

SWAT

Short Course Senior Zones Itinerary

Tuesday, 4/1/25:

- 4:15am- Bag Check @ Spokane Airport
- 5:45am Depart for Las Vegas Airport (flight 3885 to OAK /4226 to LAS)
- 11:50am-Arrive Las Vegas Airport
- 12:30am- Board vans for St. George
- 2:30pm- St. George, UT (Check In, La Quinta Inn & Suites by Wyndham)
- 4:00pm- Warm-Up
- 8:00pm- Dinner
- 9:00pm- Lights Out

Wednesday 4/2 – Saturday 4/5:

- 7:00am- Breakfast
- 7:20am Leave for Pool
- 7:30am- Warm-Up
- 9:00am- Competition Starts
- 12:30– Prelims Ends
- 1:00pm- Hotel/Lunch
- 4:10pm- Leave for Finals
- 5:30pm- Finals Begins
- 8:00pm- Dinner
- 9:00pm- Lights Out

Sunday 4/6/25:

- 8:00am- Breakfast
- 8:30am- Leave for Las Vegas Airport
- 11:00am- Check In
- 3:15pm Depart for Spokane (SW flight to OAK 2995/ 4039 to GEG)
- 9:55pm- Arrive Spokane Airport

Hotel:

La Quinta Inn & Suites by Wyndham 91 East 2680 South, St. George, UT 84790

Chaperones:

Hans Johnsen – 703-638-8709

Jenn Hochwalt – 509-953-3535