

### RSL Dual Meet Event List – Starter Cheat Sheet

Event	Age	Event
Timers at Deep end of the pool / Starter at Deep End		
1 / 2	12 & Under	Junior 100 Freestyle
3 / 4	13-18	Senior 100 Freestyle
5 / 6	8 & Under	100 Freestyle Relay
7 / 8	9 – 10	100 Freestyle Relay
9 / 10	11 – 12	100 Freestyle Relay
11 / 12	13 – 14	100 Freestyle Relay
13 / 14	15 - 18	100 Freestyle Relay
<b>Move Timers</b> to Shallow end of the pool / Starter at Deep End		
15 / 16	6 & Under	25 Freestyle
17 / 18	8 & Under	25 Freestyle
19 / 20	9 – 10	25 Freestyle
<b>Move Timers</b> to Deep end of the pool / Starter at Deep End		
21 / 22	11 – 12	50 Freestyle
23 / 24	13 – 14	50 Freestyle
25 / 26	15 – 18	50 Freestyle
<b>Move Timers</b> to Shallow end of the pool / Starter at Deep End		
27 / 28	8 & Under	25 Butterfly
29 / 30	9 – 10	25 Butterfly
<b>Move Timers</b> to Deep end of the pool / Starter at Deep End		
31 / 32	11 – 12	50 Butterfly
33 / 34	13 – 14	50 Butterfly
35 / 36	15 – 18	50 Butterfly
<b>Move Timers</b> to Shallow end of the pool / Starter at Deep End		
37 / 38	6 & Under	25 Backstroke
39 / 40	8 & Under	25 Backstroke
41 / 42	9 – 10	25 Backstroke
<b>Move Timers</b> to Deep end of the pool / Starter at Deep End		
43 / 44	11 – 12	50 Backstroke
45 / 46	13 – 14	50 Backstroke
47 / 48	15 – 18	50 Backstroke
<b>Move Timers</b> to Shallow end of the pool / Starter at Deep End		
49 / 50	8 & Under	25 Breaststroke
51 / 52	9 – 10	25 Breaststroke
<b>Move Timers</b> to Deep end of the pool / Starter at Deep End		
53 / 54	11 – 12	50 Breaststroke
55 / 56	13 – 14	50 Breaststroke
57 / 58	15 – 18	50 Breaststroke
59 / 60	12 & Under	Junior 100 Individual Medley
61 / 62	13-18	Senior 100 Individual Medley
<b>Move Timers</b> to Shallow end of the pool / Starter at Shallow End <b>*Move starter*</b>		
63 / 64	12 & Under	Junior 100 Individual Medley Relay
65 / 66	13-18	Senior 100 Individual Medley Relay
Timers stay at Shallow end of the pool / Starter at Deep End <b>*Move Starter*</b>		
67 / 68	All Ages	Graduated 125 Freestyle Relay