



2026 Pan Pacific Swimming Championships

Irvine, CA

August 12 - 15

Swimming



Competition Schedule

As of SUN 9 AUG 2026

Date	Session	Start Time	Event Number	Event	Phase	Number of Heats
WED 12 AUG	Morning	10:00	1	Women's 50m Butterfly	Heats	
			2	Men's 50m Butterfly	Heats	
			3	Women's 200m Freestyle	Heats	
			4	Men's 200m Freestyle	Heats	
			5	Women's 100m Backstroke	Heats	
			6	Men's 100m Backstroke	Heats	
			7	Women's 200m Butterfly	Heats	
			8	Men's 200m Butterfly	Heats	
			9	Men's 800m Freestyle	Final (Slowest Heats)	
			10	Women's 1500m Freestyle	Final (Slowest Heats)	
			<i>End time of session</i>			
	Evening	19:25	3	Women's 200m Freestyle	Final B, A	
			4	Men's 200m Freestyle	Final B, A	
			5	Women's 100m Backstroke	Final B, A	
			7	Women's 200m Butterfly	Final B, A	
			8	Men's 200m Butterfly	Final B, A	
			4	Men's 200m Freestyle	Medal Ceremony	
			1	Women's 50m Butterfly	Final B, A	
			2	Men's 50m Butterfly	Final B, A	
			1	Women's 50m Butterfly	Medal Ceremony	
			2	Men's 50m Butterfly	Medal Ceremony	
			3	Women's 200m Freestyle	Medal Ceremony	
			6	Men's 100m Backstroke	Final B, A	
			5	Women's 100m Backstroke	Medal Ceremony	
			6	Men's 100m Backstroke	Medal Ceremony	
			7	Women's 200m Butterfly	Medal Ceremony	
			8	Men's 200m Butterfly	Medal Ceremony	
			9	Men's 800m Freestyle	Final (Fastest Heats)	1
			10	Women's 1500m Freestyle	Final (Fastest Heats)	1
			9	Men's 800m Freestyle	Medal Ceremony	
			11	Mixed 4x100m Medley Relay	Fastest Heats	2
			10	Women's 1500m Freestyle	Medal Ceremony	
			11	Mixed 4x100m Medley Relay	Medal Ceremony	
			<i>End time of session</i>			

Official Timekeeping by Omega





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Date	Session	Start Time	Event Number	Event	Phase	Number of Heats
THU 13 AUG	Morning	10:00	12	Women's 400m Individual Medley	Heats	
			13	Men's 400m Individual Medley	Heats	
			14	Women's 100m Freestyle	Heats	
			15	Men's 100m Freestyle	Heats	
			16	Women's 100m Breaststroke	Heats	
			17	Men's 100m Breaststroke	Heats	
			18	Women's 50m Backstroke	Heats	
			19	Men's 50m Backstroke	Heats	
				<i>End time of session</i>		
THU 13 AUG	Evening	19:01	12	Women's 400m Individual Medley	Final B, A	
		19:41	14	Women's 100m Freestyle	Final B, A	
		19:50	15	Men's 100m Freestyle	Final B, A	
		20:06	16	Women's 100m Breaststroke	Final B, A	
		20:16	17	Men's 100m Breaststroke	Final B, A	
		19:17	13	Men's 400m Individual Medley	Final B, A	
		19:34	12	Women's 400m Individual Medley	Medal Ceremony	
		19:37	13	Men's 400m Individual Medley	Medal Ceremony	
		19:58	14	Women's 100m Freestyle	Medal Ceremony	
		20:02	15	Men's 100m Freestyle	Medal Ceremony	
		20:27	18	Women's 50m Backstroke	Final B, A	
		20:35	19	Men's 50m Backstroke	Final B, A	
		20:43	16	Women's 100m Breaststroke	Medal Ceremony	
		20:47	17	Men's 100m Breaststroke	Medal Ceremony	
		20:51	20	Women's 4x200m Freestyle	Fastest Heats	2
		21:06	21	Men's 4x200m Freestyle	Fastest Heats	2
		21:19	18	Women's 50m Backstroke	Medal Ceremony	
		21:22	19	Men's 50m Backstroke	Medal Ceremony	
		21:25	20	Women's 4x200m Freestyle	Medal Ceremony	
		21:29	21	Men's 4x200m Freestyle	Medal Ceremony	
		21:51		<i>End time of session</i>		

