

STARTER\_\_\_\_\_ REFEREE\_\_\_\_\_

MEET\_\_\_\_\_ vs \_\_\_\_\_ DATE\_\_\_\_\_ PLACE\_\_\_\_\_

## KISL DUAL MEET OUTLINE

### EVENT

**1 Women's 200yd Medley Relay**

1\_\_\_\_ 2\_\_\_\_ 3\_\_\_\_ 4\_\_\_\_

**3 Women's 200yd Freestyle**

1\_\_\_\_ 2\_\_\_\_ 3\_\_\_\_ 4\_\_\_\_

**5 Women's 200yd Indiv. Medley**

1\_\_\_\_ 2\_\_\_\_ 3\_\_\_\_ 4\_\_\_\_

**7 Women's 50yd Freestyle**

1\_\_\_\_ 2\_\_\_\_ 3\_\_\_\_ 4\_\_\_\_

### EVENT

**2 Men's 200yd Medley Relay**

1\_\_\_\_ 2\_\_\_\_ 3\_\_\_\_ 4\_\_\_\_

**4 Men's 200yd Freestyle**

1\_\_\_\_ 2\_\_\_\_ 3\_\_\_\_ 4\_\_\_\_

**6 Men's 200yd Indiv. Medley**

1\_\_\_\_ 2\_\_\_\_ 3\_\_\_\_ 4\_\_\_\_

**8 Men's 50yd Freestyle**

1\_\_\_\_ 2\_\_\_\_ 3\_\_\_\_ 4\_\_\_\_

**Events 9 & 10, Women's & Men's Diving or 15 Minute Break**

**11 Women's 100yd Butterfly**

1\_\_\_\_ 2\_\_\_\_ 3\_\_\_\_ 4\_\_\_\_

**13 Women's 100yd Freestyle**

1\_\_\_\_ 2\_\_\_\_ 3\_\_\_\_ 4\_\_\_\_

**15 Women's 500yd Freestyle**

1\_\_\_\_ 2\_\_\_\_ 3\_\_\_\_ 4\_\_\_\_

**17 Women's 200yd Freestyle Relay**

1\_\_\_\_ 2\_\_\_\_ 3\_\_\_\_ 4\_\_\_\_

**19 Women's 100yd Backstroke**

1\_\_\_\_ 2\_\_\_\_ 3\_\_\_\_ 4\_\_\_\_

**21 Women's 100yd Breaststroke**

1\_\_\_\_ 2\_\_\_\_ 3\_\_\_\_ 4\_\_\_\_

**23 Women's 400yd Freestyle Relay**

1\_\_\_\_ 2\_\_\_\_ 3\_\_\_\_ 4\_\_\_\_

**12 Men's 100yd Butterfly**

1\_\_\_\_ 2\_\_\_\_ 3\_\_\_\_ 4\_\_\_\_

**14 Men's 100yd Freestyle**

1\_\_\_\_ 2\_\_\_\_ 3\_\_\_\_ 4\_\_\_\_

**16 Men's 500yd Freestyle**

1\_\_\_\_ 2\_\_\_\_ 3\_\_\_\_ 4\_\_\_\_

**18 Men's 200yd Freestyle Relay**

1\_\_\_\_ 2\_\_\_\_ 3\_\_\_\_ 4\_\_\_\_

**20 Men's 100yd Backstroke**

1\_\_\_\_ 2\_\_\_\_ 3\_\_\_\_ 4\_\_\_\_

**22 Men's 100yd Breaststroke**

1\_\_\_\_ 2\_\_\_\_ 3\_\_\_\_ 4\_\_\_\_

**24 Men's 400yd Freestyle Relay**

1\_\_\_\_ 2\_\_\_\_ 3\_\_\_\_ 4\_\_\_\_

## EVENT 15 - Women's 500yd Freestyle

| Laps | Distance | Heat #: | Heat #: | Heat #: |
|------|----------|---------|---------|---------|
| 2    | 50       |         |         |         |
| 4    | 100      |         |         |         |
| 6    | 150      |         |         |         |
| 8    | 200      |         |         |         |
| 10   | 250      |         |         |         |
| 12   | 300      |         |         |         |
| 14   | 350      |         |         |         |
| 16   | 400      |         |         |         |
| 18   | 450      | Bell    | Bell    | Bell    |
| 20   | 500      |         |         |         |

## EVENT 16 - Men's 500yd Freestyle

| Laps | Distance | Heat #: | Heat #: | Heat #: |
|------|----------|---------|---------|---------|
| 2    | 50       |         |         |         |
| 4    | 100      |         |         |         |
| 6    | 150      |         |         |         |
| 8    | 200      |         |         |         |
| 10   | 250      |         |         |         |
| 12   | 300      |         |         |         |
| 14   | 350      |         |         |         |
| 16   | 400      |         |         |         |
| 18   | 450      | Bell    | Bell    | Bell    |
| 20   | 500      |         |         |         |