



## Programme

### Session 1

Warm Up: 9:00am

Session Start: 9:30am

No.	Event
101	200m IM
102	50m Butterfly
103	200m Backstroke
104	1500m Freestyle
105	100m Breaststroke
106	400m Freestyle
107	200m Butterfly
108	50 Backstroke
109	100 Freestyle

### Session 2

Warm Up: 12:30pm

Session Start: 1:00pm

No.	Event
201	200m Breaststroke
202	50m Freestyle
203	400m IM
204	100m Butterfly
205	800m Freestyle
206	100m Backstroke
207	50m Breaststroke
208	200m Freestyle