

KISL / KMSSL COMBINED DUAL / TRI MEET OUTLINE

MEET _____ vs _____ vs _____ DATE _____

REFEREE _____ STARTER _____

EVENT

1 Women's 200yd Medley Relay
1M MS Women's 200yd Medley Relay

3 Women's 200yd Freestyle
3M MS Women's 200yd Freestyle

5 Women's 200yd Indiv. Medley
5M MS Women's 100yd Indiv. Medley

7 Women's 50yd Freestyle
7M MS Women's 50yd Freestyle

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

11 Women's 100yd Butterfly
11M MS Women's 50yd Butterfly

13 Women's 100yd Freestyle
13M MS Women's 100yd Freestyle

15 Women's 500yd Freestyle

17 Women's 200yd Freestyle Relay
17M MS Women's 200yd Freestyle Relay

19 Women's 100yd Backstroke
19M MS Women's 50yd Backstroke

21 Women's 100yd Breaststroke
21M MS Women's 50yd Breaststroke

23 Women's 400yd Freestyle Relay
23M MS Co-Ed 200yd Freestyle Relay

EVENT

2 Men's 200yd Medley Relay
2M MS Men's 200yd Medley Relay

4 Men's 200yd Freestyle
4M MS Men's 200yd Freestyle

6 Men's 200yd Indiv. Medley
6 MS Men's 100yd Indiv. Medley

8 Men's 50yd Freestyle
8M MS Men's 50yd Freestyle

12 Men's 100yd Butterfly
12M MS Men's 50yd Butterfly

14 Men's 100yd Freestyle
14M MS Men's 100yd Freestyle

16 Men's 500yd Freestyle

18 Men's 200yd Freestyle Relay
18M MS Men's 200yd Freestyle Relay

20 Men's 100yd Backstroke
20M MS Men's 50yd Backstroke

22 Men's 100yd Breaststroke
22M MS Men's 50yd Breaststroke

24 Men's 400yd Freestyle Relay

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			