

Programme of Events

Session 1 - Warm Up starts @ 9:00 for 50 mins.

Boys	Girls
200m Backstroke	200m Butterfly
200m Breaststroke	200m Freestyle
200m Ind Medley	

Session 2 – Warm Up starts @ 13:30 for 50 mins

Boys	Girls
	200m Ind Medley
200m Butterfly	200m Breaststroke
200m Freestyle	200m Backstroke

Swimmers must check in by the start of the warm up for each session.