



2017 Commercial Short Course Preparation Meet Sunday 9th July 2017

Session 1 - Warm-up 8:00 am

Start 9:00 am

Event No.		Age	Distance	Stroke
Male	Female			
1	2	9 – 11 Years	100m	Ind. Medley
3	4	8 – 11 Years	50m	Freestyle
5	6	9 – 11 Years	100m	Backstroke
7	8	8 – 11 Years	50m	Breaststroke
9	10	9 – 11 Years	100m	Butterfly
11	12	8 – 11 Years	50m	Backstroke
13	14	9 – 11 Years	100m	Freestyle
15	16	8 – 11 Years	50m	Butterfly
17	18	9 – 11 Years	100m	Breaststroke

Session 2

(TBA)

Event No.		Age	Distance	Stroke
Male	Female			
19	20	Open	200m	Ind. Medley
21	22	Open	400m	Freestyle
23	24	12 Years & Over	50	Breaststroke
25	26	12 Years & Over	100m	Backstroke
27	28	Open	200m	Butterfly
29	30	Open	200m	Freestyle
31	32	12 Years & Over	100m	Breaststroke
33	34	12 Years & Over	50m	Backstroke
35	36	12 Years & Over	100m	Ind. Medley
37	38	12 Years & Over	100m	Freestyle
39	40	12 Years & Over	50m	Butterfly
41	42	Open	200m	Breaststroke
43	44	Open	200m	Backstroke
45	46	12 Years & Over	100m	Butterfly
47	48	12 Years & Over	50m	Freestyle
49	50	Open	400m	Ind. Medley
51	52	Open	800m	Freestyle
53	54	Open	1500m	Freestyle

WE LOOK FORWARD TO AN EXCITING DAYS RACING AND WELCOME YOU TO OUR CLUB ON SUNDAY 9 JULY 2017