

SCHEDULE OF EVENTS

Session 1 – Warm Up 0830 – 08.45 (800m Swimmers Only) – Start 08.50 Est Finish 10.00 WITHDRAWALS REQUIRED BY 18:00 ON THE 20TH SEPTEMBER TO

mastersentries@eastswimming.org

101	Mixed 800m Freestyle
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Session 2 – Warm Up 10.05 – 10.35 & Start 10.40 Est Finish 12.55
WITHDRAWALS & TEAM DECLARATIONS REQUIRED BY 10:05

201	Mixed 200m Breaststroke
202	Open/Male 50m Backstroke
203	Female 50m Backstroke
204	Mixed 200m Butterfly
205	Open/Male 100m IM
206	Female 100m IM
207	Open/Male 50m Freestyle
208	Female 50m Freestyle
209	Mixed 400m Freestyle

Lunch 12.55 – 13.25

Session 3 – Warm Up 13.25 – 13.55 & Start 14.00 Est Finish 15.45
WITHDRAWALS & TEAM DECLARATIONS REQUIRED BY 13:25

301	Mixed 200m IM
302	Open/Male 100m Freestyle
303	Female 100m Freestyle
304	Open/Male 50m Breaststroke
305	Female 50m Breaststroke
306	Open/Male 100m Butterfly
307	Female 100m Butterfly
308	Mixed 200m Backstroke
309	Mixed 4x50m Medley Team

Break 15.45 – 15.55

Session 4 – Warm Up 15.55 – 16.25 & Start 16.30 Est Finish 18.10
WITHDRAWALS & TEAM DECLARATIONS REQUIRED BY 15:55

401	Mixed 4x50m Freestyle Team
402	Open/Male 50m Butterfly
403	Female 50m Butterfly
404	Open/Male 100m Backstroke
405	Female 100m Backstroke
406	Mixed 200m Freestyle
407	Open/Male 100m Breaststroke
408	Female 100m Breaststroke
409	Mixed 400m IM