


2023 Southwest Regional Swim Competition

 Saturday, April 22, 2023

POOL LOCATION



**Weyerhaeuser King County
Aquatics Center**
650 SW Campus Dr
Federal Way, WA 98023

PRIOR TO EVENT

Coaches should attend coaches meeting held off the main pool deck.

Coaches please pick up your coaches packets prior to this meeting upon arrival.

Submit Scratch sheets and Relay Forms

SCHEDULE OF EVENTS

7:00 AM Check-In Begins

7:45 AM Pool is Open for Warmups

8:00 AM Volunteer Meeting (Marshalling Room)

8:15 AM First Race – 1500M Starts

8:30 AM Coaches Meeting (Arts & Crafts Room)

9:00 AM Merchandise is Open for Business


9:00 AM Opening Ceremonies

9:30 AM Relay Events Begin

12 PM - 1 PM Lunch Pick-Up (Lobby)

4:50 PM Conclusion of Competition (Tentative)

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EVENT STAFF

SOWA staff will be located at the Auditing Table on the pool deck.

COMPETITION

Competition is between 8:30 am - 4:50pm. Please be watching the divisions shown on the sticks on the pool deck. In your coach's packet is a breakdown of all your athletes' divisions. Be prepared to take your athletes to marshaling when the division is shown.

EVENT INFO

Parking will be limited. Please plan accordingly, and carpool if possible.

Keep in mind that this is to be a fun and competitive event. Sportsmanship is expected from all coaches, parents and participants.

FIRST AID

Lifeguards will be roaming the facilities. Please report all injuries and fill out an accident/incident form.

Please remember to bring all Athlete Registration Form's with you.

AWARDS

Will be presented throughout the day as races finish.