



Program

FIRST DAY 28TH APRIL (SATURDAY)		
Morning session: warm up 8.30		
MORNING DAY 1 Start at 10.00	100 FREE	GIRLS
	100 FREE	BOYS
	200 BACK	GIRLS
	200 BACK	BOYS
	AWARD CEREMONY	
	1500 FREE	GIRLS
	800 FREE	BOYS
	AWARD CEREMONY	
	50 FLY	GIRLS
	50 FLY	BOYS
	AWARD CEREMONY	
	4X200 FREE	GIRLS
	4X200 FREE	BOYS
	AWARD CEREMONY	
	Evening session: warm up 15.30	
EVENING DAY 1 Start at 17.30	200 FREE	GIRLS
	200 FREE	BOYS
	100 BACK	GIRLS
	100 BACK	BOYS
	AWARD CEREMONY	
	200 BREAST	GIRLS
	200 BREAST	BOYS
	AWARD CEREMONY	
	50 FREE	GIRLS
	50 FREE	BOYS
	AWARD CEREMONY	
	400 IM	GIRLS
	400 IM	BOYS
	AWARD CEREMONY	

SECOND DAY 29TH APRIL (SUNDAY)		
Morning session: warm up 8.30		
MORNING DAY 2 Start at 10.00	100 BREAST	GIRLS
	100 BREAST	BOYS
	200 FLY	GIRLS
	200 FLY	BOYS
	AWARD CEREMONY	
	50 BACK	GIRLS
	50 BACK	BOYS
	AWARD CEREMONY	
	800 FREE	GIRLS
	1500 FREE	BOYS
	AWARD CEREMONY	
	4x100 MEDLEY	GIRLS
	4x100 MEDLEY	BOYS
	AWARD CEREMONY	
	Evening session: warm up 15.30	
EVENING DAY 2 Start at 17.00	400 FREE	GIRLS
	400 FREE	BOYS
	100 FLY	GIRLS
	100 FLY	BOYS
	AWARD CEREMONY	
	200 IM	GIRLS
	200 IM	BOYS
	AWARD CEREMONY	
	50 BREAST	GIRLS
	50 BREAST	BOYS
	AWARD CEREMONY	
	4X100 FREE	GIRLS
	4X100 FREE	BOYS
	AWARD CEREMONY	