



## Timeline for the 2025 CASL Gary Shank All-Star Championships

<b>6:30am</b>	<b>Facility open for Spectators, Coaches, Swimmers, Officials</b>
7:15-7:35am	<b>Warm-Up Session 1</b>
7:40-8am	<b>Warm-Up Session 2</b>
8:00am	Coaches Scratch Meeting - Outside behind starting blocks
8:05-8:25am	<b>Warm-up Session 3</b>
8:15am	<b>Officials Meeting</b> - Outside behind starting blocks
8:30-8:45am	Racing Course: One Way Sprints / Shallow Side: Open Warm Up
8:45am	Timers Meeting - Outside behind starting blocks
8:50am	Clear Competition Course   Warm-Up pool remains open
8:50am	Senior Recognition (Graduating Senior's report to Bulkhead)
9:05am	Recognition of 4 Divisional Champ Winners
9:10am	National Anthem
<b>9:15am</b>	<b>Medley Relays start</b>
9:50am	IM Events Start
10:25am	Short Freestyle Events Start
10:55am	Backstroke Events Start
11:35am	<b>Change Timers</b>
11:40am	Long Freestyle Events Starts
12:10pm	Breastroke Events Starts
12:35pm	Butterfly Events Start
1:10pm	Freestyle Relays Start
1:50pm	Meet Finish
<b>2pm</b>	<b>Mid Cap Meting near Red Bleachers on pool Deck</b>



**These times are an estimate, but we will NOT start before these times**