



## 2024 Northwest Regional 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 (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 races will be held at 8:15 am if there are no conflicts, 400m after relays.

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

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

**Opening Ceremonies:** 9:00 AM.

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

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

**Scratches/Changes:** Beginning of the meet please 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 meeting

**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' 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, 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.