

Attachment A

NW Zone Championship Order of Events

Year	Courses								
2015			SCY	LCM	SCM				
2016				SCY	LCM	SCM			
2017	SCM				SCY	LCM			
2018	LCM	SCM				SCY			
2019	SCY	LCM	SCM						
Plan	A	B	C	AA	BB	CC	Relays	Distance	IM
	Friday	Friday	Friday	Friday	Friday	Friday	Friday	Friday	Friday
								Distance	IM
Quad #1	Saturday	Saturday	Saturday	Saturday	Saturday	Saturday	Saturday	Saturday	Saturday
	200 Free 100 Breast 50 Fly	50 Back 200 Fly 100 Free	100 Back 50 Breast 200 Free	200 Back 50 Free 100 Breast	50 Breast 100 Fly 200 Free	50 Free 200 Fly 100 Back	(Break) Relay		(Break) IM Relay
Quad #2	200 Back 50 Free	100 Back 50 Free	100 Breast 200 Fly	50 Fly 200 Free	100 Breast 200 Back	100 Free 50 Back	(Break) Relay	(Break) Distance	(Break) IM Relay
	100 Fly	200 Breast	50 Free	100 Back	50 Fly	200 Breast			
Quad #3	Sunday	Sunday	Sunday	Sunday	Sunday	Sunday	Sunday	Sunday	Sunday
	200 Breast 100 Free 50 Back	100 Breast 50 Fly 200 Free	50 Fly 200 Back 100 Free	200 Fly 50 Breast 100 Free	100 Back 50 Free 200 Breast	200 Back 50 Breast 100 Fly	(Break) Relay		(Break) IM Relay
Quad #4	200 Fly	50 Breast	100 Fly 200 Breast	100 Fly	50 Back	200 Free 100 Breast	(Break) Relay	(Break) Distance	(Break) IM Relay
	100 Back 50 Breast	200 Back 100 fly	50 Back 200 Breast	200 Fly 100 Free	50 Fly				

IM		DISTANCE	EVENTS	RELAY	EVENTS
SCY/SCM	LCM	SCY	SCM/LCM	FREE	MEDLEY
100		500	400	200	200
200	200	1000	800	200 MIXED	200 MIXED
400	400	1650	1500	400	400
				400 MIXED	400 MIXED
				800	
				800 MIXED	

2015 (v1)

