2026 PSM SCM Championship and NW Zone Champs - 11/21/2026 to 11/22/2026
Hosted by the Workout Groups of Puget Sound Masters, Sanction #: 366-S019
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 IM	15	2	10:00 AM	
2	Women 200 Backstroke	12	2	10:20 AM	
3	Men 200 Backstroke	13	2	10:30 AM	
4	Women 50 Freestyle	18	3	10:39 AM	
5	Men 50 Freestyle	38	5	10:44 AM	
	Break: 5 Minutes				
6	Women 100 Breaststroke	10	2	10:56 AM	
7	Men 100 Breaststroke	28	4	11:02 AM	
	Break: 10 Minutes				Relay cards for #16, #17, #18 due by the end of Event #8
8	Women 50 Butterfly	14	2	11:22 AM	
9	Men 50 Butterfly	29	4	11:25 AM	
10	Women 200 Freestyle	13	2	11:31 AM	
11	Men 200 Freestyle	21	3	11:40 AM	Check in for 1500m Free by the end of Event #13
12	Women 100 IM	18	3	11:52 AM	
13	Men 100 IM	27	4	12:01 PM	
	Break: 5 Minutes				
14	Women 100 Backstroke	13	2	12:16 PM	
15	Men 100 Backstroke	13	2	12:21 PM	
	Break: 10 Minutes				
16	Women 200 Freestyle Relay	0	0	12:37 PM	Relay cards for #16, #17, #18 due by end of event #8
17	Men 200 Freestyle Relay	0	0	12:41 PM	
18	Mixed 200 Medley Relay	0	0	12:45 PM	
19	Mixed 1500 Freestyle	17	3u	12:48 PM	Check in for 1500m by end of event #13
	Swimmers Counts for Warm-ups:		156		
	Entry / Heat Totals:	299	45		
	Finish Time			2:29 PM	

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Session: 2 **Sunday**

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

Ev #	Event	Entries	Heats	Starts at	Comments
20	Women 800 Freestyle Relay	0	0	10:00 AM	Relay cards for #20, #21, #22 due by 9:30 AM
21	Men 800 Freestyle Relay	0	0	10:00 AM	
22	Mixed 800 Freestyle Relay	0	0	10:13 AM	
24	Mixed 200 Butterfly	10	2	10:25 AM	
	Break: 5 Minutes				Relay cards for #31, #32, #33 due by the Event #25.
25	Women 50 Breaststroke	13	2	10:40 AM	
26	Men 50 Breaststroke	28	4	10:44 AM	
	Break: 5 Minutes				
27	Women 100 Freestyle	20	3	10:55 AM	
28	Men 100 Freestyle	28	4	11:02 AM	
29	Women 200 IM	11	2	11:11 AM	
30	Men 200 IM	17	3	11:20 AM	Relay cards for #40, #41, #42 due by the end of event #31
	Break: 10 Minutes				Relay cards for #31, #32, #33 due by the end of event #25
31	Women 200 Medley Relay	0	0	11:44 AM	
32	Men 200 Medley Relay	0	0	11:48 AM	
33	Mixed 200 Freestyle Relay	0	0	11:51 AM	
34	Women 100 Butterfly	6	1	11:55 AM	
35	Men 100 Butterfly	17	3	11:58 AM	
	Break: 5 Minutes				
36	Women 50 Backstroke	9	2	12:10 PM	
37	Men 50 Backstroke	18	3	12:13 PM	
38	Women 200 Breaststroke	9	2	12:19 PM	
39	Men 200 Breaststroke	16	2	12:29 PM	
	Break: 10 Minutes				
40	Women 400 Freestyle Relay	0	0	12:48 PM	Relay cards for #40, #41, #42 due by the end of event #31
41	Men 400 Freestyle Relay	0	0	12:48 PM	
42	Mixed 400 Freestyle Relay	0	0	12:55 PM	
43	Mixed 400 Freestyle	30	4	1:02 PM	
	Swimmers Counts for Warm-ups:		105		
	Entry / Heat Totals:	232	37		
	Finish Time			1:32 PM	