

Pan Pacific Games
SWIMMING and OPEN WATER SWIM PROGRAMS

Individual events: nominated times

Relays: Team Name NOTE: The 10 x 50m relay will now be the **8 x 50m Relay**

DAY 1 Thursday 11 Nov. Warm-up 11a.m Start @ 12 noon	400m Freestyle	400m Butterfly	400m Backstroke	400m Breaststroke	400m Individual Medley						
DAY 2 Friday 12 Nov Warm-up 8.30 a.m. Start @ 9.30 a.m.	50m Freestyle	200m Backstroke	50m Breaststroke	200m Individual Medley	100m Butterfly	200m Breaststroke	100m Freestyle	4 x 50m Women's Medley Relay	4 x 50m Men's Medley Relay	4 x 50m Mixed Medley Relay	
DAY 3 Saturday 13 Nov Warm-up 8.30 a.m. Start @ 9.30 a.m.	200m Butterfly	100m Backstroke	100m Breaststroke	50m Backstroke	50m Butterfly	200m Freestyle	4 x 50m Mixed Freestyle Relay	4 x 50m Women's Freestyle Relay	10 x 50m Women's Freestyle Relay	4 x 50m Men's Freestyle Relay	10 x 50m Men's Freestyle Relay
Open water Swim											
Sunday 14 Nov Registration @ 7a.m. Start @ 8 a.m.	1.25 km			2.5 km			5 km			Teams Event 4 members: 4 men 4 women 2 men/2 women	