



2006 NCSA JUNIOR NATIONAL SWIMMING CHAMPIONSHIPS

Meet Format

Short Course – 25Y – Orlando, FL
March 21-25, 2006

Tuesday March 21	Wednesday March 22	Thursday March 23	Friday March 24	Saturday March 25
Afternoon Session Warm-Up: 2:30-3:45 Start Time: 4:00	Morning Session Warm-Up: 07:30-08:45 Start: 9:00	Morning Session Warm-Up: 07:30-08:45 Start: 9:00	Morning Session Warm-Up: 07:30-08:45 Start: 9:00	Morning Session Warm-Up: 07:30-08:45 Start: 9:00
1. W 1000 freestyle TF 2. M 1000 freestyle TF 3. W 4 x 50 MR TF 4. M 4 x 50 MR TF	5. W 100 Freestyle H 6. M 100 Freestyle H 7. W 200 Breaststroke H 8. M 200 Breaststroke H 9. W 200 Backstroke H 10. M 200 Backstroke H 11. W 200 Butterfly H 12. M 200 Butterfly H 13. W 4x50 FR SH 14. M 4x50 FR SH	15. W 50 Butterfly H 16. M 50 Butterfly H 17. W 50 Breaststroke H 18. M 50 Breaststroke H 19. W 200 Freestyle H 20. M 200 Freestyle H 21. W 400 IM H 22. M 400 IM H 23. 4x200 FR SH 24. 4x200 FR SH	25. W 100 Backstroke H 26. M 100 Backstroke H 27. W 500 Freestyle H 28. M 500 Freestyle H 29. W 100 Breaststroke H 30. M 100 Breaststroke H 31. W 100 Butterfly H 32. M 100 Butterfly H 33. W 4 X 100 FR SH 34. M 4 X 100 FR SH	35. W 50 Backstroke H 36. M 50 Backstroke H 37. W 200 IM H 38. M 200 IM H 39. W 50 Freestyle H 40. M 50 Freestyle H 43. W 4 x 100 MR SH 44. M 4 x 100 MR SH 41. W 1650 Freestyle SH 42. M 1650 Freestyle SH
	Evening Session Warm-Up: 4:30-5:45 Start: 6:00	Evening Session Warm-Up: 4:30-5:45 Start: 6:00	Evening Session Warm-Up: 4:30-5:45 Start: 6:00	Evening Session Warm-Up: 4:30-5:45 Start: 6:00
Legend:	Bonus, Consols. & Finals	Bonus, Consols. & Finals	Bonus, Consols. & Finals	Bonus, Consols. & Finals
F = Finals FH = Fast Heats H = Heats SH = Slow Heats TF=Timed Finals TH=Top Seeded Heat	5. W 100 Freestyle F 6. M 100 Freestyle F 7. W 200 Breaststroke F 8. M 200 Breaststroke F 9. W 200 Backstroke F 10. M 200 Backstroke F 11. W 200 Butterfly F 12. M 200 Butterfly F 13. W 4x50 FR FH 14. M 4x50 FR FH	15. W 50 Butterfly F 16. M 50 Butterfly F 17. W 50 Breaststroke F 18. M 50 Breaststroke F 19. W 200 Freestyle F 20. M 200 Freestyle F 21. W 400 IM F 22. M 400 IM F 23. 4x200 FR FH 24. 4x200 FR FH	25. W 100 Backstroke F 26. M 100 Backstroke F 27. W 500 Freestyle F 28. M 500 Freestyle F 29. W 100 Breaststroke F 30. M 100 Breaststroke F 31. W 100 Butterfly F 32. M 100 Butterfly F 33. W 4 X 100 FR FH 34. M 4 X 100 FR FH	35. W 50 Backstroke F 36. M 50 Backstroke F 41. W 1650 Freestyle TH 37. W 200 IM F 38. M 200 IM F 39. W 50 Freestyle F 40. M 50 Freestyle F 42. M 1650 Freestyle TH 43. W 4 x 100 MR FH 44. M 4 x 100 MR FH

Bonus, Consolation and Championship Finals in all events (except timed final events: 1000 & 1650 Free)

For Complete Meet Information: www.ncsa-usa.org or
www.juniornationals.org

