

## ORDER OF EVENTS

### 2016 Tri-State Regional Swim Meet – sponsored by Children’s Lightning Wheels

200 FREE  
75 IM  
100 IM  
150 IM  
200 IM  
25 FREE  
100 FREE  
50 BACK  
200 BACK  
25 BREAST  
100 BREAST  
50 FLY  
200 FLY  
500 FREE  
25 FLY  
100 FLY  
50 BREAST  
200 BREAST  
25 BACK  
100 BACK  
50 FREE  
400 IM

#### ALL RELAYS

#### Notes:

There is no limit on the number of events a swimmer can swim, but due to pool time, the meet can not wait more than 5 minutes between events, (after the last swimmer finishes), except after Event 15, the 500 Yard Freestyle.

#### For planning purposes:

1. At Junior Nationals each athlete is limited to a total of 7 events plus 2 relays over the 2 day format.
2. The order of events will be followed whenever possible – if there is an event with one swimmer it may be moved to another event of the same length or to an event with the same stroke of a different length. Examples: 25 fly with 25 back; or 50 back with 200 back. Staging personnel will check the heat sheets to be sure the swimmer is not swimming both events.