



## Swimming Boys & Girls Program

Days Hours	Tuesday July 31 <sup>st</sup>	Wednesday August 1 <sup>st</sup>	Wednesday August 2 <sup>st</sup>
<b>8:30</b>	<b>Warm - up</b>	<b>Warm - up</b>	<b>Warm - up</b>
<b>9:45</b>	<b>Preliminaries</b>	<b>Preliminaries</b>	<b>Preliminaries</b>
	50 Butterfly	50 Breaststroke	4X100 freestyle (direct finals)
	50 Backstroke	50 Freestyle	200 Individual Medley (direct finals)
	100 Breaststroke	100 Butterfly	400 Freestyle (direct finals)
	100 Freestyle	100 Backstroke	4X100 Medley (direct finals)
<b>16:15</b>	<b>Warm - up</b>	<b>Warm - up</b>	
<b>17:30</b>	<b>Finals</b>	<b>Finals</b>	
	50 Butterfly	50 Breaststroke	
	50 Backstroke	50 Freestyle	
	100 Breaststroke	100 Butterfly	
	100 Freestyle	100 Backstroke	
	200 Butterfly (direct finals)	200 Breaststroke (direct finals)	
	200 Backstroke (direct finals)	200 Freestyle (direct finals)	