

## LAST CHANCE REGIONAL QUALIFIER 2010

To be Held at Arun Leisure Centre, Felpham

### PROGRAMME OF EVENTS

#### SUNDAY 25<sup>th</sup> APRIL 2010

Session 1		Warm up 8.30am		
1	Girls	9 years & over	200m	Butterfly
2	Boys	9 years & over	200m	Backstroke
3	Girls	10 years & over	100m	Freestyle
4	Boys	11 years & over	100m	Butterfly
5	Girls	10 years & over	100m	Breaststroke
6	Boys	9 years & over	200m	Individual Medley
7	Girls	9 years & over	50m	Freestyle

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

Session 3		Warm up TBC		
15	Girls	10 years & over	100m	Backstroke
16	Boys	9 years & over	200m	Breaststroke
17	Girls	9 years & over	200m	Freestyle
18	Boys	9 years & over	200m	Butterfly
19	Girls	9 years & over	200m	Individual Medley
20	Boys	11 years & over	100m	Freestyle