



COMPETITION / EVENT	ATHLETICS	BASKETBALL	BOCCE	BOWLING	FLAG FOOTBALL	GOLF	GYMNASTICS	POWER	SOCCER	SOFTBALL	STAND UP PADDLE BOARD	SWIMMING	TENNIS	VOLLEYBALL
<b>MONDAY</b> 7/2/18	8:00 a.m. - 11:45 a.m. Pentathlon 100M, HP 100M, 5000M, 50M Dash, 100M Walk, 1500M Walk, 100M Dash, High Jump, Softball	8:00 a.m. - 8:30 p.m. 	9:00 a.m. - 5:00 p.m. ———————————————————————————————————	8:30 a.m. - 11:30 a.m. 	9:00 a.m. - 5:00 p.m. 	8:30 a.m. - 3:30 p.m. 	10:00 a.m. - 12:30 p.m. ———————————————————————————————————	7:00 a.m. - 2:00 p.m. 	9:00 a.m 4:00 p.m.  Pool Play  6:00 p.m 9:00 p.m. Unified Sports Experience	8:00 a.m. - 3:30 p.m. 	8:00 a.m. - 12:00 p.m. 	8:00 a.m. - 4:05 p.m. 200M Freestyle, 50M Breaststroke, 25M Backstroke, 25M Butterfly, 100M Individual Medley, 4x25 Medley Relay	8:00 a.m. - 7:00 p.m. 	9:00 a.m 4:00 p.m.  Pool Play  6:00 p.m 9:00 p.m. Unified Sports Experience
<b>TUESDAY</b> 7/3/18	8:00 a.m 2:00 p.m.  3000M, 200M, 800M Walk, Pentathlon 400M, 800M, 100M, Pentathlon High Jump, Shot Put, Standing Long Jump, Softball Throw	8:00 a.m. - 9:00 p.m. Pool Play 6:00 p.m. - 9:00 p.m. Unified Sports Experience	9:00 a.m. - 5:00 p.m. Singles Finals Traditional/Unified Doubles Finals	8:30 a.m. - 11:30 a.m. 	8:00 a.m 7:30 p.m.  Pool Play  3:00 p.m 6:00 p.m. Unified Sports Experience	8:30 a.m. - 3:30 p.m. 	9:30 a.m. - 3:00 p.m. 	7:00 a.m. - 9:00 p.m. 	9:00 a.m. - 4:00 p.m. ———————————————————————————————————	8:00 a.m. - 2:00 p.m. 	8:00 a.m. - 12:00 p.m. 	9:15 a.m 3:45 p.m.  4x50 Medley Relay, 25M Freestyle, HP 100M Individual Medley, 50M Butterfly, 100M Backstroke, 100M Breatstroke, 200M Individual Medley, 4x50 Free Relay	8:00 a.m. - 9:00 p.m. 	9:30 a.m. - 4:00 p.m. 
<b>WEDNESDAY</b> 7/4/18	9:30 a.m. - 2:45 p.m. - 50M Walk, 400M Walk, 200M, 400M, 4x100M, Running Long Jump, Mini Javelin	8:00 a.m. - 4:30 p.m. 	9:00 a.m. - 5:00 p.m. 	8:30 a.m. - 11:30 a.m. 	9:00 a.m. - 2:00 p.m. 	8:30 a.m. - 3:30 p.m. 	8:30 a.m. - 12:15 p.m. Balance Beam and Floor Exercise Finals	OFF	9:00 a.m. - 4:00 p.m. 	OFF	OFF	9:00 a.m. - 12:35 p.m. 	8:00 a.m. - 4:00 p.m. 	9:30 a.m. - 4:00 p.m. 
<b>THURSDAY</b> 7/5/18	8:00 a.m. - 2:15 p.m. 	8:00 a.m. - 4:30 p.m. 	9:00 a.m. - 4:30 p.m. Traditional/Unified Teams Finals	8:30 a.m. - 11:30 a.m. - Unified Doubles Finals	9:00 a.m. - 3:00 p.m. - Finals	OFF	8:30 a.m. - 12:15 p.m. 	7:00 a.m. - 2:00 p.m. 	9:00 a.m. - 2:40 p.m. 	8:00 a.m. - 3:30 p.m. 	OFF	9:00 a.m 2:50 p.m.  4x50 Free Relay, 400M Freestyle, 50M Freestyle, 200M Breaststroke, 100M Butterfly, 4x25 Free Relay	8:00 a.m. - 4:00 p.m. - Finals	9:00 a.m. - 2:00 p.m. Medal Round , Finals
<b>FRIDAY</b> 7/6/18	8:00 a.m. - 9:45 a.m. 	8:00 a.m. - 11:30 a.m. 	OFF	OFF	OFF	OFF	OFF	7:00 a.m. - 12:00 p.m. ———————————————————————————————————	OFF	OFF	OFF	9:10 a.m. - 11:20 a.m. - 4x100 Medley Relay, 800M Freestyle, 50M Backstroke, 25M Breaststroke, 4x100 Free Relay	8:00 a.m. - 12:00 p.m. 	8:00 a.m. - 11:45 a.m. 
VENUE / LOCATION	Husky Track - UW	Alaska Airlines Arena, Marv Harshman Court, IMA - UW, Seattle U	Dempsey Indoor Center - UW	Kenmore Lanes - Kenmore	IMA Field - UW	Willows Run - Redmond	Royal Brougham Pavilion - Seattle Pacific University	Meany Hall for the Performing Arts - UW	Championship Field and SU Park - Seattle U	Celebration Park - Federal Way	Angle Lake - SeaTac	King County Aquatic Center - Federal Way	Bill Quillian Tennis Stadium - UW	IMA Gym - UW