2:00	Boys 1600 Heat 1		
2:06	2		
2:13	<i>3</i>	<i>Cartago, Francisco & Ronquillo</i>	<i>Girls 1600 Heat 2</i>
2:20	4		
2:27	5		
2:34	<i>6</i>	<i>Hearne</i>	<i>Girls 1600 Heat 6</i>
2:41	7		
2:48	<i>8</i>	<i>Europa & Register</i>	<i>Girls 1600 Heat 7</i>
2:55	9		
3:02	<i>10</i>	<i>Zamboanga</i>	<i>Boys 1600 Heat 2</i>
3:09	<i>11</i>	<i>L. Warzyniak</i>	<i>Boys 1600 Heat 3</i>
3:16	<i>12</i>	<i>Garcia & T. Lee</i>	<i>Boys 1600 Heat 4</i>
3:23	13		
3:30	<i>14</i>	<i>Lyons</i>	<i>Boys 1600 Heat 6</i>
3:37	<i>15</i>	<i>Schmidt & Yeshiwas</i>	<i>Boys 1600 Heat 7</i>
3:44	<i>16</i>	<i>Colwell</i>	<i>Boys 1600 Heat 8</i>
3:51	17		
3:58	18		
4:05	<i>Girls 800 Heat 1</i>	<i>Childers & Narla</i>	<i>Childers – Boys 1600 Heat 14 Narla – Boys 1600 Heat 11</i>
4:09	<i>2</i>	<i>Bains</i>	<i>Boys 1600 Heat 15</i>
4:13	3		
4:18	<i>4</i>	<i>Bouri, Hildenbrand, Kelley & Marshall</i>	<i>Boys 1600 Heat 16</i>
4:22	<i>5</i>	<i>Tran</i>	<i>Boys 1600 Heat 17</i>
4:27	<i>6</i>	<i>Patterson</i>	<i>Boys 1600 Heat 15</i>
4:31	7		
4:36	<i>8</i>	<i>Bouchard & Sweeney</i>	<i>Girls 800 Heat 1</i>
4:40	9		
4:45	<i>Boys 800 Heat 1</i>	<i>Percifield</i>	<i>Boys 1600 Heat 18</i>
4:48	2		
4:51	3		
4:54	<i>4</i>	<i>McCoy</i>	<i>Girls 800 Heat 5</i>
4:57	<i>5</i>	<i>U. Jimenez</i>	<i>Girls 800 Heat 2</i>
5:01	<i>6</i>	<i>Heinbaugh, B. Lee & Raja</i>	<i>Heinbaugh – Girls 800 Heat 2 Lee & Raja – Girls 800 Heat 7</i>

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5:04	7	<i>Burns, Chinkonsung, Durflinger, Korb & Villa Real</i>	<i>Chinkonsung & Durflinger – Girls 800 Heat 3 Burns, Korb & Villa Real – Girls 800 Heat 7</i>
5:07	8	<i>Dang & Fong</i>	<i>Dang – Girls 800 Heat 3 Fong – Girls 800 Heat 8</i>
5:10	9	<i>J. Jimenez & Kim</i>	<i>J. Jimenez – Girls 800 Heat 5 Kim – Girls 800 Heat 9</i>
5:14	10		
5:17	11	<i>Peay</i>	<i>Boys 800 Heat 1</i>
5:20	12	<i>Durst & Kless</i>	<i>Durst – Girls 800 Heat 6 Kless – Boys 800 Heat 2</i>
5:23	13		
5:27	14	<i>Ball</i>	<i>Boys 800 Heat 4</i>
5:30	15	<i>Ainslie</i>	<i>Girls 800 Heat 9</i>
5:33	16		
5:36	17		
5:40	<i>Girls 3200 Heat 1</i>	<i>Nielson & Veeragandham</i>	<i>Boys 800 Heat 2</i>
5:56	2		
6:13	3	<i>Colwell</i>	<i>Boys 800 Heat 12</i>
6:30	<i>Boys 3200 Heat 1</i>	<i>Villanueva</i>	<i>Girls 3200 Heat 1</i>
6:42	2	<i>Singh</i>	<i>Girls 3200 Heat 2</i>
6:55	3	<i>Lemen</i>	<i>Girls 3200 Heat 2</i>
7:08	4	<i>Sahota, Sweeney & Z. Warzyniak</i>	<i>Girls 3200 Heat 3</i>
7:21	5	<i>Marimuthu</i>	<i>Boys 3200 Heat 1</i>
7:33	6		
7:46	7		
7:59	8		
8:12	9		
8:25	Girls Distance Medley Relay		
8:45	Boys Distance Medley Relay		