

Limerick swimming club celebrating 31 Years

Order of Events

Session 1 Saturday Morning warm-up 8am (30mins females followed by 30mins males) start 9.15am	Session 3 Sunday Morning warm-up 8am (30mins males followed by 30mins females) start 9.15am
1. 400m freestyle Female	21. 400m Freestyle Male
2. 100m Backstroke Male	22. 100m Backstroke Female
3. 50 Butterfly Female	23. 50m Freestyle Male
4. 50m Butterfly Male	24. 50m Freestyle Female
5. 200m IM Female	25. 200m IM Male
6. 200m Butterfly Male	26. 200m Butterfly Female
7. 100m Breaststroke Female	27. 100m Breaststroke Male
8. 400IM Male	28. 400m IM Female
9. 400m Freestyle Relay Female Junior	29. 400m IM Relay Male Junior
10. 400m Freestyle Relay Male Junior	30. 400m IM Relay Female junior
11. 400m Freestyle Relay Female Senior	31. 400m IM Relay Male Senior
12. 400m Freestyle Relay Male Senior	32. 400m IM Relay Female Senior
Session 2 Saturday Afternoon warm-up 1.30pm approx, (20mins Males & 20mins Females), start 2.15pm	Session 4 Sunday Afternoon warm-up 1.30pm approx, (20mins Females & 20mins Males), start 2.15pm
13. 200m Breaststroke Male	33. 200m Breaststroke Female
14. 100 Butterfly Female	34. 100m Butterfly Male
15. 200m Freestyle Male	35. 200m Freestyle Female
16. 50m Backstroke Female	36. 50m Breaststroke Male
17. 50m Backstroke Male	37. 50m Breaststroke Female
18. 100m Freestyle Female	38. 100m Freestyle Male
19. 200m Backstroke Male	39. 200m Backstroke Female
20. Cannon	
	40. Mixed 4x100 Medley Relay Junior
	41. Mixed 4x100 Medley Relay Senior