



2009 NAIA Swimming and Diving National Championships
March 4-7, 2009 | St. Peters Rec-Plex
Schedule Of Events



WEDNESDAY, MARCH 4

11:30 a.m. - Preliminaries & Finals

Women's 1 Meter Diving
Men's 3 Meter Diving

THURSDAY, MARCH 5

10 a.m. - Preliminaries

Women's 200 Yard Medley Relay
Men's 200 Yard Medley Relay
10 Minute Break
Women's 500 Yard Freestyle
Men's 500 Yard Freestyle
Women's 200 Yard Individual Medley
Men's 200 Yard Individual Medley
Women's 50 Yard Freestyle
Men's 50 Yard Freestyle
15 Minute Break
Women's 800 Yard Freestyle Relay (Fastest Heat)
Women's and Men's 800 Yard Freestyle Relay*

1 p.m. - Preliminaries

Men's 1 Meter Diving

6 p.m. - Finals

Women's 200 Yard Medley Relay
Men's 200 Yard Medley Relay
10 Minute Break
Women's 500 Yard Freestyle
Men's 500 Yard Freestyle
Women's 200 Yard Individual Medley
Men's 200 Yard Individual Medley
Women's 50 Yard Freestyle
Men's 50 Yard Freestyle
Men's 1 Meter Diving (Final 3 Optionals)
Men's 800 Yard Freestyle Relay (Fastest Heat)

FRIDAY, MARCH 6

10 a.m. - Preliminaries

Women's 200 Yard Freestyle Relay
Men's 200 Yard Freestyle Relay
10 Minute Break
Women's 400 Yard Individual Medley
Men's 400 Yard Individual Medley
Women's 100 Yard Butterfly
Men's 100 Yard Butterfly
Women's 200 Yard Freestyle
Men's 200 Yard Freestyle
Women's 100 Yard Breaststroke
Men's 100 Yard Breaststroke
Women's 100 Yard Backstroke
Men's 100 Yard Backstroke
15 Minute Break
Women's 400 Yard Medley
Men's 400 Yard Medley

FRIDAY, MARCH 6

1 p.m. - Preliminaries

Women's 3 Meter Diving

6 p.m. - Finals

Women's 200 Yard Freestyle Relay
Men's 200 Yard Freestyle Relay
10 Minute Break
Women's 400 Yard Individual Medley
Men's 400 Yard Individual Medley
Women's 100 Yard Butterfly
Men's 100 Yard Butterfly
Women's 200 Yard Freestyle
Men's 200 Yard Freestyle
Women's 100 Yard Breaststroke
Men's 100 Yard Breaststroke
Women's 100 Yard Backstroke
Men's 100 Yard Backstroke
Women's 3 Meter Diving (Final 3 Optionals)
Women's 400 Yard Medley
Men's 400 Yard Medley

SATURDAY, MARCH 7

10 a.m. - Preliminaries

Women's 200 Yard Backstroke
Men's 200 Yard Backstroke
Women's 100 Yard Freestyle
Men's 100 Yard Freestyle
Women's 200 Yard Breaststroke
Men's 200 Yard Breaststroke
Women's 200 Yard Butterfly
Men's 200 Yard Butterfly
20 Minute Break
Women's 400 Yard Freestyle Relay
Men's 400 Yard Freestyle Relay
15 Minute Break
Men's 1650 Yard Freestyle (Fastest Heat)
Women's and Men's 1650 Yard Freestyle*

6 p.m. - Finals

Women's 1650 Yard Freestyle Relay (Fastest Heat)
Women's 200 Yard Backstroke
Men's 200 Yard Backstroke
Women's 100 Yard Freestyle
Men's 100 Yard Freestyle
Women's 200 Yard Breaststroke
Men's 200 Yard Breaststroke
Women's 200 Yard Butterfly
Men's 200 Yard Butterfly
15 Minute Break
Women's 400 Yard Freestyle Relay
Men's 400 Yard Freestyle Relay

* Alternate M-W fast to slow