

Attachment A

NW Zone Championship Order of Events

Year	Courses								
2009			SCY	LCM	SCM				
2010				SCY	LCM	SCM			
2011	SCM				SCY	LCM			
2012	LCM	SCM				SCY			
2013	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)		(Break)
							Relay		IM
								Relay	
Quad #2	200 Back 50 Free 100 Fly	100 Back 50 Free 200 Breast	100 Breast 200 Fly 50 Free	50 Fly 200 Free 100 Back	100 Breast 200 Back 50 Fly	100 Free 50 Back 200 Breast			
							(Break)	(Break)	(Break)
							Relay	Distance	IM
									Relay
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)		(Break)
							Relay		IM
								Relay	
Quad #4	200 Fly 100 Back 50 Breast	50 Breast 200 Back 100 fly	100 Fly 200 Breast 50 Back	100 Fly 50 Back 200 Breast	50 Back 200 Fly 100 Free	200 Free 100 Breast 50 Fly			
							(Break)	(Break)	(Break)
							Relay	Distance	IM
									Relay

IM	
SCY/SCM	LCM
100	
200	200
400	400

DISTANCE	EVENTS
SCY	SCM/LCM
500	400
1000	800
1650	1500

RELAY	EVENTS
FREE	MEDLEY
200	200
200 MIXED	200 MIXED
400	400
400 MIXED	400 MIXED
800	
800 MIXED	

