

2025 Northwest Southwest Regional Swimming Schedule

| | Comp Pool | Heat Numbers | Rec Pool | Heat Numbers |
|--------|-------------------------------|--------------|---------------------|--------------|
| 9:00AM | 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 backstoke | |
| | 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. NW in Dive Tank (North) side. SW in the Scoreboard (South) side.

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 NW Admin Table next to the dive tank, SW Admin Table on the pool deck outside the SW Staging Room.

Scratches/Changes: Submit the appropriate form to the NW Admin table, SW Admin Table or Rec Pool Staging table.

Relay Forms: Must be turned into the NW Admin Table, SW 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 Floatation: 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. NW Awards to the left of the dive tank. SW Awards to the left of the Scoreboard side of the Competition Pool.

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.

