STROKE DEVELOPMENT 3

DATE 28th Feb 2009

VENUE CASTLEREAGH (28th Feb 2009)

FEES PER EVENT £2.50
Payable to SWIM-ULSTER

SESSION
Warm up – 9.00 am
Start – 10.00 am
ORDER OF EVENTS
200m BACK
200m BREAST
200m INDIVIDUAL MEDLEY

1. FEMALES B 200M BACKSTROKE
2. FEMALES C 200M BACKSTROKE
3. MALES B 200M BACKSTROKE
4. MALES C 200M BACKSTROKE
5. FEMALES B 200M BREASTSTROKE
6. FEMALES C 200M BREASTSTROKE
7. MALES B 200M BREASTSTROKE
8. MALES C 200M BREASTSTROKE
9. FEMALES B 200M INDIVIDUAL MEDLEY
10. FEMALES C 200M INDIVIDUAL MEDLEY
11. MALES B 200M INDIVIDUAL MEDLEY
12. MALES C 200M INDIVIDUAL MEDLEY

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