

Special Olympics Nebraska

State Swimming for 2021

The following events will be the only events offered this year for swimming. Athletes may participate in up to 3 events. All events will be swam at your own pool during practices. We will not have a big in person competition this year. You will still be divisioned once we receive your qualifying times from your coach. Then you will swim again at a practice and turn in that time to the state office. Both your qualifying time and your final time should be sent into twolf@sona.org We will post the results on the SONE website and send the HOD's the medals and ribbons.

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| 1. 25 Freestyle | 6. 50 Backstroke |
| 2. 25 Backstroke | 7. 100 Freestyle |
| 3. 25 Breaststroke | 8. 100 Backstroke |
| 4. 25 Butterfly | 9. 100 IM |
| 5. 50 Freestyle | 10. 200 Freestyle |

Swimming Schedule for Summer Games 2021

We eliminated the Regional Swimming Competitions this year. Your swimmers go straight to state.

March 1, 2021 – April 25, 2021 - Registration period/ send in qualifying times registration spread sheet to the State Office. Please send entries to twolf@sona.org

April 26, 2021 – May 2, 2021 – Swimmers will be divisioned

May 3, 2021 – May 19, 2021 (2 weeks) of swimming competition. You will have two weeks time to give us your final swim times in your events. This will be done at your own pool. Please send final times to twolf@sona.org This can be sent via email using the updated finals time form we will provide on the SONE website.

May 20, 2021 – May 28, 2021 Results from State swimming will be posted on the website. The state office will send the medals and ribbons to the HOD's for distribution to their swimmers.

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