

Time Trials
March 1 – 4, 2018
Sanction IA-18-036
Held in conjunction with
2018 Iowa Age Group Short Course Championships, Sanction IA-18-35

Time trials registration will open at the designated Time Trials table from 8:00 am until one hour prior to the scheduled finish of the preliminary session each day and again from 4:30 pm until the completion of finals session from Thursday through Saturday. Entry fees are as follows:

- \$12.00 per individual entry or \$21.00 per relay entry cash or check made payable to ACAC

Time Trials Procedures:

1. A swimmer is limited to a maximum of three time trials per day
2. A swimmer must be entered in the meet (individual or relay) to participate in time trials
3. Time trials may be limited to approximately 1 hour per day; all scheduled events cannot be guaranteed per day.
4. The combination of a swimmer's meet events and time trial events cannot exceed three per day for those swimmers entered in prelim/finals events or four per day for those swimmers entered in timed final events.
5. Only those events offered in the Championships will be offered in time trials.
6. The long distance freestyle events will typically be offered only one day of the meet. The day will be determined by the Referee and announced at the initial coaches' meeting.
7. The time trial session each day will begin approximately 15 minutes after the final heat in the preliminary session.
8. Time Trials individual events will be swum in the order listed below as time allows.

Day 2	Day 3	Day 4
100 Breast	500 Free	100 Free
200 Free	200 Breast	200 IM
100 Fly	50 Fly	200 Back
50 Back	100 Back	50 Breast
400 IM	200 Fly	100 Breast
500 Free	50 Free	200 Free
200 Breast	100 Free	100 Fly
50 Fly	200 IM	50 Back
100 Back	200 Back	400 IM
200 Fly	50 Breast	500 Free
50 Free	100 Breast	200 Breast
100 Free	200 Free	50 Fly
200 IM	100 Fly	100 Back
200 Back	50 Back	200 Fly
50 Breast	400 IM	50 Free
Long distance freestyle and relay events determined by Referee		