

2023 PSM SCM Championship and NW Zone Champs - 11/18/2023 to 11/19/2023
Hosted by the Workout Groups of Puget Sound Masters, Sanction #: 363-S007

ESTIMATED TIMELINE

Session: 1 **Saturday**

Starts at 10:00 AM Heat Interval: 50 Seconds / Back +15 Seconds

Ev #	Event	Entries	Heats	Starts at	Comments
1	Mixed 400 Freestyle	31	4	10:00 AM	
2	Women 200 IM	11	2	10:37 AM	
3	Men 200 IM	10	2	10:46 AM	
4	Women 200 Freestyle	18	3	10:56 AM	
5	Men 200 Freestyle	33	5	11:12 AM	
6	Women 100 Breaststroke	14	2	11:31 AM	Relay cards for #16, #17, #18 due by end of this event
7	Men 100 Breaststroke	23	3	11:38 AM	
8	Women 50 Butterfly	24	3	11:47 AM	
9	Men 50 Butterfly	34	5	11:52 AM	
Break: 10 Minutes					
10	Women 200 Backstroke	14	2	12:09 PM	
11	Men 200 Backstroke	15	2	12:20 PM	
12	Women 50 Freestyle	38	5	12:31 PM	
13	Men 50 Freestyle	43	6	12:39 PM	Check in for 1500m by end of this event
14	Women 100 Butterfly	10	2	12:47 PM	
15	Men 100 Butterfly	18	3	12:53 PM	
16	Women 200 Freestyle Relay	0	0	12:59 PM	Relay cards due by end of event #6
17	Men 200 Freestyle Relay	0	0	1:04 PM	
18	Mixed 200 Medley Relay	0	0	1:13 PM	
Break: 5 Minutes					
19	Mixed 1500 Freestyle	22	3u	1:27 PM	Check in for 1500m by end of event #13
Swimmers Counts for Warm-ups:			156		
Entry / Heat Totals:		358	52		
Finish Time				2:57 PM	

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ESTIMATED TIMELINE

Session: 2 **Sunday**

Starts at 10:00 AM Heat Interval: 50 Seconds / Back +15 Seconds

Ev #	Event	Entries	Heats	Starts at	Comments
20	Mixed 400 IM	11	2	10:00 AM	
21	Women 200 Breaststroke	12	2	10:17 AM	Relay cards for #29, #30, #31 due by the end of this event
22	Men 200 Breaststroke	14	2	10:29 AM	
23	Women 100 Freestyle	29	4	10:44 AM	
24	Men 100 Freestyle	30	4	10:55 AM	
25	Women 50 Backstroke	23	3	11:03 AM	
26	Men 50 Backstroke	11	2	11:09 AM	Relay cards for #38, #39, #40 due by the end of this event
27	Women 100 IM	31	4	11:13 AM	
28	Men 100 IM	37	5	11:24 AM	
Break: 10 Minutes					
29	Women 200 Medley Relay	0	0	11:48 AM	Relay cards due by end of event #21
30	Men 200 Medley Relay	0	0	11:53 AM	
31	Mixed 200 Freestyle Relay	0	0	12:02 AM	
32	Women 200 Butterfly	9	2	12:11 PM	
33	Men 200 Butterfly	5	1	12:22 PM	
34	Women 100 Backstroke	17	3	12:27 PM	
35	Men 100 Backstroke	22	3	12:36 PM	
36	Women 50 Breaststroke	21	3	12:44 PM	
37	Men 50 Breaststroke	27	4	12:50 PM	
38	Women 400 Freestyle Relay	0	0	12:58 PM	Relay cards due by end of event #26
39	Men 400 Freestyle Relay	0	0	1:06 PM	
Break: 10 Minutes					
40	Mixed 400 Medley Relay	0	0	1:06 PM	
	Swimmers Counts for Warm-ups:		127		
	Entry / Heat Totals:	299	44		
	Finish Time			1:24 PM	