

Exeter City Swimming Club Long Course Meet - 21 & 22 January 2012

Programme of events – all HEAT DECLARED WINNERS

Saturday – Session 1 Warm-up 08.00 Start 08.30

1 M 1500 free

Saturday – Session 2 Warm-up 09.30 Start 10.30

2 F 400m free
3 M 200m individual medley
4 F 200m back

Saturday – Session 3 Warm-up 12.00 Start 12.20

5 M 200m breast
6 F 100m breast
7 M 100m fly
8 F 50m back
9 M 50m back

Saturday – Session 4 Warm-up 14.15 Start 15.15

10 M 400m individual medley
11 F 200m free
12 M 100m free

Saturday – Session 5 Warm-up 17.30 Start 17.50

13 F 100m back
14 M 200m fly
15 F 50m fly
16 M 50m breast

Sunday – Session 6 Warm-up 08.00 Start 08.30

17 F 800 free

Sunday – Session 7 Warm-up 09.30 Start 10.30

18 M 400m free
19 F 200m individual medley
20 M 100m breast

Sunday – Session 8 Warm-up 12.00 Start 12.20

21 F 200m breast
22 M 200m back
23 F 100m fly
24 M 50m fly
25 F 50m breast

Sunday – Session 9 Warm-up 15.20 Start 16.00

26 F 400m individual medley
27 M 200m free
28 F 100m free

Sunday – Session 10 Warm-up 17.30 Start 17.50

29 M 100m back
30 F 200m fly
31 M 50m free
32 F 50m free