



2019 State Spring Games

Swimming

Location: KCAC (King County Aquatics Center)

Date: June 1st

Time: 8:00am – 4:00pm



Participation: 36 Teams / 350 Athletes / 22 Unified Partners / 39 Coaches / 100 Volunteers

Competition Overview:

Competitors will be heated based off their times posted from their qualifying competition. There will be a total of eight lanes. Heats may compete at the same time in order to fill all the lanes. However, competitors will be placed and awarded according to their pre-assigned heat. Awards will take place on-site upon the completion of each heat.

Sport Overview:

Swimming is one of the most popular sports in the world. Unlike other sports, swimming is a life skill that is taught first, to ensure safety, and secondly, for sports and competition purposes. Swimming covers a great variety of skills, from short sprints to longer events and relays.

Swimming was an event at the first Special Olympics International Games held in Chicago, Illinois, in 1968. At the 2003 Special Olympics World Summer Games held in Dublin, Ireland, 573 athletes representing 97 Special Olympics programs competed in swimming.



Events offered for Swimming: (Athletes may compete in, up to four events)

Fundamental Events

- 10 meter Assisted Swim
- 15 meter Aquatics Walk
- 15 meter Flotation Race
- 25 meter Flotation Race

Relay Events

- 4 x 25 meter Freestyle Relay
- 4 x 25 meter UNIFIED Medley
- 4 x 50 meter Freestyle Relay
- 4 x 100 meter Freestyle Relay
- 4 x 25 meter Medley Relay
- 4 x 50 meter Medley Relay
- 4 x 100 meter Medley Relay
- 4 x 50 meter Unified Free Relay
- 4 x 100 meter Unified Medley Relay
- 4 x 100 meter Unified Free Relay

Individual Events

- 15 meter Unassisted Swim
- 15 meter Unassisted Backstroke
- 25 meter Flotation Race
- 25 meter Freestyle
- 25 meter Backstroke
- 25 meter Breaststroke
- 25 meter Butterfly
- 50 meter Freestyle
- 50 meter Backstroke
- 50 meter Breaststroke
- 50 meter Butterfly
- 100 meter Freestyle
- 100 meter Backstroke
- 100 meter Breaststroke
- 100 meter Butterfly
- 100 meter Individual Medley
- 200 meter Individual Medley
- 200 meter Freestyle
- 200 meter Backstroke
- 200 meter Breaststroke
- 400 meter Freestyle
- 800 meter Freestyle
- 1500 meter Freestyle

Learn more about **Special Olympics Swimming** by reviewing the [Rules](#)

Learn more about the **2019 State Spring Games** by going to the

[2019 State Spring Games Webpage](#)