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Date	Session	Start Time	Event Number	Event	Phase	Number of Heats
FRI 14 AUG	Morning	10:00	22	Women's 400m Freestyle	Heats	
			23	Men's 400m Freestyle	Heats	
			24	Women's 100m Butterfly	Heats	
			25	Men's 100m Butterfly	Heats	
			26	Women's 200m Backstroke	Heats	
			27	Men's 200m Backstroke	Heats	
			28	Women's 50m Breaststroke	Heats	
			29	Men's 50m Breaststroke	Heats	
			<i>End time of session</i>			
	Evening	19:01	22	Women's 400m Freestyle	Final B, A	
			23	Men's 400m Freestyle	Final B, A	
			24	Women's 100m Butterfly	Final B, A	
			25	Men's 100m Butterfly	Final B, A	
			26	Women's 200m Backstroke	Final B, A	
			27	Men's 200m Backstroke	Final B, A	
			22	Women's 400m Freestyle	Medal Ceremony	
			23	Men's 400m Freestyle	Medal Ceremony	
			24	Women's 100m Butterfly	Medal Ceremony	
			25	Men's 100m Butterfly	Medal Ceremony	
			26	Women's 200m Backstroke	Medal Ceremony	
			28	Women's 50m Breaststroke	Final B, A	
			29	Men's 50m Breaststroke	Final B, A	
			27	Men's 200m Backstroke	Medal Ceremony	
			30	Women's 4x100m Freestyle	Fastest Heats	2
			28	Women's 50m Breaststroke	Medal Ceremony	
			29	Men's 50m Breaststroke	Medal Ceremony	
			31	Men's 4x100m Freestyle	Fastest Heats	2
			30	Women's 4x100m Freestyle	Medal Ceremony	
			31	Men's 4x100m Freestyle	Medal Ceremony	
			<i>End time of session</i>			

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Date	Session	Start Time	Event Number	Event	Phase	Number of Heats
SAT 15 AUG	Morning	10:00	32	Women's 200m Individual Medley	Heats	
			33	Men's 200m Individual Medley	Heats	
			34	Women's 50m Freestyle	Heats	
			35	Men's 50m Freestyle	Heats	
			36	Women's 200m Breaststroke	Heats	
			37	Men's 200m Breaststroke	Heats	
			38	Men's 1500m Freestyle	Final (Slowest Heats)	
			39	Women's 800m Freestyle	Heats	
			<i>End time of session</i>			
	Evening	19:55	36	Women's 200m Breaststroke	Final B, A	
		20:11	37	Men's 200m Breaststroke	Final B, A	
		19:01	32	Women's 200m Individual Medley	Final B, A	
		19:13	33	Men's 200m Individual Medley	Final B, A	
		19:25	32	Women's 200m Individual Medley	Medal Ceremony	
		19:28	33	Men's 200m Individual Medley	Medal Ceremony	
		19:33	34	Women's 50m Freestyle	Final B, A	
		19:41	35	Men's 50m Freestyle	Final B, A	
		19:50	34	Women's 50m Freestyle	Medal Ceremony	
		20:07	35	Men's 50m Freestyle	Medal Ceremony	
		20:23	36	Women's 200m Breaststroke	Medal Ceremony	
		20:28	38	Men's 1500m Freestyle	Final (Fastest Heats)	1
		20:49	39	Women's 800m Freestyle	Final	
		21:03	37	Men's 200m Breaststroke	Medal Ceremony	
		21:08	40	Women's 4x100m Medley Relay	Fastest Heats	2
		21:18	38	Men's 1500m Freestyle	Medal Ceremony	
		21:22	39	Women's 800m Freestyle	Medal Ceremony	
		21:25	41	Men's 4x100m Medley Relay	Fastest Heats	2
		21:34	40	Women's 4x100m Medley Relay	Medal Ceremony	
		21:38	41	Men's 4x100m Medley Relay	Medal Ceremony	
		21:59	<i>End time of session</i>			

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