

Programme of Events

FRIDAY 22nd March: Session 1				
11	800M	Mixed	FREE	HDW
12	1500M	Mixed	FREE	HDW

SATURDAY 23rd March: Session 2				
21	400M	F	IM	HDW
22	200M	M	IM	HDW
23	100M	F	FLY	HDW
24	200M	M	BACK	HDW
25	100M	F	BACK	HDW
26	100M	M	FREE	HDW
10 MINS SET UP BREAK				
27	50M	F	BACK	HDW
28	50M	M	FLY	HDW

SATURDAY 22rd March: Session 3				
31	400M	M	FREE	HDW
32	200M	F	FREE	HDW
33	200M	M	BREAST	HDW
34	100M	F	BREAST	HDW
35	200M	M	FLY	HDW
10 MINS SET UP BREAK				
36	50M	F	FREE	HDW
37	50M	M	BREAST	HDW

SUNDAY 24th March: Session 4				
41	400M	M	IM	HDW
42	200M	F	IM	HDW
43	100M	M	FLY	HDW
44	200M	F	BACK	HDW
45	100M	M	BACK	HDW
46	100M	F	FREE	HDW
10 MINS SET UP BREAK				
47	50M	M	BACK	HDW
48	50M	F	FLY	HDW

SUNDAY 24th March: Session 5				
51	400M	F	FREE	HDW
52	200M	M	FREE	HDW
53	200M	F	BREAST	HDW
54	100M	M	BREAST	HDW
55	200M	F	FLY	HDW
10 MINS SET UP BREAK				
56	50M	M	FREE	HDW
57	50M	F	BREAST	HDW