



BACKSTROKE

BREASTSTROKE

BUTTERFLY

FREESTYLE

INDIVIDUAL MEDLEY



Swimming

Registration + Warm Up – 11 AM

Start – 12 NOON

Select a MAXIMUM of 6 events

Order of Events:

_____ 200 Freestyle

_____ 50 Backstroke

_____ 100 Butterfly

_____ 50 Freestyle

_____ 100 Individual Medley

_____ 100 Backstroke

_____ 400 Freestyle

_____ 50 Breaststroke

_____ 100 Freestyle

_____ 100 Breaststroke

_____ 50 Butterfly

_____ 200 Backstroke

_____ 200 Breaststroke

_____ 200 Butterfly

_____ 200 Individual Medley

*Please note that the pool at Rhode Island College is a 25 **yard** facility*