

COMPETITION SCHEDULE

DAY 1	DAY 2	DAY 3	DAY 4
19 NOVEMBER	20 NOVEMBER	21 NOVEMBER	22 NOVEMBER
100 im M	200 free W	200 breast W	200 im W
100 im W	200 free M	200 breast M	200 im M
800 free M	50 breast W	50 free W	400 free W
800 free W	50 breast M	50 free M	400 free M
4x50 free MX	100 fly W	100 back W	4x50 medley MX
	100 fly M	100 back M	
	OPEN WATER - 1,5KM		

DAY 5	DAY 6	DAY 7
23 NOVEMBER	24 NOVEMBER	25 NOVEMBER
200 back W	200 fly W	4x50 freestyle W
200 back M	200 fly M	4x50 freestyle M
50 fly W	50 back W	4x50 medley M
50 fly M	50 back M	4x50 medley W
100 free W	100 breast W	
100 free M	100 breast M	
	OPEN WATER - 3KM	

