



## 2024 Northwest Regional Swimming Schedule

	Comp Pool	Heat Numbers	Rec Pool	Heat Numbers
8:15 AM	1500m Freestyle	001		
	800m Freestyle	002-003		
9:15 AM	4x100m Unified Freestyle Relay		10m Assisted Swim	201-209
	4x25m Freestyle Relay	004-008	15m Walk	210-221
	4x50m Unified Freestyle Relay	009	15m Unassisted Swim	222-232
	4x100m Freestyle Relay	010-011	15m Flotation	233-239
	4x25m Medley Relay	012	15m Backstroke	240-248
	4x100m Unified Medley Relay	013		
	4x50m Freestyle Relay	014-017		
	4x25m Unified Medley	018		
	4x100m Medley Relay			
	4x50m Medley Relay	019-020		
	4x200m Unified Freestyle Relay			
	25m Butterfly	021-022		
	400m Freestyle	023-024		
	25m Freestyle Group A	025-037		
	100m Butterfly	038		
	200m Freestyle	039-041		
	50m Breaststroke	042-045		
	25m Freestyle Group B	046-064		
	100m Individual Medley	066-069		
	25m Flotation*	070-075		
	25m Breaststroke	076-083		
	100m Freestyle	084-091		
	50m Backstroke	092-104		
	200m Individual Medley	105-106		
	25m Backstroke	107-127		
	200m Breaststroke	128-129		
	50m Butterfly	130-132		
	100m Backstroke	133-135		
	50m Freestyle	136-155		
	100m Breaststroke	156-157		
	200m Backstroke	158-159		

**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.