

2026 AD Long Course Championships

After changes, the following are the updated start times and positive check-in times:

Changes in Red

Session	Warm-Up Start	Session Start	Positive Check-in
Friday, July 17 Distance Session	4:20 pm Warm-Up	4:50 pm Start	7/17 – 4:10 pm
Sat-Sun, July 18-19 13-Over Prelims Sessions	7:00 am Warm-Up	8:00 am Start	6:30 pm previous night
Sat-Sun, July 18-19 12-Under Mid-Sessions	12:00 pm Warm-Up	12:40 pm Start	6:30 pm previous night
Sat, July 18 13-Over Finals Session	4:30	5:20 pm Start	30 minutes after result posting
Sun, July 19 13-Over Finals Session	4:10	5:00 pm Start	30 minutes after result posting

Friday Distance Session:

- Open Warm-Up
- 10 minute warm-up after 400 Frees
- Some heats will have warm-up/warm-down in lane 6