

# Adult Swim Meets

0700 | Parris Island MCCS Outdoor Pool



## 29 MAY

### Individual Male/ Female

- 25 Meter Freestyle
- 25 Meter Backstroke
- 25 Breaststroke
- 25 Meter Butterfly

### Team Events (4 Team Members)

- 100 Meter Beach Ball Relay
- 100 Meter Medley Relay
- 100 Meter Freestyle Relay

## 12 JUNE

### Individual Male/ Female

- 100 Meter Medley
- 50 Meter Breaststroke
- 50 Meter Freestyle
- 100 Meter Freestyle

### Team Events (4 Team Members)

- 200 Meter Breaststroke Relay
- 100 Meter Brick Tow Relay

## 17 JULY

(Long Course)

### Individual Male/ Female

- 100 Meter Freestyle
- 50 Meter Backstroke
- 50 Meter Butterfly
- 400 Meter Freestyle

### Team Events (4 Team Members)

- 100 Meter Superman Relay
- 400 Meter Freestyle Relay

## 21 AUGUST

### Individual Male/ Female

- 200 Meter Freestyle
- 200 Meter Medley
- 200 Meter Breaststroke
- 50 Meter Freestyle

### Team Events (4 Team Members)

- 50 Meter Arms Across America
- 600 Meter Team Relay

For more information contact Josh Cole at 843-812-4588 or [colej@usmc-mccs.org](mailto:colej@usmc-mccs.org)



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