



2026 Northwest Regional Swimming Competition

 **Sunday, April 19, 2026**

Pool LOCATION



Weyerhaeuser King County Aquatic Center

650 SW Campus Dr.
Federal Way, WA 98023

PRIOR TO EVENT

***Submit any corrections
prior to competition.***

*Attend Coaches Meeting
March 31 @ 7:00pm*

*Submit Scratches and relay
forms at the beginning of
the meet!*

SCHEDULE OF EVENTS

7:00 AM Check In Begins

7:45 AM Pool is Open for Warmups

8:00 AM Coaches Meeting (Hospitality Room)

8:15 AM Relay Staging (Marshalling)

8:30 AM Officials Meeting (Hospitality Room)

8:30 AM Opening Ceremonies

8:45 AM Relay Events Begin- 4x100m freestyle

9:00 AM Merchandise is Open for Buisness

12 PM - 1 PM Team Hospitality Pick-Up (Lobby)

5:00 PM Conclusion of Competition (Tentative)





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Event Staff

SOWA staff will be located at the Auditing Table on the pool deck.

COMPETITION

Competition is between 8:45 am - 5:00pm. Please be watching the divisions shown on the sticks on the pool deck. In your coaches packet is a breakdown of all of your athletes divisions. Be prepared to take your athletes to marshaling when the division is shown. There will also be announcements of these divisions.

FIRST AID

Emergency Management Group (EMG) will be on site to conduct any needs for the event.

Mobile EOC # 253-666-8340

Lifeguards will be roaming the facilities. Please report all injuries and fill out an accident/incident form.

PARKING

Parking will be limited. Please plan accordingly and carpool if possible. If parking is completely full there is overflow parking at the baseball field.

Keep in mind that this is to be a fun and competitive event. Sportsmanship is expected from all coaches, parents and participants.

AWARDS

Will be presented throughout the day as races finish.

Advancement will be determined closer to the regional competition for the State Games May 29-31, 2026.

Unless otherwise noted by Nicole McAllister; Sr Manager of Competition & Operations, Western Washington.

