

# 2006 PAN PACIFIC SWIMMING CHAMPIONSHIPS

## Event Schedule

| Day 1 - August 17  |                               |    |  | Day 2- August 18  |                         |    |  |
|--|-------------------------------|----|--|---|-------------------------|----|--|
| <b>Heats Session</b><br>Warmup 8:00-9:45 AM<br>Start 10:00 AM  |                               |    |  | <b>Heats Session</b><br>Warmup 8:00-9:45 AM<br>Start 10:00 AM |                         |    |  |
| 3  | 200 Freestyle                 | 4  |  | 9   | 100 Free                | 10 |  |
| 5  | 100 Back                      | 6  |  | 11  | 100 Breast              | 12 |  |
| 7  | 200 Fly                       | 8  |  | 13  | 400 IM                  | 14 |  |
| 1  | W 1500 Freestyle (slow heats) |    |  | 15  | 800 Free Relay          | 16 |  |
| <b>Finals Session</b><br>Warmup 4:00-5:45 PM<br>Start 6:15 PM  |                               |    |  | <b>Finals Session</b><br>Warmup 4:00-5:45 PM<br>Start 6:00 PM |                         |    |  |
|  | M 800 Freestyle (fast heat)   | 2  |  | 9   | 100 Free                | 10 |  |
| 3  | 200 Freestyle                 | 4  |  | 11  | 100 Breast              | 12 |  |
| 5  | 100 Back                      | 6  |  | 13  | 400 IM                  | 14 |  |
| 7  | 200 Fly                       | 8  |  | 15  | 800 Free Relay          | 16 |  |
| 1  | W 1500 Free (fast heat)       |    |  |   |                         |    |  |
| Day 3 - August 19  |                               |    |  | Day 4 - August 20   |                         |    |  |
| <b>Heats Session</b><br>Warmup 8:00-9:45 AM<br>Start 10:00 AM  |                               |    |  | <b>Heats Session</b><br>Warmup 8:00-9:45 AM<br>Start 10:00 AM |                         |    |  |
| 17   | 400 Free                      | 18 |  | 25  | 200 IM                  | 26 |  |
| 19   | 100 Fly                       | 20 |  | 27  | 50 Free                 | 28 |  |
| 21   | 200 Back                      | 22 |  | 29  | 200 Breast              | 30 |  |
|  |                               |    |  | 31  | W 800 Free (slow heats) |    |  |
|  |                               |    |  |   | 1500 Free (slow heats)  | 32 |  |
| <b>Finals Session</b><br>Warmup 4:00-5:45 PM<br>Start 6:00 PM  |                               |    |  | <b>Finals Session</b><br>Warmup 4:00-5:45 PM<br>Start 6:00 PM |                         |    |  |
| 17   | 400 Free                      | 18 |  | 31  | 800 Free (fast heat)    |    |  |
| 19   | 100 Fly                       | 20 |  | 25  | 200 IM                  | 26 |  |
| 21   | 200 Back                      | 22 |  | 27  | 50 Free                 | 28 |  |
| 23   | 400 Freestyle Relay           | 24 |  | 29  | 200 Breast              | 30 |  |
|  |                               |    |  |   | 1500 Free (fast heat)   | 32 |  |
|  |                               |    |  | 33  | 400 Medley Relay        | 34 |  |
| Day 5 – August 21  |                               |    |  |   |                         |    |  |
| <b>Event #36 - Men's Start – 8:30am / Event #35 - Women's Start – 8:45am</b><br><b>Pan Pacific 10km Open Water Race</b><br><b>Elk Lake</b> |                               |    |  |   |                         |    |  |

