

## Saturday pm Session 3 Warm up estimated 13:00, start 14:00 and target finish time 16:30

- 13 Women's 200m Freestyle
- 14 Men's 400m Freestyle

Men's 100m Freestyle

Men's 200m Butterfly

Women's 50m Freestyle

- 15 Women's 100m Breaststroke
- Men's 200m IM 16

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- 17 Women's 200m Backstroke
- Men's 200m Breaststroke 18
- Women's 100m Butterfly 19
- 20 Men's 100m Backstroke
- 21 Women's 100m IM

## Sunday am Session 4 Warm up 9 am start 10 am

Gala, entries for the Age Group and Youth Championship. Saturday am Session 2 Warm up 9 am Start 10 am

> Men's 50m Butterfly (Including Butterfly Skins Heats) Women's 50m Butterfly (Including Butterfly Skins Heats)

- 22 Men's 50m Freestyle
- 23 Women's 100m Freestyle
- 24 Men's 400m IM
- 25 Women's 200m Butterfly
- 26 Men's 50m Backstroke
- 27 Women's 50m Breaststroke
- 28 Men's 200m Freestyle
- Women's 100m Backstroke 29

## Sunday pm Session 5 Warm up estimated 13:00, start 14:00 and target finish time 16:30

- 30 Men's 100m Breaststroke
- 31 Women's 400m Freestyle
- 32 Men's 200m Backstroke
- Women's 200m IM 33
- 34 Men's 100m Butterfly
- 35 Women's 200m Breaststroke
- 36 Men's 100m IM

Meet 2 The Halloween Meet 23rd – 25th October 2009 Closing date Fri. 9<sup>th</sup> October 2009 Friday PM Session 1 Warm up 5.00 pm Start 6.00 pm 1 Mixed 800m freestyle (Max 6 Heats) 2 Mixed 1500m freestyle (Max 4 Heats)

Coaches must advise the referee 1 hour prior to the start of the gala if a swimmer is attempting a record and in that instance the final 2 heats will be separate male / female heats. The Friday Session will finish no later than 9 PM. That means we may have to restrict entries. Priority will be given to entries received before the closing date and, in the case of the April Earth Day

