



**SUNDAY  
MAY 26, 2024**

**SWIM START AND WARM-UP TIMES**

| <b>CATEGORY</b>  | <b>SWIM START</b> | <b>WARM UP</b>       |
|--|-------------------|----------------------|
| <b>U16+ Sprint / teams</b>   | 7:30 am           | 6:45 to 7:15 am      |
| <b>Draft Legal 13–16<br/>BC Summer Games<br/>qualifying<br/>athletes</b> | 8:15 am           | 7:30 to 8 am         |
| <b>KOS 14–15</b>   | 8:35 am           | 8:05 to 8:25 am      |
| <b>KOS 12–13</b>   | 9 am              | 8:30 to 8:50 am      |
| <b>KOS 10–11</b>   | 9:25 am           | 8:55 to 9:10 am      |
| <b>KOS 8–9</b>   | 9:45 am           | 9:15 to 9:30 am      |
| <b>KOS 6–7</b>   | 10 am             | No warm-up scheduled |
| <b>KOS 3–5</b>   | 10:15 am          | No warm-up scheduled |