

LIST SWIMMING COMPETITION

THURSDAY 10th NOVEMBER

8.30 - 9.30 warm up

9.30 start races

50m backstroke M - qualification

50m backstroke F - qualification

50m butterfly M - qualification

50m butterfly F - qualification

200m freestyle M - qualification

200m freestyle F - qualification

50m freestyle M - qualification

50m freestyle F - qualification

50m breaststroke M - qualification

50m breaststroke F - qualification

200m medley M - qualification

200m medley F - qualification

FRIDAY 11th NOVEMBER

8.30 - 9.30 warm up

9.30 start races

4X50m freestyle relay MIX (2M + 2F) - qualification

4X50m freestyle relay M - qualification

4X50m freestyle relay F - qualification

4X50m medley relay M - qualification

4X50m medley relay F - qualification

20 min warm up

50m backstroke M - FINAL

50m backstroke F - FINAL

50m butterfly M - FINAL

50m butterfly F - FINAL

200m freestyle M - FINAL

200m freestyle F - FINAL

50m freestyle M - FINAL

50m freestyle F - FINAL

50m breaststroke M - FINAL

50m breaststroke F - FINAL

200m medley M - FINAL

200m medley F - FINAL

SATURDAY 12th NOVEMBER

8.30 - 9.30 warm up

9.30 start races

4X50m freestyle relay MIX (2M + 2F) - FINAL

4X50m freestyle relay M - FINAL

4X50m freestyle relay F - FINAL

4X50m medley relay M - FINAL

4X50m medley relay F - FINAL