

Hello IES Coaches, Officials, Swimmers, & Parents!

On January 31st and February 1st, the University of Idaho and Washington State University women's swim teams will be competing against one another. On January 31st at 5:00pm Idaho will duel WSU at Gibb Pool in Pullman, WA for the Cougars senior meet. On February 1st at 10:30am WSU will duel Idaho at the Idaho Swim Center in Moscow, ID.

As the only division 1 swimming programs that represent the Inland Empire Swimming area, we would LOVE to see you send this out to your respective clubs and families as an invitation to come and watch some fast swimming on both days in back-to-back action on the Palouse! Both the Cougars and Vandals will be tech suiting up for both meets, so there is bound to be fast swims, pool records, and dare we even say – school records? We sure hope so and would really appreciate it if you and your families came out to help create an amazing atmosphere for our athletes!

You can find the order of events down below for each day. We hope to see all of you out to either rep the Cougs or the Vandals – but regardless of which team you cheer for, or the meet you can attend – we really hope we see you come out and support division 1 swimming on the Palouse.

Sincerely,

**Mark Sowa
Idaho Head Swim Coach**

**Russell Whitaker
WSU Head Swim Coach**

**Gibb Pool at 5:00pm
January 31st Order of Events**

400 Medley Relay
1000 Freestyle
200 Freestyle
100 Backstroke
100 Breaststroke
200 Butterfly
50 Freestyle

15 minute Break

100 Freestyle
200 Backstroke
200 Breaststroke
500 Freestyle
100 Butterfly

10 Minute Break

200 Individual Medley
200 Freestyle Relay

**Idaho Swim Center at 10:30am
February 1st Order of Events**

200 Medley Relay
400 Individual Medley
200 Freestyle
100 Backstroke
100 Breaststroke
200 Butterfly
50 Freestyle

1 Meter Diving

100 Freestyle
200 Backstroke
200 Breaststroke
500 Freestyle
100 Butterfly

3 Meter Diving

100 Individual Medley
400 Freestyle Relay