

**7<sup>th</sup> Annual TIDE Qplex Outdoor  
East Coast Games Splash Into Summer Meet  
June 24, 25, 2017    24, 25 juin, 2017  
Order of Events / Horaire des Épreuves :**

<b>Session 1</b> <b>Saturday AM/ Samedi</b> 100 Free/Libre 100 Free/Libre (para) 50 Fly/Papillon 50 Fly/Papillon (para) 100 Breast/Brasse 100 Breast/Brasse (para) 100 IM/QNI Eliminator 4X50 IM Relay / Relais QNI
<b>Session 2</b> <b>Saturday PM/ Samedi</b> 200 IM/QNI 100 Back/Dos 100 Back/Dos (para) 50 Breast/Brasse 50 Breast/Brasse (para) 100 IM/QNI Semis 4X50 Free Relay /Relais Libre
<b>Session 3</b> <b>Sunday AM/ Dimanche</b> 200 Free/Libre 50 Back/Dos 50 Back/Dos (para) 100 Fly/Papillon 50 Free/Libre 50 Free/Libre (para) 100 IM/QNI Final

\*The 100 IM will be swum open and the fastest 3 heats per gender will advance to Saturday evening. The fastest heat per gender will advance to Sunday.

\* 100 QNI sera nagé open et les trois vagues les plus rapides male and female) seulement passeront a samedi soir et le vague plus vite samedi soir (male and female) passera a dimanche

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**Order of Events / Horaire des Épreuves :**

**SESSION 1 Timed Finals/Finale par le temps**

**Saturday June 24, 2017 / samedi 24 juin, 2017**

Warm-up – échauffement 8:30 AM  
Start /Début 9:30 AM.

<b>Mixed</b>	<b>F</b>	<b>Events/Épreuves</b>	<b>M</b>
<b>1</b>		<b>100 Free/Libre</b>	
<b>101</b>		<b>100 Free/Libre (para)</b>	
<b>2</b>		<b>50 Fly/Papillon</b>	
<b>102</b>		<b>50 Fly/Papillon (para)</b>	
<b>3</b>		<b>100 Breast/Brasse</b>	
<b>103</b>		<b>100 Breast/Brasse (para)</b>	
	<b>201</b>	<b>100 IM/QNI Eliminator</b>	<b>202</b>
	<b>301</b>	<b>4X50 IM Relay / Relais QNI</b>	<b>302</b>

**SESSION 2 Time Finals/Finale par le temps**  
**Saturday June 24, 2017 / samedi 24 juin, 2017**  
 Warm-up – échauffement 2:45 PM Start /Début – 3:30 PM

<b>MIXED</b>	<b>F</b>	<b>Events/Épreuves</b>	<b>M</b>
<b>4</b>		<b>200 IM/QNI</b>	
<b>5</b>		<b>100 Back/Dos</b>	
<b>104</b>		<b>100 Back/Dos (para)</b>	
<b>6</b>		<b>50 Breast/Brasse</b>	
<b>105</b>		<b>50 Breast/Brasse (para)</b>	
	<b>201</b>	<b>100 IM/QNI Semis</b>	<b>202</b>
	<b>303</b>	<b>4X50 Free Relay /Relais Libre</b>	<b>304</b>

**SESSION 3 Timed Finals/Finale par le temps**  
**Sunday June 25, 2017 / dimanche 25 juin, 2017**  
 Warm-up – échauffement 9:00 AM. Start/ Début –10:00 AM.

<b>MIXED</b>	<b>F</b>	<b>Events/Épreuves</b>	<b>M</b>
<b>7</b>		<b>200 Free/Libre</b>	
<b>8</b>		<b>50 Back / dos</b>	
<b>106</b>		<b>50 Back / dos (PARA)</b>	
<b>9</b>		<b>100 Fly/Papillon</b>	
<b>10</b>		<b>50 Free/Libre</b>	
<b>107</b>		<b>50 Free/Libre (PARA)</b>	
	<b>201</b>	<b>100 IM/QNI Eliminator Finals</b>	<b>202</b>