

2026 TYR Futures Championship

Austin, Texas | July 27 – August 1, 2026

Venue: Lee and Joe Jamail Texas Swimming Center

Address: 1900 Red River Street, Austin, TX 78712

**This itinerary is subject to change based on meet timelines, travel schedules, and team activities.*

Monday–Tuesday | July 27–28

Travel to Austin

- Monday AM Practice at Crawfish 6:45 - 8:45AM
- Travel to Austin Texas
- Check into hotel, Airbnb, or team accommodations
- Get settled and unpack
- Stretch and loosen up after travel
- Shave (if applicable)
- Eat a healthy dinner
- Hydrate well
- Get plenty of rest

*Tuesday AM **optional** [Barton Springs](#) warm up swim with Coach Mixon at 6:00 AM.*

Tuesday PM warm up option TBD.

Athletes should coordinate with staff on their arrival date/time.

Wednesday | July 29

Shirt: Training Day Shirt (Yellow)

7:00–8:00 AM – Optional Morning Stretch / Activation

8:00–9:00 AM – Team Arrival and Warm-Up

9:00 AM – Competition Begins

- 200 Freestyle
- 100 Breaststroke
- 200 Butterfly
- 200 Medley Relay
- 800 Meter Freestyle
- 1500 Meter Freestyle
- 200 Freestyle Relay

12:00–2:00 PM – Lunch / Recovery

4:30–5:15 PM – Finals Warm-Up

5:30 PM – Finals Session Begins

7:30 PM – Dinner/Lights Out by 10:00PM

Thursday | July 30

Shirt: 2026 Team One Shirt with Black Shorts

6:00–6:30 AM – Wake Up & Breakfast

7:30–8:00 AM – Arrive at the Pool for Warm-Up and Communicate with Your Coach

9:00 AM – Prelims Begin

Events:

- 100 Freestyle
- 400 Individual Medley
- 100 Backstroke
- 50 Butterfly
- 800 Meter Freestyle Relay

12:00–2:00 PM – Lunch on Your Own / Recovery / Nap

2:15 PM – Wake Up, Shower, and Prepare for Finals

4:15 PM – Meet Outside the Natatorium and Enter as a Team

4:30 PM – Team Photo
4:30–5:15 PM – Finals Warm-Up
5:30 PM – Finals Begin
8:30 PM – Dinner/ Lights Out by 10:00PM

Friday | July 31

Shirt: Red Crawfish T-Shirt

6:00–6:30 AM – Wake Up & Breakfast
7:30–8:00 AM – Arrive at Pool for Warm-Up
9:00 AM – Prelims Begin

Events:

- 50 Backstroke
- 400 Freestyle
- 100 Butterfly
- 200 Breaststroke
- 400 Freestyle Relay

12:00–2:00 PM – Lunch on Your Own / Recovery / Nap

2:15 PM – Wake Up, Shower, and Prepare for Finals

4:15 PM – Arrive for Finals Warm-Up

5:15 PM – Report to Cheer for Teammates (If not competing in Finals or completing a loosen-down)

5:30 PM – Finals Begin

8:30 PM – Dinner/Lights Out by 10:00PM

Saturday | August 1

Shirt: Black Crawfish T-Shirt

6:00–6:30 AM – Wake Up & Breakfast
7:30–8:00 AM – Arrive at Pool for Warm-Up
9:00 AM – Prelims Begin

Events:

- 200 Individual Medley
- 50 Freestyle
- 200 Backstroke
- 50 Breaststroke
- 1500 Freestyle
- 800 Freestyle
- 400 Individual Medley Relay

12:00–2:00 PM – Lunch on Your Own / Recovery / Nap

2:15 PM – Wake Up, Shower, and Prepare for Finals

4:15 PM – Arrive for Finals Warm-Up

4:30–5:15 PM – Finals Warm-Up

5:30 PM – Finals Begin

8:30 PM – Team Dinner TBD

Travel Home - Athletes may depart on Saturday evening or Sunday, depending on travel arrangements and approval from the coaching staff.

Packing Checklist

- Racing suits
- Practice suits
- Team caps
- Extra goggles
- Towels
- Water bottles
- Sports drinks or hydration mixes
- Recovery snacks
- Gels, GU, caffeine products, bars, etc.

Team Apparel

- Team warm-ups
- Team shirts listed in itinerary
- Black shorts
- Parka (recommended)
- Additional warm clothing

Team Appearance - All athletes should wear designated team apparel and warm-ups while on deck and during team activities. We want to look and act like a championship team.

Technical Suits - Arena technical suits are strongly encouraged. As an Arena-sponsored team, athletes are encouraged to compete with Arena equipment whenever possible.

Team Caps - Dome Caps, Black Crawfish Cap

Finals Attendance - Athletes are expected to attend Finals sessions to support teammates unless excused by the coaching staff.

Facility Policies -No parents are allowed on deck. Spectators are limited to designated seating areas. Athletes must follow all facility and USA Swimming credential requirements. Team areas must be kept clean and organized throughout the meet.

Final Reminders

- Hydrate throughout the week.
- Stay off your feet between sessions.
- Eat quality meals and snacks.
- Be early to every team function.
- Check email and team communications daily for schedule updates.
- Print and obtain coach signatures on any reimbursement forms before leaving Austin.

Team Goal - Race hard. Support your teammates. Represent Crawfish Aquatics with pride.