



Note:
 Athletes swimming in the Rio 2016 Olympic Games must acclimatize themselves for swimming prelims at 1-3pm and finals at 10pm-12am midnight. **Those times are optimized and favor swimmers coming from the Pacific and Mountain time zones.**

Prelims at 1:00pm feel like 9:00am for the California swimmers on the Pacific Time Zone and 10:00am for home of USA Swimming in Colorado Springs, CO.

10pm-12am midnight finals are optimized for the Pacific and Mountain Time Zones. 10pm will feel like 6:00pm for California and 7:00pm for Colorado Springs, CO, home of USA Swimming and the National Team and home pool. Green circles are top U.S. NCAA or club teams. Home to many U.S. Olympians.

UTC times of Rio and other cities are set for August, 2016. Please consult your experts for the time differences in your country.

Rio de Janeiro
Host City 2016 Olympics
UTC -3 h
8/2016

Please note: Blue time zone lines not to scale. As of August, 2016 Rio is UTC -3 h, Colorado Springs, Co UTC -6 h, California UTC -7 h. Data for reference only. Please consult your own experts.