



## SATURDAY, JULY 26 – Gold Rush Championship Schedule

**\* Pool opens Saturday & Sunday at 5:30 AM**



### Morning Start-Up

Time	Activity
6:30–7:00am	Swimmer Check-In & Volunteer Check-In
7:00am	Warm-Ups (feet first, Meet Ref will announce dive lanes)
7:15am	Scratches Due (submit in writing at the computer table)
7:45am	Officials & Clerk of Course Meetings

LANES	1	2	3	4	5	6	7	8	9	10	11	12	13
Warm Up 0700 - 0730		GR	GR	GR	GR	GR	GR	DN	DN	DN	DN	DN	DN
Warm Up 0730 - 0800		RIO	RIO	RIO	RIO	RIO	RIO	LC	LC	LC	LC	LC	LC



### Volunteer Briefing & Pre-Event Highlights

Time	Activity / Roles Assigned
8:00am	Timer Meeting (led by Rio/Del Norte)
8:00am	Volunteer Coordination – Deck Patrol, Warm-Up Monitors, and 1st Shift Volunteers report to assigned areas (Del Norte – Sara)
8:15am	Team Cheers
8:20am	9–10 Girls report to Ready Bench
8:20am	National Anthem – Selah Porter (Gold River)



### Competition Timeline

Time	Events & Activities
8:30am	Preliminaries – Events 1–32 (IM, Free, Back)
~1:00pm	Break (~40 min) + Parent 200-yd Relay
2:00pm+	Finals – Events 1–33 + 6u Free Relay
After Finals	6 & Under Awards Ceremony
Last Events	Medley Relays (Events 34–43)



## SUNDAY, JULY 27 – Gold Rush Championship Schedule

**\* Pool opens Saturday & Sunday at 5:30 AM**



### Morning Start-Up

Time	Activity
6:30–7:00am	Swimmer Check-In & Volunteer Check-In
7:00am	Warm-Ups (feet first, Meet Ref will announce dive lanes)
7:15am	Scratches Due (submit in writing at the computer table)
7:45am	Officials & Clerk of Course Meetings

LANES	1	2	3	4	5	6	7	8	9	10	11	12	13
Warm Up 0700 - 0730		LC	LC	LC	LC	LC	LC	RIO	RIO	RIO	RIO	RIO	RIO
Warm Up 0730 - 0800		DN	DN	DN	DN	DN	DN	GR	GR	GR	GR	GR	GR



### Volunteer Briefing & Pre-Event Highlights

Time	Activity / Roles Assigned
8:00am	Timer Meeting (led by Rio/Del Norte)
8:00am	Volunteer Coordination – Deck Patrol, Warm-Up Monitors, and 1st Shift Volunteers report to assigned areas (Del Norte – Sara)
8:15am	Team Cheers
8:20am	7/8 Girls report to Ready Bench
8:20am	National Anthem – Francis Zuloaga (Rio Del Oro)



### Competition Timeline

Time	Events & Activities
8:30am	Preliminaries – Events 44–73 (Free, Breast, Fly)
~12:30pm	Break (~40 min) + Coaches 200-yd Relay
1:30pm+	Finals – Events 44–83 + Free Relays
After Finals	Awards Ceremony (High point, Dual Meet and Championship)