



USA Swimming Futures – West Fargo

Event Timelines (Estimate Only)

Version 4 - July 26, 2023 (6:30pm)

<u>Prelims</u>			<u>Wednesday Distance</u>			<u>Finals</u>		
<u>Event</u>	<u>Heats</u>	<u>Start</u>	<u>Event</u>	<u>Heats</u>	<u>Start</u>	<u>Event</u>	<u>Heats</u>	<u>Start</u>
1 W 200 Free	5	9:00 am	7 W 800 Free	1	3:20 pm	1 W 200 Free	4	5:30 pm
2 M 200 Free	7	9:13 am	8 M 1500 Free	1	3:30 pm	2 M 200 Free	4	5:44 pm
<i>10 Min Break</i>			<i>End of Session 3:50 pm</i>			3 W 100 Breast	4	5:56 pm
3 W 100 Breast	7	9:40 am				4 M 100 Breast	4	6:06 pm
4 M 100 Breast	9	9:51 am				5 W 200 Fly	4	6:13 pm
<i>10 Min Break</i>						6 M 200 Fly	4	6:31 pm
5 W 200 Fly	3	10:14 am				7 W 800 Free	1	6:44 pm
6 M 200 Fly	4	10:23 am				8 M 1500 Free	1	6:57 pm
<i>End of Session 10:35 am</i>						<i>End of Session 7:17 pm</i>		
Time Trials Estimated at 10:50 am								

<u>Prelims</u>			<u>Thursday</u>			<u>Finals</u>		
<u>Event</u>	<u>Heats</u>	<u>Start</u>	<u>Event</u>	<u>Heats</u>	<u>Start</u>	<u>Event</u>	<u>Heats</u>	<u>Start</u>
9 W 100 Free	9	9:00 am				9 W 100 Free	4	5:30 pm
10 M 100 Free	10	9:13 am				10 M 100 Free	4	5:39 pm
<i>10 Min Break</i>						11 W 400 IM	4	5:47 pm
11 W 400 IM	3	9:35 am				12 M 400 IM	4	6:13 pm
12 M 400 IM	5	9:58 am				13 W 100 Back	4	6:37 pm
<i>10 Min Break</i>						14 M 100 Back	4	6:44 pm
13 W 100 Back	8	10:34 am				<i>5 Min Break After Awards</i>		
14 M 100 Back	9	10:48 am				15 W 800 Fr Relay	2	7:00 pm
<i>End of Session 11:00 am</i>						16 M 800 Fr Relay	2	7:16 pm
Time Trials Estimated at 11:15 am						<i>End of Session 7:36 pm</i>		

<u>Prelims</u>			<u>Friday</u>			<u>Finals</u>		
<u>Event</u>	<u>Heats</u>	<u>Start</u>	<u>Event</u>	<u>Heats</u>	<u>Start</u>	<u>Event</u>	<u>Heats</u>	<u>Start</u>
17 W 400 Free	5	9:00 am				17 W 400 Free	4	5:30 pm
18 M 400 Free	4	9:20 am				18 M 400 Free	4	5:53 pm
<i>10 Min Break</i>						19 W 100 Fly	4	6:14 pm
19 W 100 Fly	8	9:50 am				20 M 100 Fly	4	6:25 pm
20 M 100 Fly	10	10:01 am				21 W 200 Breast	4	6:33 pm
<i>10 Min Break</i>						22 M 200 Breast	4	6:50 pm
21 W 200 Breast	6	10:24 am				<i>5 Min Break After Awards</i>		
22 M 200 Breast	8	10:43 am				23 W 400 Fr Relay	2	7:08 pm
<i>10 Min Break</i>						24 M 400 Fr Relay	2	7:20 pm
24 M 400 Fr Relay	1	11:15 am				<i>End of Session 7:40 pm</i>		
<i>End of Session 11:19 am</i>								
Time Trials Estimated at 11:35 am								





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<u>Prelims</u>			<u>Saturday Distance</u>			<u>Finals</u>		
<u>Event</u>	<u>Heats</u>	<u>Start</u>	<u>Event</u>	<u>Heats</u>	<u>Start</u>	<u>Event</u>	<u>Heats</u>	<u>Start</u>
25 W 200 IM	5	9:00 am	31 W 1500 Free	1	3:20 pm	25 W 200 IM	4	5:30 pm
26 M 200 IM	8	9:23 am	32 M 800 Free	1	3:40 pm	26 M 200 IM	4	5:47 pm
<i>10 Min Break</i>			End of Session 3:50 pm			27 W 50 Free	4	5:47 pm
27 W 50 Free	8	9:51 am				28 M 50 Free	4	6:03 pm
28 M 50 Free	9	9:57 am	End of Session 3:50 pm			29 W 200 Back	4	6:21 pm
<i>10 Min Break</i>						30 M 200 Back	4	6:21 pm
29 W 200 Back	3	10:15 am	End of Session 3:50 pm			31 W 1500 Free	1	6:21 pm
30 M 200 Back	4	10:30 am				32 M 800 Free	1	6:39 pm
<i>10 Min Break</i>			End of Session 3:50 pm			<i>5 Min Break After Awards</i>		
34 M 400 Med Rly	2	10:57 am				33 W 400 Med Rly	2	7:19 pm
End of Session 11:01 am			34 M 400 Med Rly	2	7:31 pm	End of Session 7:42 pm		
Time Trials Estimated at 11:20 am								

- During Finals, awards will be given after every Gender's Event
- Open warmups each morning from 7 am - 8:50 am in the competition pool. Lesson pool will be open continuously from 7 am to the completion of Finals each day.
- Time trial sign up opens at 7:00 am and closes at 9:30 am
- Time trials begin approximately 15 minutes after prelims conclude.
- Relay cards for prelims due to admin at 10:30 am.
- Relay cards for finals due to admin at 6:30 pm.
- Future event scratch closes 15 minutes after the meeting on Tuesday night, then 30 minutes after the start of finals thereafter.
- Scratches on Tuesday night can be via email to ndmeetmanagement@gmail.com.
- All scratches thereafter must be done at the resolution desk located at midpool.
- 800 and 1500 athletes must positive check-in. This can be done by email on Tuesday for Wednesday events, and thereafter at the resolution desk.

