

SWIMMING COUNTIES MANUKAU

DOLPHIN LEAGUE

ORDER OF EVENTS

<u>Event No</u>	<u>DISTANCE</u>	<u>STROKE</u>
1	4 X 25	BREAST RELAY
2	25	FREE
3	25	BACK
4	25	BREAST
5	25	FLY
6	4 X 25	FREE RELAY
7	4 X 25	BACK RELAY
8	50	FREE
9	50	BACK
10	50	BREAST
11	50	FLY
12	4 X 25	MEDLEY RELAY
13	6 X 25	FREE RELAY

SWIMMING COUNTIES MANUKAU

WINTER LEAGUE

ORDER OF EVENTS

<u>Event No</u>	<u>DISTANCE</u>	<u>STROKE</u>
1	4 X 50	BACK RELAY
2	100	FREE
3	100	BACK
4	100	BREAST
5	100	FLY
6	4 X 50	BREAST RELAY
7	4 X 50	FLY RELAY
8	100	FREE
9	100	BACK
10	100	BREAST
11	100	IM
12	4 X 50	MEDLEY RELAY
13	4 X 50	FLYING SQUAD

SWIMMERS may not swim the same individual stroke twice