

COSC L3 May

Saturday 20 th May				Sunday 21 st May			
SESSION 1				SESSION 3			
Warm-up		8.30 – 9.20		Warm-up		8.30 – 9.20	
Start		9.30 – TBC		Start		9.30 – TBC	
1	Female	400	Free	15	Male	400	Free
2	Male	50	Fly	16	Female	50	Fly
3	Female	200	Back	17	Male	200	Back
4	Male	200	Breast	18	Female	200	Breast
5	Female	100	Fly	19	Male	100	Fly
6	Male	100	Back	20	Female	100	Back
7	Mixed	400	IM	21	Mixed	200	Fly
SESSION 2				SESSION 4			
Warm-up		TBC		Warm-up		TBC	
Start				Start			
8	Female	200	IM	22	Male	200	IM
9	Male	50	Free	23	Female	50	Free
10	Female	50	Back	24	Male	50	Back
11	Male	100	Breast	25	Female	100	Breast
12	Female	50	Breast	26	Male	50	Breast
13	Male	200	Free	27	Female	200	Free
14	Female	100	Free	28	Male	100	Free