STROKE DEVELOPMENT 2

DATE 17th Jan 2009

VENUES CASTLEREAGH

SESSION
Warm up – 9.00 am
Start – 10.00 am
ORDER OF EVENTS
100m FLY
100m FREE
400m INDIVIDUAL MEDLEY

1. FEMALES B 100M BUTTERFLY
2. FEMALES C 100M BUTTERFLY
3. MALES B 100M BUTTERFLY
4. MALES C 100M BUTTERFLY
5. FEMALES B 100M FREESTYLE
6. FEMALES C 100M FREESTYLE
7. MALES B 100M FREESTYLE
8. MALES C 100M FREESTYLE
9. FEMALES B 400M INDIVIDUAL MEDLEY
10. FEMALES C 400M INDIVIDUAL MEDLEY
11. MALES B 400M INDIVIDUAL MEDLEY
12. MALES C 400M INDIVIDUAL MEDLEY

Session timings subject to change depending on entries received
Expected completion time – 1.00 pm