

LAST CHANCE REGIONAL QUALIFIER 2012

To be Held at Arun Leisure Centre, Felpham

PROGRAMME OF EVENTS

SUNDAY 15th APRIL 2012

Session 1		Warm up 8.30am		
1	Boys	14 years & over	50m	Backstroke
2	Girls	9 years & over	200m	Freestyle
3	Boys	10 years & over	100m	Freestyle
4	Girls	10 years & over	100m	Butterfly
5	Boys	10 years & over	100m	Backstroke
6	Girls	9 years & over	200m	Breaststroke
7	Boys	9 years & over	200m	Individual Medley
8	Girls	14 years & over	50m	Butterfly
9	Boys	9 years & over	50m	Freestyle

Session 2		Warm up TBC		
10	Girls	9 years & over	50m	Freestyle
11	Boys	9 years & over	200m	Freestyle
12	Girls	10 years & over	100m	Breaststroke
13	Boys	10 years & over	100m	Butterfly
14	Girls	9 years & over	200m	Backstroke
15	Boys	9 years & over	200m	Breaststroke
16	Girls	10 years & over	100m	Freestyle
17	Boys	14 years & over	50m	Butterfly
18	Girls	14 years & over	50m	Breaststroke

Session 3		Warm up TBC		
19	Girls	9 years & over	200m	Butterfly
20	Boys	9 years & over	200m	Butterfly
21	Girls	10 years & over	100m	Backstroke
22	Boys	9 years & over	200m	Backstroke
23	Girls	9 years & over	200m	Individual Medley
24	Boys	10 years & over	100m	Breaststroke
25	Girls	14 years & over	50m	Backstroke
26	Boys	14 years & over	50m	Breaststroke