



# Programme

## Session 1

Warm Up: 12:30pm

Session Start: 01:00pm

No.	Event	Ages
101	50m Backstroke	Open
102	200m I.M.	10 years and over
103	100m Freestyle	9 years and over
104	50m Breaststroke	Open
105	200m Backstroke	10 years and over
106	100m Butterfly	9 years and over
107	50m Freestyle	Open
108	100m Backstroke	9 years and over
109	200m Freestyle	10 years and over
110	50m Butterfly	Open
111	100m Breaststroke	9 years and over
112	100m I.M.	9 years and over