

2023 Northwest Regional Swimming Competition



 Sunday, April 23, 2023

Pool LOCATION



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

PRIOR TO EVENT

*Submit any corrections
prior to competition.*

Attend Coaches Meeting

*Submit Scratches if you
have any*

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 8:15 am - 4:50pm. Please be watching the divisions shown on the sticks on the pool deck. In your coaches packet is a breakdown of all of your athletes divisions. Be prepared to take your athletes to marshaling when the division is shown.

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.

PARKING

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.

AWARDS

Will be presented throughout the day as races finish.

Advancement will be determined closer to the regional competition for the State Games June 9-11.

Unless otherwise noted by Nicole Becker; Sr Manager of Competition & Operations, NW Region.

