

2019 NW Special Olympics Swimming Schedule

	Comp Pool	Heat Numbers	Rec Pool	Heat Numbers
8:15 AM	1500m freestyle			
	800m freestyle			
9:15 AM	4x100m unified freestyle relay		10m assisted swim	
	4x25m freestyle relay		15m walk	
	4x50m unified freestyle relay		15m unassisted swim	
	4x100m freestyle relay		15m flotation	
	4x25m medley relay		15m backstroke	
	4x100m unified medley relay			
	4x50m freestyle relay			
	4x25m Unified Medley			
	4x100m medley relay			
	4x50m medley relay			
	4x200m unified freestyle relay			
	25m butterfly			
	400m freestyle			
	25m freestyle Group A			
	100m butterfly			
	200m freestyle			
	50m breaststroke			
	25m Freestyle Group B			
	100m individual medley			
	25m flotation*			
	25m breaststroke			
	100m freestyle			
	50m backstroke			
	200m individual medley			
	25m backstroke			
	200m breaststroke			
	50m butterfly			
	100m backstroke			
	50m freestyle			
	100m breaststroke			
	200m backstroke			

Competition Pool: Events will be run in both the north and south ends of the pool

Recreation Pool: Events should be finished by 1 P

Warm-ups: Will be in the Dive Tank.

Long distance races: 1500m and 800m races will be held at 8:15 am if there are no conflicts, 400m after relay

Event Order: Events will be run in the order, but will be adjusted as needed to insure meet is completed on tin

Coaches Meeting: 8:30 AM in Arts & Crafts.

Opening: 9:00 AM.

Racing: 8:00 AM - 5:00 PM

Heat Sheets: Print your own, we will not be providing copie:

Scratches: Submit to Scratch foms to the appropriate pool (Comp or Rec

Relays: Staging will begin at 8:30 and competition will begin after opening ceremonies.

The 4x25 relays will be run interspersed with the longer relays to give athletes swimming in more than one relay a break.

Relay Forms: **Must be turned into the Competitional Staging area by 8:30 am** before the coaches meeting

Protests: Turn into Competition Pool Staging Area within 30 minutes of ever

***25m Flotation:** **Will be run after Recreational Pool is complete with their events.**

Flotation Devices: Teams must provide their own device and must be type that goes around body. Only permitted in 15 and 25 Meter Flotation and assisted swim events.

Team Seating: Use the balconies for team seating.

Awards: Awards will be awarded following completion of the heat **Competition Pool**

Awards will be presented on the west side of the dive tank **Recreation Pool** Awards will

Spectators: Spectators are **not** permitted on the Competition Pool deck, except to watch their athlete receive their award. Spectators are permitted on the Recreation Pool deck.