



Closing date for entries 7pm Thursday 1<sup>st</sup> December 2016

Programme of events

Thursday 5<sup>th</sup> January

5pm warm up 5.45pm start

1. 200m IM Boys
2. 200m Freestyle Girls
3. 25m Freestyle Boys 8 and under
4. 25m Freestyle Girls 8 and under
5. 50m Freestyle Boys 9 and over
6. 50m Freestyle Girls 9 and over
7. 100m Breaststroke Boys 10 and over
8. 100m Breaststroke Girls 10 and over
9. 25m Butterfly Boys
10. 25m Butterfly Girls
11. 50m Butterfly Boys 9 and over
12. 50m Butterfly Girls 9 and over
13. 100m Back Boys 10 and over
14. 100m Back Girls 10 and over

Thursday 12<sup>th</sup> January

5pm warm up 5.45pm start

1. 200m IM Girls
2. 200m Freestyle Boys
3. 25m Backstroke Girls
4. 25m Backstroke Boys
5. 50m Backstroke Girls 9 and over
6. 50m Backstroke Boys 9 and over
7. 100m Butterfly Girls 10 and over
8. 100m Butterfly Boys 10 and over
9. 25m Breaststroke Girls
10. 25m Breaststroke Boys
11. 50m Breaststroke Girls 9 and over
12. 50m Breaststroke Boys 9 and over
13. 100m Freestyle Girls 10 and over
14. 100m Freestyle Boys 10 and over