

2019 Special Olympics Swimming Schedule

	Comp Pool	Heats	Rec Pool	Heats
8:15 AM	1500m freestyle	001		
	800m freestyle	003		
9:15 AM	4x100m unified freestyle relay	004	10m assisted swim	201-210
	4x200m unified freestyle relay	020	15m walk	211-224
	4x25m freestyle relay	005-008	15m unassisted swim	225-236
	4x50m unified freestyle relay	009-010	15m flotation	237-249
	4x100m freestyle relay	011	15m backstroke	250-255
	4x25m medley relay	012		
	4x100m unified medley relay	013		
	4x50m freestyle relay	014-016		
	4x25m Unified Free	187		
	4x25m Unified Medley	017		
	4x100m medley relay	018		
	4x50m medley relay	019		
	4x50m unified medley relay	021		
	25m butterfly	022-023		
	400m freestyle	024-027		
	25m freestyle Group A	028-043		
	100m butterfly	044		
	200m freestyle	045-047		
	50m breaststroke	048-053		
	25m Freestyle Group B	054-070		
	100m individual medley	071-074		
	25m flotation*	075-084		
	800m freestyle	002		
	25m breaststroke	085-090		
	100m freestyle	091-101		
	50m backstroke	102-116		
	200m individual medley	117		
	25m backstroke	119-141		
	200m breaststroke	142		
	50m butterfly	143-146		
	100m backstroke	147-152		
	50m freestyle	153-182		
	100m breaststroke	183-184		
	200m backstroke	185-186		

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

Recreation Pool (RP): Events should be finished by 1 PM.

Warm-ups: Will be in the Dive Tank.

Long distance races: 1500m and 800m Heat 3 at 8:15 am , 400m after relays and 800m Heat 2 after 25m flotation

Event Order: Events will be run in the order, but will be adjusted as needed.

Coaches Meeting: 8:30 AM in Olympic Town/ Arts & Crafts room.

Opening: 9:00 AM.

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

Competition Pool Forms: Turn in to the Staging Admin Table located to the right of the dive tank

Scratches/Changes: Submit to the appropriate pool (Comp or Rec) Staging table.

Relay Forms: Must be turned into the Competitional Staging area by 8:15 am before the coaches meet

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

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

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.

Team Seating: Balcony Seating only for teams.

Awards: Awards will be awarded upon completion of the heats's paperwork.

Competition Pool Awards: There will be two awards areas. Odd numbered heats will be awarded

Recreation Pool Awards: Will be presented on the pool deck.

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

Recreation Pool Spectators: Spectators are allowed on the pool deck.

Hospitality Room: The Hospitality room is open to Volunteers, Coaches and Spectators and is located next to the Woman's locker room.