



Warm Up Skills

## 2025 SONM State Aquatics Schedule of Events

Awards will be ongoing throughout the event in the patio area for all levels of swim

## **Skills Events**

7:30 AM - 8:00 AM

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8:00AM - 11:00AM	10 M Unassisted Swim/10 M Assisted Swm	Timed Final
	10 M Assisted Walk	Timed Final
	10 M Walk	Timed Final
	15 M Assisted Swim	Timed Final
	15 M Assisted Walk	Timed Final
	15 M Assisted Float	Timed Final
	15 M Unassisted Swim	Timed Final
	15 M Unassistd Back	Timed Final
	15 M Walk	Timed Final
	25 M Assisted Swim	Timed Final
	25 M Unassisted Swim	Timed Final
	25 M Assisted Back	Timed Final
	25 M Unassisted Back	Timed Final
	25 M Assisted Float	Timed Final
	25 M Float	Timed Final
	25 M Assisted Walk	Timed Final
	25 M Walk	Timed Final
Deep End Events		
12:00PM-12:30PM	Warm Up Deep End Swimmers	
12:30PM - 3:30pm	4x25 M Free	Timed Final
•	4x50 M Free	Timed Final
	100 M Individual Medley/100 M Butterfly	Timed Final
	50 M Back	Timed Final
	25 M Free	Timed Final
	100 M Breast	Timed Final
	200 Back/200 Breast	Timed Final
	50 M Free	Timed Final
	25 M Butterfly	Timed Final
	50 M Breast	Timed Final
	25 M Breast	Timed Final
	100 M Back	Timed Final
	50 M Butterfly	Timed Final
	25 M Back	Timed Final
	100 M Free	Timed Final
	200 M Free	Timed Final