



Competition Programme

Day 1 // Friday // Morning

1. 100m	Freestyle	Girls
2. 100m	Freestyle	Boys
3. 400m	Ind. Medley	Girls
4. 400m	Ind. Medley	Boys
Break 15 minutes		
5. 4X 50 m	Medley Mixed Relay	Boys/ Girls

Day 1 // Friday // Afternoon

1. 200m	Backstroke	Girls
2. 200m	Backstroke	Boys
3. 400m	Freestyle	Girls
4. 400m	Freestyle	Boys
Break 15 minutes		
5. 4X 100 m	Freestyle Relay	Girls
6. 4X 100 m	Freestyle Relay	Boys

Day 2 // Saturday // Morning

1. 50m	Freestyle	Girls
2. 50m	Freestyle	Boys
3. 100m	Breaststroke	Girls
4. 100m	Breaststroke	Boys
5. 100m	Butterfly	Girls
6. 100m	Butterfly	Boys
Break 15 minutes		
7. 4X 200m	Freestyle relay	Girls
8. 4X200m	Freestyle relay	Boys

Day 2 // Saturday // Afternoon

1. 800m	Freestyle	Girls
2. 200m	Breaststroke	Girls
3. 200m	Breaststroke	Boys
4. 100m	Backstroke	Girls
5. 100m	Backstroke Break	Boys
15 minutes		
6. 4X 100m	Medley relay	Girls
7. 4 X100m	Medley relay	Boys

Day 3 // Sunday // Morning

1. 200m	Butterfly	Girls
2. 200m	Butterfly	Boys
3. 200m	Freestyle	Girls
4. 200m	Freestyle	Boys
Break 15 minutes		
5. 4 X 50 m	Freestyle Mixed relay	Boys/ Girls

Day 3 // Sunday // Afternoon

1. 1500m	Freestyle	Boys
2. 200m	Individual Medley	Girls
3. 200m	Individual Medley	Boys
Break 15 minutes		
4. 4x100m	Freestyle Mixed Relay	Boys/Girls