

Swimming Indoor Schedule



Venue: Pan Am Pool

Dates: July 30 - August 1, 2023



WORLD
POLICE & FIRE
GAMES

Time	Action	Notes	Location
Sunday, July 30th			
08:30	Warm Up	Athletes can warmup in the designated training pool	Pan Am Pool
10:00	Competition begins	400m freestyle, 100m butterfly, 50m breaststroke, 100m freestyle, 200m freestyle relay	Pan Am Pool
10:00-11:10	400m Freestyle	Men's & Women's	Pan Am Pool
11:10-11:19	100m Butterfly	Men's & Women's	Pan Am Pool
11:21-11:37	50m Breaststroke	Men's & Women's	Pan Am Pool
11:39-12:03	100m Freestyle	Men's & Women's	Pan Am Pool
TBD	200m Relay	Men's & Women's	Pan Am Pool
Monday, July 31st			
08:30	Warm Up	Athletes can warmup in the designated training pool	Pan Am Pool
10:00	Competition begins	1500m freestyle, 200m individual medley, 100m backstroke, 100m breaststroke, 200m mixed freestyle relay	Pan Am Pool
10:00-11:40	1500m freestyle	Men's & Women's	Pan Am Pool
11:40-12:15	200m individual medley	Men's & Women's	Pan Am Pool
12:15-12:32	100m backstroke	Men's & Women's	Pan Am Pool
12:34-12:55	100m breaststroke	Men's & Women's	Pan Am Pool
TBD	200m mixed freestyle relay	Men's & Women's	Pan Am Pool
Tuesday, August 1st			
08:30	Warm Up	Athletes can warmup in the designated training pool	Pan Am Pool
10:00	Competition begins	800m freestyle, 50m butterfly, 200m freestyle, 50m backstroke, 50m freestyle, 200m medley relay, 200m mixed medley relay	Pan Am Pool
10:00-11:04	800m freestyle	Men's & Women's	Pan Am Pool
11:04-11:14	50m butterfly	Men's & Women's	Pan Am Pool
11:15-11:53	200m freestyle	Men's & Women's	Pan Am Pool

11:54-12:12	50m backstroke	Men's & Women's	Pan Am Pool
12:14-12:37	50m freestyle	Men's & Women's	Pan Am Pool
TBD	200m medley relay	Men's & Women's	Pan Am Pool
TBD	200m mixed medley relay	Men's & Women's	Pan Am Pool