

## Welcome from our Swimming Team Lead Helen Rothnie

We are very much looking forward to welcoming you and your swimmers to the Orkney 2025 International Island Games. Preparations are well underway, including installation of our new LED display board.

An addition to the usual swimming programme for this year is the new 4 x 50 mixed medley relay—now approved by IIGA and added to the Swimming By-laws.

As well as athlete seating on poolside and round the leisure pool, a warm/up cool down gym area and swim team “lounge” will be available for swimmers and team staff. We also hope to be able to accommodate all requests for dedicated physio space for teams bringing their own physiotherapist.

We look forward to receiving all your entries in May, and to a fantastic four days of great competition in the pool in July. Take a look through this preliminary update and if you have any questions, please do get in touch with me via [swimming@orkney2025.com](mailto:swimming@orkney2025.com)



# Event Schedule

14 <sup>th</sup> July	AM	1500m Freestyle (HDW)	M	H
		400m Individual Medley	W	H
		200m Butterfly	M	H
		100m Butterfly	W	H
		100m Breaststroke	M	H
		50m Breaststroke	W	H
		50m Backstroke	M	H
		200m Freestyle	W	H
		200m Individual Medley	M	H
		4 x 50m Freestyle Relay	W	H
		4 x 50m Medley Relay	M	H

14 <sup>th</sup> July	PM	1500m Freestyle (HDW)	M	F
		400m Individual Medley	W	F
		200m Butterfly	M	F
		100m Butterfly	W	F
		100m Breaststroke	M	F
		50m Breaststroke	W	F
		50m Backstroke	M	F
		200m Freestyle	W	F
		200m Individual Medley	M	F
		4 x 50m Freestyle Relay	W	F
		4 x 50m Medley Relay	M	F

15 <sup>th</sup> July	AM	1500m Freestyle (HDW)	W	H
		400m Individual Medley	M	H
		200m Breaststroke	W	H
		100m Butterfly	M	H
		100m Backstroke	W	H
		50m Breaststroke	M	H
		50m Butterfly	W	H
		200m Freestyle	M	H
		200m Individual Medley	W	H
		4 x 50m Freestyle Relay	M	H
		4 x 50m Medley Relay	W	H

15 <sup>th</sup> July	PM	1500m Freestyle (HDW)	W	F
		400m Individual Medley	M	F
		200m Breaststroke	W	F
		100m Butterfly	M	F
		100m Backstroke	W	F
		50m Breaststroke	M	F
		50m Butterfly	W	F
		200m Freestyle	M	F
		200m Individual Medley	W	F
		4 x 50m Freestyle Relay	M	F
		4 x 50m Medley Relay	W	F

## Key

M	Men's	W	Women's	X	Mixed/Team
H	Heats	F	Finals	HDW	Heat Declared Winner

# Event Schedule

16 <sup>th</sup> July	AM	100m Individual Medley	M	H
		400m Freestyle	W	H
		200m Backstroke	M	H
		100m Breaststroke	W	H
		100m Freestyle	M	H
		50m Freestyle	W	H
		50m Butterfly	M	H
		200m Backstroke	W	H
		800m Freestyle (HDW)	M	H
		4 x 100m Freestyle Relay	W	H
		4 x 100m Medley Relay	M	H
		4 x 50m Medley Relay	X	H

16 <sup>th</sup> July	PM	100m Individual Medley	M	F
		400m Freestyle	W	F
		200m Backstroke	M	F
		100m Breaststroke	W	F
		100m Freestyle	M	F
		50m Freestyle	W	F
		50m Butterfly	M	F
		200m Backstroke	W	F
		800m Freestyle (HDW)	M	F
		4 x 100m Freestyle Relay	W	F
		4 x 100m Medley Relay	M	F
		4 x 50m Medley Relay	X	F

17 <sup>th</sup> July	AM	100m Individual Medley	W	H
		400m Freestyle	M	H
		200m Butterfly	W	H
		100m Backstroke	M	H
		100m Freestyle	W	H
		50m Freestyle	M	H
		50m Backstroke	W	H
		200m Breaststroke	M	H
		800m Freestyle (HDW)	W	H
		4 x 100m Freestyle Relay	M	H
		4 x 100m Medley Relay	W	H
		4 x 50m Freestyle Relay	X	H

17 <sup>th</sup> July	PM	100m Individual Medley	W	F
		400m Freestyle	M	F
		200m Butterfly	W	F
		100m Backstroke	M	F
		100m Freestyle	W	F
		50m Freestyle	M	F
		50m Backstroke	W	F
		200m Breaststroke	M	F
		800m Freestyle (HDW)	W	F
		4 x 100m Freestyle Relay	M	F
		4 x 100m Medley Relay	W	F
		4 x 50m Freestyle Relay	X	F

# Venue & Information

## Venue

- Pickaquoy Centre, Muddisdale Road, Kirkwall, KW15 1LR
- What3words location – admiral.type.producers

## Venue Information

- The Pickaquoy Centre is hosting six other sports during games week.
- Our 25m swimming pool has six lanes, with a moveable floor so the depth can be set appropriate to our competition. Unisex changing village with unisex showers and toilets. Cool-down/warm-up gym facilities will be available.
- Tiered spectator seating area overlooking the main pool seats 137.
- Swiss Timing Quantum electronic timing system.
- Catering is available within the building and in the car park from a variety of catering businesses.

## Training & Warm Up Information

Pre- and post-competition training is available at the 25m 6-lane pool at the Pickaquoy Centre in Kirkwall. Warm-ups will take place in the competition pool prior to the heats and finals session on each of the competition days. The competition pool will remain open for cool down and general training following the morning sessions, to close one hour before the evening warm-up.

## Points to Note

- Track-start diving blocks, Backstroke ledges & Swiss Timing Quantum electronic timing system are all provided.
- Orkney 2025 Swimming will consist of a timetable as set out in the IIGA by-laws.

## Technical Committee Meetings

- Pre-Competition Technical Committee Meeting will be held on Sunday 13th July at 4pm at a still to be confirmed location in the Pickaquoy Campus.
- Post-Competition Technical Committee Meeting will be held on Friday 17<sup>th</sup> July at 11am at a still to be confirmed location in the Pickaquoy Campus.
- **Please take note of these times.**