

2023 Special Olympics Swimming Schedule

	Comp Pool	Divisions	Rec Pool	Divisions
8:15 AM	1500m freestyle	-		
	800m freestyle	-		
9:15 AM	4x100m unified freestyle relay	-	10m assisted swim	200-209
	4x25m freestyle relay	001-005	15m walk	210-220
	4x50m unified freestyle relay	-	15m unassisted swim	221-227
	4x100m freestyle relay	-	15m backstroke	228-232
	4x25m medley relay	006-007	15m flotation	233-238
	4x100m unified medley relay	-		
	4x50m freestyle relay	008-010		
	4x25m Unified Medley	011		
	4x100m medley relay	-		
	4x50m medley relay	012		
	4x200m unified freestyle relay	-		
	25m butterfly	013-015		
	400m freestyle	016-018		
	25m freestyle Group A - Females	019-033		
	100m butterfly	034		
	200m freestyle	035-036		
	50m breaststroke	037-040		
	25m Freestyle Group B - Males	041-054		
	100m individual medley	055-057		
	25m flotation*	058-065		
	25m breaststroke	066-070		
	100m freestyle	071-079		
	50m backstroke	080-094		
	200m individual medley	095		
	25m backstroke	096-119		
	200m breaststroke	120-121		
	50m butterfly	122-123		
	100m backstroke	124-125		
	50m freestyle	126-151		
	100m breaststroke	152-153		
	200m backstroke	154		

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 the order, but will be adjusted as needed.

Coaches Meeting: 8:30 AM in Arts & Crafts room.

Opening: 9:00 AM.

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

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

Scratches/Changes: 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 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. Odd numbered heats will be awarded left of the dive tank. Even numbered heats will be awarded to the left of Awards Staging area.

Recreation Pool Awards: Will be presented on the pool deck.