



## **CUNY SWIMMING & DIVING**

### 2025 CUNYAC Championship Meet 20-Event Schedule

#### **Day 1 - Friday, January 31, 2025**

**4:30 pm Start (3:00 pm Warm-Up)**

- 1/2 200-yard freestyle relay  
**10-minute intermission**
- 3/4. 500-yard freestyle
- 5/6. 200-yard individual medley
- 7/8. 50-yard freestyle  
**20-minute intermission**
- 9/10 400-yard medley relay
- (45 minute warm-up)
12. Women's one-meter diving
13. Men's one-meter diving

#### **Day 2 - Saturday, February 1, 2025**

**10:00 am Start (8:30 am Warm-Up)**

- 13/14. 200-yard medley relay  
**10-minute intermission**
- 15/16. 400-yard individual medley
- 17/18. 100-yard butterfly
- 19/20. 200-yard freestyle
- 21/22. 100-yard breaststroke
- 23/24. 100-yard backstroke  
**20-minute intermission**
- 25/26. 800-yard (800m) freestyle relay

#### **Sunday, February 2, 2025**

**Day 3 – 10:00 am Start (8:30 am Warm-Up)**

- 27/28. 1650-yard freestyle
- 29/30. 200-yard backstroke
- 31/32. 100-yard freestyle
- 33/34. 200-yard breaststroke
- 35/36. 200-yard butterfly  
**20-minute intermission**
- 39/40. 400-yard freestyle relay

Notes:

- Coaches are to meet with the Timer/Meet Director upon arriving at Lehman EACH DAY to give scratches.
  - Scratches are due no later than 20 minutes AFTER the start of warm-ups on each day
    - Day 1: scratches are due at 3:50 pm.
    - Day 2: scratches are due at 8:20 for the first session of diving, 10:50 am for swimming events and at the start of warm-ups for the second diving session.
    - Day 3: scratches are due at 9:20 am for all remaining events.
    - Relay Participants: Coaches must declare the relay participants for the first relay by the scratch deadline. Coaches must declare the relay participants for the final relay at the start of the 20 minute intermissions.
- Please remember to assign a back-up timer for each day of the championship meet. This person is required to stay for the duration of the session however, the back-up timer does not have to be the same person each day. The back-up timer MUST report to the scoring table no less than 30 minutes prior to the start of the meet each day.
- Coaches are NOT permitted on the back deck during the meet. Only those athletes participating in the event at that time will be permitted.
- Coaches MUST wear their coaches' passes on the deck at all times.

Senior Walk: The senior walk will take place during the 20 minute intermission on day 3 (prior to the last relay). This is an acknowledgement of all seniors and those who have exhausted eligibility. Coaches are to provide a list of names to be acknowledged. Athletes will be called by name (alphabetically by school) and walk to the bulkhead in the middle of the pool and acknowledged by their peers, fans and coaches.