

2024 NYSPHSAA SWIMMING and DIVING CHAMPIONSHIPS

November 22 - 23, 2024

Webster, New York

All times are estimates and should be used as a guide

Thursday 11/21/24

Swim & Dive Practice 2:00PM-8:00PM

Friday 11/23/24 Swimming Prelims

Swimming Warm-Up 8:00AM-9:50AM

Coordinators Meeting 8:45AM

Relay Starts (Lanes 8,9) One Way Sprints (2,3,4) 9:15AM

Diving Warm-up 10:00AM-1:45PM

Swimming Officials *walk in, no parade* Pool Closes 9:40AM

Welcome 9:42AM

Senior Recognition 9:45AM

National Anthem 9:50AM

Swimming Prelims 10:00AM

Awards **Scholar Athlete Award (After 50 Free)**

Deadline for Diving Sheets / Changes 1:00PM

Diving (To Completion, 11 Dives) 1:30PM

Session 2 **Saturday 11/23/24 Finals**

Swimming Warm-Up 8:30am-9:50AM

Coordinators Meeting (Good Sport Names) 8:30 AM

One Way Sprints (Lanes 2,3,4) 9:00AM

Relay Starts (Lanes 5,6,7) 9:00AM

Officials walk in, no parade 9:50AM

Pool Closes 9:55AM

Introductions / National Anthem 9:58AM

Event 1 **Bonus Heat - 200 Medley Relay** 10:00 AM

Consolation Heat 10:03 AM

Parade Championship Heat 10:06 AM

Championship Heat 10:09 AM

Awards Diving Awards Announced 10:14 AM

Event 2 **Bonus Heat - 200 Freestyle** 10:17 AM

Consolation Heat 10:20 AM

Parade Championship Heat 10:23 AM

Championship Heat 10:28 AM

Event 3 **Bonus Heat - 200 Individual Medley** 10:33 AM

Consolation Heat 10:36 AM

Parade Championship Heat 10:39 AM

Championship Heat 10:42 AM

Event 4 **Bonus Heat - 50 Freestyle** 10:44 AM

Consolation Heat 10:46 AM

Parade Championship Heat 10:48 AM

Championship Heat 10:50 AM

Awards NYSPHSAA Good Sports (*Ready Room 10:40am*) 10:55 AM

Awards **200 Medley Relay** 11:10 AM

Awards **200 Freestyle** 11:15 AM

Awards **200 Individual Medley** 11:20 AM

Awards **50 Freestyle** 11:25 AM

Event 6 **Bonus Heat - 100 Butterfly** 11:30AM

Consolation Heat 11:33 AM

Parade Championship Heat 11:36 AM

Championship Heat 11:39 AM

Event 7 **Bonus Heat - 100 Freestyle** 11:44 AM

Consolation Heat 11:47 AM

Parade Championship Heat 11:50AM

Championship Heat 11:53 AM

Event 8 **1st Bonus Heat - 500 Freestyle** 11:58 AM

Consolation Heat 12:04 PM

Parade Championship Heat 12:10 PM

Championship Heat 12:16 PM

Awards **100 Butterfly** 12:21 PM

Awards **100 Freestyle** 12:26 PM

Awards **500 Freestyle** 12:31 PM

Event 9 **Bonus Heat - 200 Freestyle Relay** 12:36 PM

Consolation Heat 12:39 PM

Parade Championship Heat 12:42 PM

Championship Heat 12:45 PM

Break (5 Minutes) 12:50 - 12:55

Event 10 **Bonus Heat - 100 Backstroke** 1:00 PM

Consolation Heat 1:03 PM

Parade Championship Heat 1:06 PM

Championship Heat 1:09 PM

Event 11 **Bonus Heat - 100 Breaststroke** 1:14 PM

Consolation Heat 1:17 PM

Parade Championship Heat 1:20 PM

Championship Heat 1:23 PM

Awards **200 Freestyle Relay** 1:28 PM

Awards **100 Backstroke** 1:33 PM

Awards **100 Breaststroke (OS/D Votes in by end of Event)** 1:38 PM

Event 12 **Bonus Heat - 400 Freestyle Relay** 1:43 PM

Consolation Heat 1:48 PM

Parade Championship Heat 1:53 PM

Championship Heat 1:58 PM

Awards **Outstanding Swimmer / Diver Award** 2:03 PM

Awards **400 Freestyle Relay** 2:13 PM

Meet Ends 2:23PM