



Hosted by: Concord Swim Club
November 1, 2, 3, 2024

Friday November 1 – Session 1:

Warm-up 2:15–2:55 pm. Meet starts 3:00 pm

Girls: Boys:

1 2 12 & Over 1650 Freestyle

Friday November 1 – Session 2:

Warmup 4:15-5:15 pm. Meet starts 5:30 pm.

Girls: Boys:

3 4 15 & Over 400 I.M.

5 6 13-14 400 I.M.

7 8 11-12 200 I.M.

9 10 15 & Over 500 Free

11 12 13-14 500 Free

13 14 11-12 500 Freestyle

Saturday November 2 – Session 3:

Prelims – 13-14 and 15 & Over age groups

Warm-up 7:00-7:50 am. Meet starts 8:00 am

Girls: Boys:

15 16 15 & Over 200 Freestyle

17 18 13-14 200 Freestyle

19 20 15 & Over 100 Backstroke

21 22 13-14 100 Backstroke

23 24 15 & Over 200 Breaststroke

25 26 13-14 200 Breaststroke

27 28 15 & Over 200 Butterfly

29 30 13-14 200 Butterfly

31 32 15 & Over 50 Freestyle

33 34 13-14 50 Freestyle

35 36 15 & Over 200 Medley Relay

37 38 13-14 200 Medley Relay

Saturday November 2 – Session 4:

Prelims – 11-12, Timed Finals – 10 & Under

Warmup 10:45-1130 am. Meet starts 11:40 pm.

Girls: Boys:

39 40 11-12 50 Freestyle

41 42 10 & Under 50 Freestyle

43 44 11-12 100 Backstroke

45 46 10 & Under 100 Backstroke

47 48 11-12 50 Breaststroke

49 50 10 & Under 50 Breaststroke

51 52 11-12 50 Butterfly

53 54 10 & Under 50 Butterfly

55 56 11-12 200 Freestyle

57 58 10 & Under 200 Freestyle

59 60 11-12 200 Medley Relay

61 62 10 & Under 200 Medley Relay

Saturday November 2 – Session 5:

Finals – 11-12, 13-14 (A & B), 15 & Over (A, B, and C)

Warm-up 3:30-4:20 pm. Meet starts 4:30 pm.

Girls: Boys:

15 16 15 & Over 200 Freestyle

17 18 13-14 200 Freestyle

39 40 11-12 50 Freestyle

19 20 15 & Over 100 Backstroke

21 22 13-14 100 Backstroke

43 44 11-12 100 Backstroke

23 24 15 & Over 200 Breaststroke

25 26 13-14 200 Breaststroke

47 48 11-12 50 Breaststroke

27 28 15 & Over 200 Butterfly

29 30 13-14 200 Butterfly

51 52 11-12 50 Butterfly

31 32 15 & Over 50 Freestyle

33 34 13-14 50 Freestyle

55 56 11-12 200 Freestyle



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Sunday November 3 – Session 6:

Prelims – 13-14 and 15 & Over age groups
 Warm-up 7:00-7:50 am. Meet starts 8:00 am

Girls:	Boys:	
63	64	15 & Over 200 I.M.
65	66	13-14 200 I.M.
67	68	15 & Over 100 Butterfly
69	70	13-14 100 Butterfly
71	72	15 & Over 100 Breaststroke
73	74	13-14 100 Breaststroke
75	76	15 & Over 200 Backstroke
77	78	13-14 200 Backstroke
79	80	15 & Over 100 Freestyle
81	82	13-14 100 Freestyle
83	84	15 & Over 200 Freestyle Relay
85	86	13-14 200 Freestyle Relay

Sunday November 3 – Session 7:

Prelims – 11-12, Timed Finals – 10 & Under
 Warmup 10:45-11:30 am. Meet starts 11:40 am.

Girls:	Boys:	
87	88	11-12 100 I.M.
89	90	10 & Under 100 I.M.
91	92	11-12 100 Butterfly
93	94	10 & Under 100 Butterfly
95	96	11-12 100 Breaststroke
97	98	10 & Under 100 Breaststroke
99	100	11-12 50 Backstroke
101	102	10 & Under 50 Backstroke
103	104	11-12 100 Freestyle
105	106	10 & Under 100 Freestyle
107	108	11-12 200 Freestyle Relay
109	110	10 & Under 200 Freestyle Relay

Sunday November 3 – Session 8:

Finals – 11-12, 13-14 (A & B), 15 & Over (A, B, and C)
 Warm-up 3:30-4:20 pm. Meet starts 4:30 pm.

Girls:	Boys:	
63	64	15 & Over 200 I.M.
65	66	13-14 200 I.M.
87	88	11-12 100 I.M.
67	68	15 & Over 100 Butterfly
69	70	13-14 100 Butterfly
91	92	11-12 100 Butterfly
71	72	15 & Over 100 Breaststroke
73	74	13-14 100 Breaststroke
96	96	11-12 100 Breaststroke
75	76	15 & Over 200 Backstroke
77	78	13-14 200 Backstroke
99	100	11-12 50 Backstroke
79	80	15 & Over 100 Freestyle
81	82	13-14 100 Freestyle
103	104	11-12 100 Freestyle

Please note, warm up times and session start times are subject to change. Please check the Concord Swim Club website for updated information on Friday October 25th.