



Affiliated to M.A.S.A., K.C.A.S.A., S.E.C.A.S.A., R.L.S.S.

PROGRAMME OF EVENTS

Saturday 24th May 2008

Session 1

Warm Up: 08:30

Start: 09:30

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|----|------------------------|-------|
| 1. | 200m Butterfly | Girls |
| 2. | 200m Butterfly | Boys |
| 3. | 50m Backstroke | Girls |
| 4. | 50m Backstroke | Boys |
| 5. | 100m Breaststroke | Girls |
| 6. | 100m Breaststroke | Boys |
| 7. | 200m Individual Medley | Girls |

Session 2

Warm Up: 12:30

Start: 13:30

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| 8. | 200m Freestyle | Girls |
| 9. | 200m Freestyle | Boys |
| 10. | 100m Backstroke | Girls |
| 11. | 100m Backstroke | Boys |
| 12. | 50m Breaststroke | Girls |
| 13. | 50m Breaststroke | Boys |

Session 3

Warm Up: 16:30

Start: 17:15

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| 14. | 400m Freestyle | Girls and Boys Combined |
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Sunday 25th May 2008

Session 4

Warm Up: 08:30

Start: 09:30

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|-----|------------------------|-------|
| 15. | 200m Breaststroke | Boys |
| 16. | 200m Breaststroke | Girls |
| 17. | 100m Freestyle | Boys |
| 18. | 100m Freestyle | Girls |
| 19. | 50m Butterfly | Boys |
| 20. | 50m Butterfly | Girls |
| 21. | 200m Individual Medley | Boys |

Session 5

Warm Up: 12:30

Start: 13:30

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|-----|-----------------|-------|
| 22. | 200m Backstroke | Boys |
| 23. | 200m Backstroke | Girls |
| 24. | 50m Freestyle | Boys |
| 25. | 50m Freestyle | Girls |
| 26. | 100m Butterfly | Boys |
| 27. | 100m Butterfly | Girls |