

SWIMMING

Indoor pool 50m Outdoor pool 50m Outdoor pool 25m Indoor pool 25m

Thursday 7 June			Training	
Friday 8 June			Training	
Saturday 9 June	training		Training	
Sunday 10 June	800m Free W	800m Free M	warm up/swim down	warm up/swim down
Monday 11 June	200m Back M	200m Back W	warm up/swim down	warm up/swim down
	100m Free M	100m Free W	warm up/swim down	warm up/swim down
	100m Breast M	100m Breast W	warm up/swim down	warm up/swim down
Tuesday 12 June	400m Medley W	400m Medley M	warm up/swim down	warm up/swim down
	200m Free W	200m Free M	warm up/swim down	warm up/swim down
	50m Fly W	50m Fly M	warm up/swim down	warm up/swim down
Wednesday 13 June	50m Free M	50m Free W	warm up/swim down	warm up/swim down
	200m Medley M	200m Medley W	warm up/swim down	warm up/swim down
	100m Fly M	100m Fly W	warm up/swim down	warm up/swim down
	50m Breast M	50m Breast W	warm up/swim down	warm up/swim down
Thursday 14 June	4x50m Mixed Medley		warm up/swim down	warm up/swim down
	4x50m Mixed Free		warm up/swim down	warm up/swim down
	4x50m Free W	Training	warm up/swim down	warm up/swim down
	4x50m Free M		warm up/swim down	warm up/swim down
	4x50m Medley W		warm up/swim down	warm up/swim down
	4x50m Medley M		warm up/swim down	warm up/swim down
Friday 15 June	200m Breast W	200m Breast M	warm up/swim down	warm up/swim down
	100m Back W	100m Back M	warm up/swim down	warm up/swim down
	200m Fly W	200m Fly M	warm up/swim down	warm up/swim down
Saturday 16 June	50m Back M	50m Back W	warm up/swim down	warm up/swim down
	400m Free M	400m Free W	warm up/swim down	warm up/swim down