



SATURDAY a.m. 18/09/10

SESSION 1

Warm up 8.15 a.m. Start 9.00 a.m.

1. FEMALE 200 Br
2. MALE 50 Bk
3. FEMALE 50 Fly
4. MALE 100 Br
5. FEMALE 100 Bk
6. MALE 200 Fr
7. FEMALE 200 I/m

SATURDAY p.m. 18/09/10

SESSION 2

Warm Up and Start TBC.

8. MALE 200 Bk
9. FEMALE 50 Br
10. MALE 50 Fr
11. FEMALE 200 Fly
12. MALE 100 Fly
13. FEMALE 100 Fr
14. MALE 400 Fr

SUNDAY a.m. 19/09/10

SESSION 3

Warm up 8.15 a.m. Start 9.00 a.m.

15. MALE 200 Br
16. FEMALE 50 Bk
17. MALE 50 Fly
18. FEMALE 100 Br
19. MALE 100 Bk
20. FEMALE 200 Fr
21. MALE 200 I/m

SUNDAY p.m. 19/09/10

SESSION 4

Warm Up and Start TBC.

22. FEMALE 200 Bk
23. MALE 50 Br
24. FEMALE 50 Fr
25. MALE 200 Fly
26. FEMALE 100 Fly
27. MALE 100 Fr
28. FEMALE 400 Fr