

2009 Western Zone Senior Championships August 10-12, 2009 – Waipahu, Hawaii

Order of Events Long Course Meters

Preliminaries Begin at 9:30AM

Finals Begin at 6:00PM

<u>Women's Events</u>	<u>Day 1– Monday, August 10</u>	<u>Men's Events</u>
1	200 Freestyle Relay*	2
	<i>break – 5 minutes</i>	
3	400 Freestyle	4
5	200 Individual Medley	6
7	50 Freestyle	8
	<i>break – 5 minutes</i>	
9	400 Medley Relay*	10
	<u>Day 2 - Tuesday, August 11</u>	
11	200 Medley Relay*	12
	<i>break – 5 minutes</i>	
13	400 Individual Medley	14
15	100 Butterfly	16
17	200 Freestyle	18
19	100 Breaststroke	20
21	100 Backstroke	22
	<i>break – 5 minutes</i>	
23	800 Freestyle Relay*	24
	<u>Day 3 - Wednesday, August 12</u>	
25	1500 Freestyle**	26
27	200 Backstroke	28
29	100 Freestyle	30
31	200 Breaststroke	32
33	200 Butterfly	34
	<i>break – 5 minutes</i>	
35	400 Freestyle Relay*	36

* All relays will be swum as timed finals with all heats in the evening finals sessions.

** The 1500 Freestyle will be swum as timed finals. The fastest heat will be swum at the start of the evening finals session. The remaining heats will be swum fastest to slowest at the conclusion of the morning preliminaries session alternating heats of women and men.