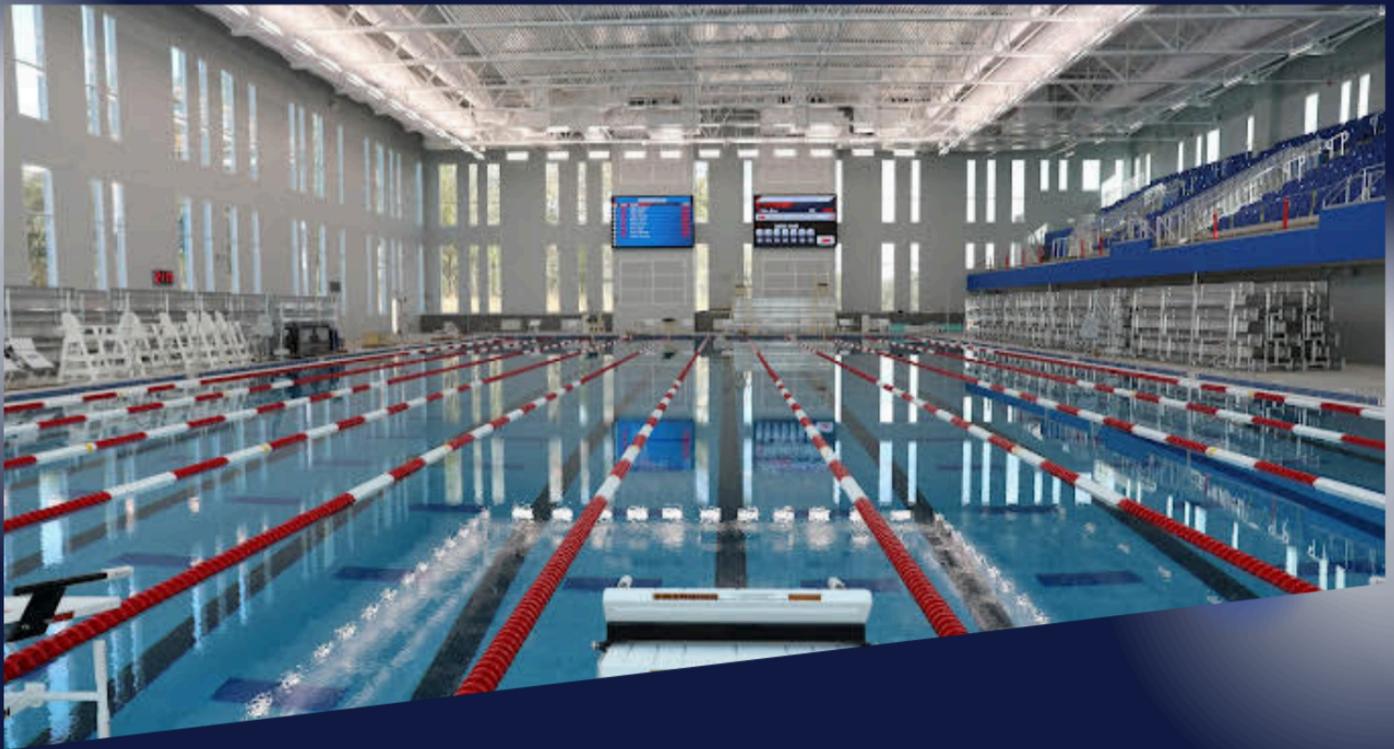




NATIONAL INVITATIONAL CHAMPIONSHIP



HOSTED AT FAST FACILITY

Ocala, Florida

MARCH 12-14, 2026





MEET SCHEDULE

Schedule

All times Eastern Standard Time (Daylight Savings Time Ends March 8, 2026)

Monday, March 9

10:00 am Entry Deadline
12:00 pm [Coaches Zoom Meeting](#)

Wednesday, March 11

8:00 am Warm up pool opens
10:00 am Registration & Credential Pick up Open
5:00 pm Registration & Credential Pick up Close
6:00 pm Thursday Scratches Due
8:00 pm Warm-up pool closes

Thursday, March 12

7:00 am Pool Opens for Warm-Up
9:15 am Pool Closes for Warm-Up
9:30 am Preliminaries Session Begins

- 50 Backstroke
- 500 Freestyle
- 50 Butterfly
- 200 Individual Medley
- 50 Breaststroke
- 50 Freestyle
- -- 5 Minute Break --
- 400 Medley Relay

3:00 pm Pool Opens for Warm-Up
5:00 pm Relay cards due
5:45 pm Competition Pool Closes
6:00 pm Scratches for next day due
6:00 pm Finals Session Begins

- 200 Free Relay
- -- 10 Minute Break --
- 50 Backstroke
- 500 Freestyle
- 50 Butterfly
- 200 Individual Medley
- 50 Breaststroke
- 50 Freestyle
- -- 20 Minute Break --
- 400 Medley Relay - twenty fastest seeded relays



MEET SCHEDULE

Friday, March 13

7:00 am	Pool Opens for Warm-Up
9:15 am	Pool Closes for Warm-Up
9:30 am	Preliminaries Session Begins <ul style="list-style-type: none">• 400 Individual Medley• 100 Butterfly• 200 Freestyle• 100 Breaststroke• 100 Backstroke-- 5 Minute Break --• 800 Freestyle Relay
3:00 pm	Pool Opens for Warm-Up
5:00 pm	Relay cards due
5:45 pm	Competition Pool Closes
6:00 pm	Scratches for next day due
6:00 pm	Finals Session Begins <ul style="list-style-type: none">• 200 Medley Relay-- 10 Minute Break --• 400 Individual Medley• 100 Butterfly• 200 Freestyle• 100 Breaststroke• 100 Backstroke-- 20 Minute Break --• 800 Freestyle Relay - twenty fastest seeded relays

Saturday, March 14

7:00 am	Pool Opens for Warm-Up
9:15 am	Pool Closes for Warm-Up
9:30 am	Preliminaries Session Begins <ul style="list-style-type: none">• 100 Individual Medley• 200 Backstroke• 100 Freestyle• 200 Breaststroke• 200 Butterfly-- 5 Minute Break --• 400 Free Relay TBA Distance Session concluding at 5 p.m. <ul style="list-style-type: none">• 1000 / 1650 Freestyle*
3:00 pm	Pools Open for Warm-Up
5:00 pm	Relay cards due
5:45 pm	Competition Pool Closes
6:00 pm	Finals Session Begins <ul style="list-style-type: none">• 1000/1650 Freestyle* - ten fastest seeded individuals• 100 Individual Medley• 200 Backstroke• 100 Freestyle• 200 Breaststroke• 200 Butterfly-- 20 Minute Break --• 400 Freestyle Relay - twenty fastest seeded relays• AWARDS PRESENTATION

* The 1650 free will be run as a timed final event with the ten fastest seeded swimmers competing in Saturday finals session. All others will swim in a distance session that will conclude at approximately 5 p.m. swimming slowest to fastest, alternating heats of women and men.