

## 2026 Regional Swimming Schedule

	Comp Pool	Heat Numbers	Rec Pool	Heat Numbers
8:45 AM	4x100m freestyle relay		10m assisted swim	
	4x100m unified medley relay		15m walk	
	4x50m freestyle relay		15m unassisted swim	
	4x50m unified freestyle relay		15m flotation	
	4x50m medley relay		15m backstroke	
	4x50m freestyle relay			
	4x25m Unified Medley			
	4x25m medley relay			
	4x25m freestyle relay			
	400m freestyle			
	25m butterfly			
	100m butterfly			
	25m freestyle Group A			
	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 (CP):** Events will be run in both the north and south ends of the pool.

**Recreation Pool (RP):** Competition will begin at 8:30 and should be finished by 1:30 PM.

**Warm-ups:** Will be in the Dive Tank .

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

**Coaches Meeting:** 8:00 AM in the hospitality room.

**Opening Ceremonies:** 8:30 AM.

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

**Competition Pool Forms:** Forms are available at the Admin Table next to the dive tank.

**Scratches/Changes:** Submit the appropriate form to the Admin table or Rec Pool Staging table.

**Relay Forms:** Must be turned into the Admin Table before the 8 am coaches meeting

**Relays:** Staging will begin at 8:15AM and competition will begin at 8:45AM

**Protests:** Turn into SOWA admin table located under the diving boards 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

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

**Competition Pool Spectators:** Spectators are **not** permitted on the pool deck.

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

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