



## PROGRAMME OF EVENTS

The recently introduced relay events have been included in this year's schedule. To accommodate the extra swims a Saturday evening session has been introduced. This will be completed in time for the swimmers involved to attend the Pasta Party afterwards.

Entry details will be available on the website when they have been finalised.

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### **Session 1 – Friday 29<sup>th</sup> October - Afternoon** **Warm up 12:00 noon**

Mixed 1500m Freestyle

### **Session 2 – Friday 29<sup>th</sup> October - Evening**

100m Freestyle  
200m Backstroke  
100m Butterfly  
50m Breaststroke  
4 x100m Medley Relays

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### **Session 3 - Saturday 30<sup>th</sup> October - Morning** **Warm up – 08:00**

4 x 200m Freestyle Relays  
400m Individual Medley  
50m Backstroke  
100m Breaststroke  
4 x 50m Freestyle Relays

### **Session 4 - Saturday 30<sup>th</sup> October - Afternoon**

Mixed 4 x 50m Freestyle Relay  
200m Freestyle  
200m Individual Medley  
50m Freestyle  
Mixed 4 x100m Freestyle Relay

### **Session 5 – Saturday 30<sup>th</sup> October - Evening**

Mixed 4 x100m Medley Relay  
400m Freestyle

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### **Session 6 – Sunday 31<sup>st</sup> October - Morning** **Warm up 08:00**

800m Freestyle  
4 x 50m Medley Relays  
100m Individual Medley  
200m Butterfly  
Mixed 4 x 200m Freestyle Relay

### **Session 7 - Sunday 31<sup>st</sup> October - Afternoon**

Mixed 4 x 50m Medley Relay  
200m Breaststroke  
50m Butterfly  
100m Backstroke  
4 x100m Freestyle Relays

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