

Swimming Competition April 23rd

Coaches Call

April 13th

6pm

Special Olympics

Washington



Agenda



- Welcome & Role Call
- Resources
- Tentative Schedule
- Venue Specific Information/ KCAC
- Timeline
- Allocations for State Games
- Questions

Resources



[Northwest Region Webpage](#)



[Registration Packet](#)



[Swimming Rules](#)



[Spring Registration Portal](#)

Parking



KCAC is currently acting as a COVID-19 Testing Center



Parking will be limited, if you can – Carpool



We have asked volunteers to park in the Little League Parking lot a little bit down the road.

King County Aquatic Center



- [650 SW Campus Dr, Federal Way, WA 98023](#)
- Team check in – Begins @ 7am
- Temperature Check of anyone entering KCAC
- Wristbands for all participants except for anyone getting in the water
- Coaches Meeting – 8:30am in the Arts & Crafts Room
- First Race - Begins @ 8:15am (1500M)
- Lunch – Available beginning @ Noon in the Lobby
- Awards – as soon as the race has concluded on the pool deck

Lunches will be Provided



Subway Sandwich; *Ham, Turkey or Veggie*

Kirkland Water Bottle

That's It Bar

Skinny Pop Popcorn

Coaches Meeting @8:30am



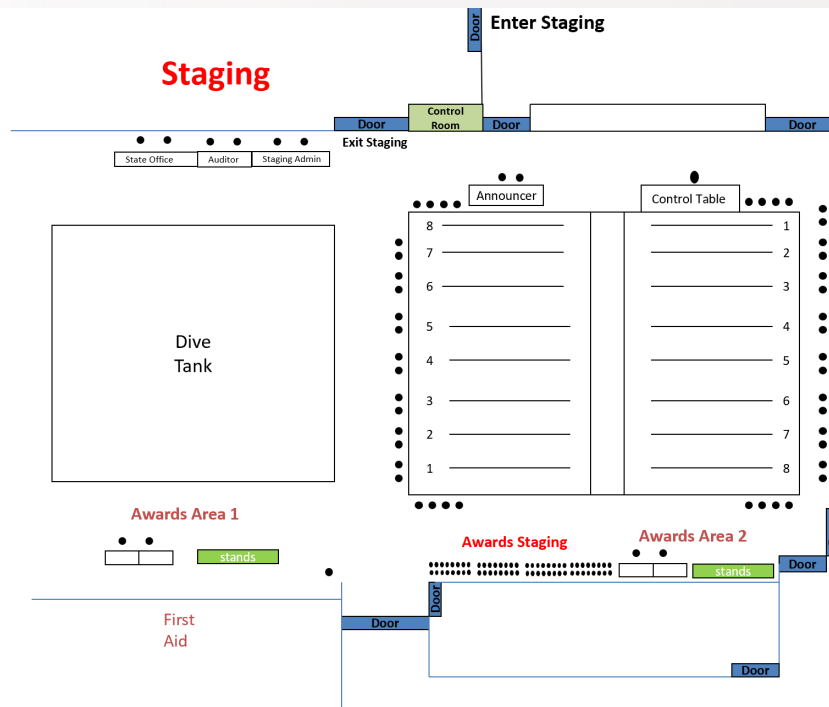
- Be prepared to submit your Competition Pool Scratch forms during this meeting
- Be prepared to submit your Recreation Pool Scratch forms during this meeting
- Be prepared to submit your Relay Entry Form during this meeting as well
- If you have any questions day of this is a good time to address those – Carolyn, our Swimming Event Director will be on site.

Tentative Schedule Pending Final Registration



	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			

Deck Layout for Competitive Pool



Pool Deck is restricted to:

- Event Staff
- Volunteers
- Athletes
- Unified Partners
- Coaches (HC/AC's)
- Chaperones with deck pass

If you need a deck pass, please send me an email nbecker@sowa.org

Timeline



- Today – Coaches Call
- April 15 – Sending coaches delegation reports to review *Looking over name, birthdate, events & times entered*)
- April 18 – Corrections due back to Nicole via Email including your lunch counts, & deck pass request
- April 19 – Final Divisions sent to coaches
- April 23 – Competition Day!

Allocations for State Games



NW will be **sending 75% of the swimmers** from this competition to State!

- **Depending on final divisioning** – (*this may change*)
- All Golds will advance to state games
- All Silver will advance to state games
- Bronze will come down to a draw

- State Games Registration is Due May 19th

Questions?

