

RACE SCHEDULE

5k

- RACE REQUIRE REGISTRATION in BY 6:30a.m. (participation will be revoked without refund if late to registration).
- Pre-Race briefing Mandatory meeting will be held at 7:00am held outside the entry to the race course

2.5k and Mini Championship

- RACES REQUIRE REGISTRATION in BY 7:30am. (participation will be revoked without refund if late to registration).
- Pre-Race briefing Mandatory meeting will be held at 8:00am held outside the entry to the race course

Schedules and wave assignments are **subject to change** depending on number of entries and local conditions.

5K Championship (Eastern Zone National Selection Event)

Wave 1: 7:30 am – Male Swimmers Ages 17 & over

Wave 2: 7:35 am – Female Swimmers Ages 17 & over

Wave 3: 7:40 am – Male Swimmers Ages 11 to 16

Wave 4: 7:45 am – Female Swimmers Ages 11 to 16

750 Mini Championship

Wave 1: 9:00 am-Female Ages 12 and Under

Wave 2: 9:15 am- Male Ages 12 and Under

2.5K EZ Championship and CT Championship

Wave 1: 9:20 am – Male Swimmers Ages 15 to 29

Wave 2: 9:30am – Female Swimmers Ages 15 to 29

Wave 3: 9:40 am – Female Swimmers Ages 11 to 14

Wave 4: 9:50 am – Male Swimmers Ages 11 to 14

Wave 5: 9:55 am – Female & Male Swimmers Ages 30 +