



Estimated Time Line for Heats

2026 Pan Pacific Swimming Championships

Irvine, CA

Event	Heats	Start Time
<u>Wednesday, August 12, 2026</u>		
1 W 50 Fly	4	10:00 AM
Break (2 minute)		10:04 AM
2 M 50 Fly	5	10:06 AM
Break (2 minute)		10:12 AM
3 W 200 Free	6	10:14 AM
Break (2 minute)		10:30 AM
4 M 200 Free	7	10:32 AM
Break (2 minute)		10:50 AM
5 W 100 Back	5	10:52 AM
Break (2 minute)		11:02 AM
6 M 100 Back	4	11:04 AM
Break (2 minute)		11:12 AM
7 W 200 Fly	2	11:14 AM
Break (2 minute)		11:19 AM
8 M 200 Fly	3	11:21 AM
Break (2 minute)		11:30 AM
10/9 W 1500 Free/M 800 Free	2	11:32 AM
	2	
End of Session		12:23 PM
<u>Thursday, August 13, 2026</u>		
12 W 400 IM	3	10:00 AM
Break (2 minute)		10:16 AM
13 M 400 IM	3	10:18 AM
Break (2 minute)		10:32 AM
14 W 100 Free	8	10:34 AM
Break (2 minute)		10:48 AM
15 M 100 Free	7	10:50 AM
Break (2 minute)		11:01 AM
16 W 100 Breast	3	11:03 AM
Break (2 minute)		11:08 AM
17 M 100 Breast	4	11:10 AM
Break (2 minute)		11:17 AM
18 W 50 Back	4	11:19 AM
Break (2 minute)		11:25 AM
19 M 50 Back	4	11:27 AM
End of Session		11:33 AM

Event	Heats	Start Time
<u>Friday, August 14, 2026</u>		
22 W 400 Free	6	10:00 AM
Break (2 minute)		10:29 AM
23 M 400 Free	4	10:31 AM
Break (2 minute)		10:49 AM
24 W 100 Fly	5	10:51 AM
Break (2 minute)		11:00 AM
25 M 100 Fly	5	11:02 AM
Break (2 minute)		11:10 AM
26 W 200 Back	4	11:12 AM
Break (2 minute)		11:25 AM
27 M 200 Back	3	11:27 AM
Break (2 minute)		11:36 AM
28 W 50 Breast	3	11:38 AM
Break (2 minute)		11:42 AM
29 M 50 Breast	4	11:44 AM
End of Session		11:48 AM
<u>Saturday, August 15, 2026</u>		
32 W 200 IM	5	10:00 AM
Break (2 minute)		10:14 AM
33 M 200 IM	4	10:16 AM
Break (2 minute)		10:27 AM
34 W 50 Free	6	10:29 AM
Break (2 minute)		10:36 AM
35 M 50 Free	6	10:38 AM
Break (2 minute)		10:45 AM
36 W 200 Breast	3	10:47 AM
Break (2 minute)		10:57 AM
37 M 200 Breast	3	10:59 AM
Break (2 minute)		11:07 AM
39/38 W 800 Free/M 1500 Free	4	11:09 AM
	2	
End of Session		12:20 PM