

The NEC Championship will follow the NCAA Championship Meets Three Day Format, with a few adjustments (noted by a \*) due to the scheduling of diving events.

Trials will begin at 10:00 a.m.

Finals will begin at 6:00 p.m.

Day 1 - Trials

200 yard freestyle relay  
10 min. intermission (optional)  
500 yard freestyle  
200 yard individual medley  
50 yard freestyle  
20 min. intermission  
400 yard medley relay  
1M diving

Day 1 - Finals

200 yard freestyle relay  
10 min. intermission (optional)  
500 yard freestyle  
200 yard individual medley  
50 yard freestyle  
\*1M diving (women)  
400 yard medley relay

Day 2 - Trials

200 yard medley relay  
10 min. intermission (optional)  
400 yard individual medley  
100 yard butterfly  
200 yard freestyle  
100 yard breaststroke  
100 yard backstroke

Day 2 - Finals

200 yard medley relay  
10 min. intermission (optional)  
400 yard individual medley  
100 yard butterfly  
200 yard freestyle  
100 yard breaststroke  
100 yard backstroke  
800 yard freestyle relay

Day 3 - Trials

200 yard backstroke  
100 yard freestyle  
200 yard breaststroke  
200 yard butterfly  
20 min. intermission  
400 yard freestyle relay  
1,650 yard freestyle - All but last heat of time finals  
\*3M diving – women

Day 3 - Finals

1,650 yard freestyle - Last heat of time finals  
200 yard backstroke  
100 yard freestyle  
200 yard breaststroke  
200 yard butterfly  
\*3M diving – women  
400 yard freestyle relay