



SWIMMING
UD Outdoor Pool

Friday, June 9, 2023

7:30am

Coaches Meeting - Staging Tent

8:00am

400m Freestyle

25m Back Float/Ass't

25m Breaststroke

15m Float/No Float

4x25 Freestyle Relay (Trad. & Unified)

15m Back Float

50m Butterfly

25m Assisted (No Float)

25m Float

25m Backstroke

200m Breaststroke

4x25 Medley Relay (Trad. & Unified)

50m Freestyle

4:15pm

Opening Ceremony

3:30pm Staging for Parade Begins

5:30pm

Family BBQ & Activities

*FREE Dinner & Woodside Ice Cream, Inflatables, Silent
Disco, & Softball*

Saturday, June 10, 2023

7:30am

Coaches Meeting - Staging Tent

8:00am

200m Freestyle

100m Backstroke

25m Freestyle

4x50 Freestyle Relay (Trad. & Unified)

100m Breaststroke

100m Freestyle

100m Individual Medley

50m Backstroke

50m Breaststroke

10:00am - 2:00pm

Healthy Athletes