



Special Olympics
Washington

2010 East Region Spring Games
Aquatics Schedule
Eastern Washington University Pool

Time	Event
8:30 – 8:50 am	Warm-up (all lanes)
8:50 am	First Call
9:00 am	10 M Assisted Swim
9:05 am	25 M Flotation Race
9:10 am	25/50/100 M Butterfly
9:15 am	15 M Walk
9:20 am	25 M Breast Stroke
9:25 am	15 M Flotation Race
9:30 am	100 M Backstroke/Breaststroke
9:35 am	15 M Unassisted Swim
9:40 am	100/200 M Breast Stroke
9:50 am	25 M Freestyle
10:15 am	400/800/1500 M Freestyle
10:25 am	50 M Breast Stroke
10:35 am	100 M Ind. Medley
10:40 am	100 M Freestyle
10:50 am	200 M Ind. Medley
11:00 am	200 M Backstroke
11:10 am	50 M Freestyle
11:30 am	25 M Backstroke
11:50 am	200 M Freestyle
12:00 pm	4x50 M Relay
12:15 pm	4x50 M Unified Relay
12:20 pm	50 M Backstroke
12:30 pm	4x100 M Unified Relay
12:45 pm	4x25 M Relay
1:00 pm	Rest of relays if time permits