



Competition Schedule

Swimming

R.M. Estevan Aquatic Centre

701 Souris Ave, Estevan

July 27-30, 2016

Last Updated: June 1, 2016

WEDNESDAY, JULY 27, 2016

TIME:	EVENT:
14:00	Open Practice for Team South East, Team Regina and Team Parkland
15:30	Open Practice for Team Saskatoon, Prairie Central and Team South West
17:00	Open Practice for Team Rivers West and Team Lakeland
20:30	Coaches Meeting

THURSDAY, JULY 28, 2016

TIME:	EVENT:
7:30	Preliminary Heats Warm-ups
8:35	50 Free
9:00	50 Free Special Olympics
9:10	200 Breast
10:10	100 Back
10:50	100 Back Special Olympics
11:10	200 Free
12:10	50 Breast
12:40	50 Breast Special Olympics
12:50	100 fly
13:10	end of Preliminary heats session
	BREAK
16:00	Finals Warm-ups
17:05	200 Breast (2F/2M@5 mins = 20 mins)
17:25	100 Back (2F/2M@2 mins = 8 mins)
17:33	100 Back Special Olympics (1F/1M@3mins - 6mins)
17:39	Medal Presentations - 200 Breast, 100 Back & 100 Back Special Olympic
18:00	200 Free (2F/2M@4mins = 16 mins)
18:16	50 Breast (2F/2M@2mins = 8 mins)
18:24	50 Breast Special Olympics (1F/1M@3mins = 6 mins)

18:30	Medal Presentations - 200 Free, 50 Breast & 50 Breast Special Olympics
18:50	100 Fly (2F/2M@3mins = 12 mins)
19:02	4 x 50 Special Olympics Mixed Free Relay (2 heats x 5 mins= 10 mins)
19:12	4 x 100 Free Relay (3F/3M x 7.5 mins = 45 mins)
19:57	Medal Presentations - 100 Fly, 4 x 50 Free SO Relay, 4 x100 Free Relay
20:30	end of Finals session

FRIDAY, JULY 29, 2016

TIME:	EVENT:
7:30	Preliminary Heats Warm-ups
8:35	50 Fly
9:00	200 Back
9:40	200 IM
10:30	50 Back
10:55	50 Back Special Olympics
11:10	100 Free
11:40	100 Free Special Olympics
12:00	100 Breast
12:40	end of Preliminary heats session
	BREAK
16:00	Finals Warm-ups
17:05	4 x 50 Free Relay (3F/3M x 3 mins = 18 mins)
17:23	100 IM Special Olympics Time Final (3F/3M x 3 mins = 18 mins)
17:41	200 IM (2F/2M@5 mins = 20 mins)
18:00	Medal Presentations - 4 x 50 Free Rely, 100 IM Special Olympic and 200 IM
18:30	50 Back (2F/2M@2mins = 8 mins)
18:38	50 Back Special Olympics (1m/1f@3mins = 6 mins)
18:44	100 Free (2F/2M@2 mins = 8 mins)
18:52	Medal Presentations - 50 Back, 50 Back Special Olympic & 100 Free
19:22	100 Free Special Olympics (1m/1f@3 mins = 6 mins)
19:28	100 Breast (2F/2M@2.5 mins = 10 mins)
19:38	Medal Presentations - 100 Free Special Olympic and 100 Breast
19:58	4 x 50 Medley Relay (3F/3M@5 mins = 30 mins)
20:28	Medal Presentations 4 x 50 Medley Relay
20:38	end of Finals session

SATURDAY, JULY 30, 2016

TIME:	EVENT:
7:30	Preliminary Heats Warm-ups
9:05	400 Free (Time Final) (5F/5M@7.5 mins) = 75 mins)
10:20	50 Fly Finals (2F/2M@2mins =8 mins)
10:28	Medal Presentations 400 Free and 50 Fly
10:48	200 Back Final (2F/2M@ 5 mins = 20 mins)
11:08	50 Free Final (2F/2M@1 min = 4 mins)

11:12	50 Free Special Olympics Final (1F/1M@ 2 mins = 5 mins)
11:17	Medal Presentations - 200 Back, 50 Free & 50 Free Special Olympic
11:47	4 x 100 Medley Relay (3F/3M@ 9 mins = 54 mins)
12:41	4 x 50 Free Integrated Relay (2 SO + 2 Able body) (3 heats@5 mins = 15 mins)
12:56	Medal Presentations - 4 x 100 Medley Relay & 4 x 50 Free Integrated Relay
13:16	End of Session/competition

Last Updated:

6/1/2016