

Concept: Timed finals 200s. A chance to update middle distance events and get an early season snap shot of progression with shortened program to allow for exams

Event 1. 400 Freestyle Event 2. 200 Individual Medley Event 3. 200 Breaststroke Event 4. 200 Backstroke Event 5. 200 butterfly Event 6. 200m Freestyle Event 7. 400 Individual Medley



