



International Swimming Meet Energy Standard Cup 2016

Progressive Order

First Day 30 April 2016 (Saturday)					
Morning session Warm up 7.45 Start 9.00			Evening session Warm up 14.45 Start 16.30		
400 IM	YOUTH	Girls	200 FREE	YOUTH	Girls
		Boys			Boys
	JUNIOR	Girls		JUNIOR	Girls
		Boys			Boys
	OPEN	Women		OPEN	Women
		Men			Men
Award Ceremony			Award Ceremony		
100 FREE	YOUTH	Girls	100 BACK	YOUTH	Girls
		Boys			Boys
	JUNIOR	Girls		JUNIOR	Girls
		Boys			Boys
	OPEN	Women		OPEN	Women
		Men			Men
Award Ceremony			Award Ceremony		
200 BACK	YOUTH	Girls	200 BREAST	YOUTH	Girls
		Boys			Boys
	JUNIOR	Girls		JUNIOR	Girls
		Boys			Boys
	OPEN	Women		OPEN	Women
		Men			Men
Award Ceremony			Award Ceremony		
50 FLY	YOUTH	Girls	50 FREE	YOUTH	Girls
		Boys			Boys
	JUNIOR	Girls		JUNIOR	Girls
		Boys			Boys
	OPEN	Women		OPEN	Women
		Men			Men
Award Ceremony			Award Ceremony		
4X200 FREE	YOUTH	Mixed	4X100 MEDLEY RELAY	YOUTH	Girls
					Boys
	JUNIOR	Mixed		JUNIOR	Girls
					Boys
	OPEN	Mixed		OPEN	Women
					Men
Award Ceremony			Award Ceremony		

Second Day 1 May 2016 (Sunday)					
Morning session Warm up 7.45 Start 9.00			Evening session Warm up 14.45 Start 16.00		
1500 FREE	YOUTH	Boys	400 FREE	YOUTH	Girls
	JUNIOR	Boys		JUNIOR	Boys
	OPEN	Men		OPEN	Women
Award Ceremony			Award Ceremony		
100 BREAST	YOUTH	Girls	100 FLY	YOUTH	Girls
		Boys			Boys
	JUNIOR	Girls		JUNIOR	Girls
		Boys			Boys
	OPEN	Women		OPEN	Women
		Men			Men
Award Ceremony			Award Ceremony		
200 FLY	YOUTH	Girls	200 IM	YOUTH	Girls
		Boys			Boys
	JUNIOR	Girls		JUNIOR	Girls
		Boys			Boys
	OPEN	Women		OPEN	Women
		Men			Men
Award Ceremony			Award Ceremony		
50 BACK	YOUTH	Girls	50 BREAST	YOUTH	Girls
		Boys			Boys
	JUNIOR	Girls		JUNIOR	Girls
		Boys			Boys
	OPEN	Women		OPEN	Women
		Men			Men
Award Ceremony			Award Ceremony		
800 FREE	YOUTH	Girls	4X100 FREE	YOUTH	Girls
					Boys
	JUNIOR	Girls		JUNIOR	Girls
					Boys
	OPEN	Women		OPEN	Women
					Men
Award Ceremony			Award Ceremony		

TEAMS AND BEST PERFORMERS AWARD CEREMONY