

## Country and Town Championships 2024

	Session One:			Session Two:		
	Warm-up from 8.30am			Warm-up from 3.00pm		
	Rac	ing from 9.30am			Racing from 4.00pm	
1	Mixed 200 Breasts	troke	12	Mixed	200 Butterfly	
2	Mixed 50 Backstro	ke	13	Mixed	50 Freestyle	
3	Mixed 200 Freesty	le	14	Mixed	100 Backstroke	
4	Mixed 100 IM		15	Mixed	200 IM	
5	Mixed 50 Butterfly	•	16	Mixed	100 Butterfly	
6	Mixed 100 Breasts	troke	17	Mixed	50 Breaststroke	
7	Mixed 200 Backstr	oke	18	Mixed	100 Freestyle	
8	Mixed 10 & under	4x50 Medley Relay	19	Mixed	10 & under 4x50 Freestyle Relay	
9	Mixed 11-12 4x50	Medley Relay	20	Mixed	11-12 4x50 Freestyle Relay	
10	Mixed 13-14 4x50	Medley Relay	21	Mixed	13-14 4x50 Freestyle Relay	
11	Mixed 15 & over 4	x50 Medley Relay	22	Mixed	15 & over 4x50 Freestyle Relay	

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