

2020 Pacific Northwest Swimming Senior LC Championships Order of Events

DAY 1 (THURSDAY)			
Event #	Preliminaries	Event #	Finals
1, 2	200M Free Relay – See note #1	13, 14	800M Freestyle – See note #2
	15 minute break		15 minute break
3, 4	400M IM	1, 2	200M Free Relay – See note #1
5, 6	100M Breaststroke		15 minute break
7, 8	200M Freestyle	3, 4	400M IM
9, 10	100M Backstroke	5, 6	100M Breaststroke
	15 minute break	7, 8	200M Freestyle
11, 12	400M Medley Relay – See note #1	9, 10	100M Backstroke
	15 minute break		15 minute break
13, 14	800M Freestyle – See note #2	11, 12	400M Medley Relay – See note #1

DAY 2 (FRIDAY)			
Event #	Preliminaries	Event #	Finals
15, 16	200M Medley Relay – See note #1	15, 16	200M Medley Relay – See note #1
	15 minute break		15 minute break
17, 18	200M IM	17, 18	200M IM
19, 20	50M Freestyle	19, 20	50M Freestyle
21, 22	400M Freestyle	21, 22	400M Freestyle
23, 24	100M Butterfly	23, 24	100M Butterfly
25, 26	200M Breaststroke	25, 26	200M Breaststroke
	15 minute break		15 minute break
27, 28	800M Free Relay – See note #1	27, 28	800M Free Relay – See note #1

DAY 3 (SATURDAY)			
Event #	Preliminaries	Event #	Finals
29, 30	400M Free Relay – See Note #1	37, 38	1500M Freestyle – See note #2
	15 minute Break		15 minute Break
31, 32	200M Backstroke	31, 32	200M Backstroke
33, 34	100M Freestyle	33, 34	100M Freestyle
35, 36	200M Butterfly	35, 36	200M Butterfly
	15 minute Break		15 minute Break
37, 38	1500M Freestyle – See note #2	29, 30	400M Free Relay – See Note #1

Note #1: Relays are timed Finals. The fastest two heats of relays (200/400 Medley and 200/400 Freestyle) for each gender will swim in Finals. The fastest one heat of 800 Free relay will swim in Finals. Each team may only swim two relays in Finals. The remaining relays will swim in Prelims.

Note #2: The 800 and 1500 Freestyle is a timed finals event. The fastest heat for each gender will swim in Finals. The remaining heats will swim in Prelims.