



Autumn Qualifying Galas 2019 SHORT COURSE

VENUE: LISBURN.

DATE: 19th – 20th OCTOBER 2019

AGE UP: 31ST DECEMBER 2019.

CLOSING DATE: FRIDAY 4th OCTOBER 2019

Session 1 Sat AM **Warm up 9am Start 10am
Men's 200m Free
Women's 100m Breast
Men's 100m Back
Women's 200m Butterfly
Men's 200m Breast
Women's 50m Back
Men's 200m Individual Medley
Women's 800m Freestyle
Session 2 Sat PM **Warm up 1pm Start 2pm
Women's 100m Free
Men's 400m Free
Women's 400m Individual Medley
Men's 100m Butterfly
Women's 200m Back
Men's 50m Free
Women's 50m Butterfly
Men's 50m Breast
Women's 100m Individual Medley

Session 3 Sun AM **Warm up 9am Start 10am
Women's 200m Free
Men's 100m Breast
Women's 100m Back
Men's 200m Butterfly
Women's 200m Breast
Men's 50m Back
Women's 200m Individual Medley
Men's 1500m Free
Session 4 Sun PM **Warm up 1pm Start 2pm
Men's 100m Free
Women's 400m Free
Men's 400m Individual Medley
Women's 100m Butterfly
Men's 200m Back
Women's 50m Free
Men's 50m Butterfly
Women's 50m Breast
Men's 100m Individual Medley

Remember to discuss with your Squad Coach what events you should take part in, prior to entering a meet.

Swimmers Name: _____

Fee Enclosed (€6 per event): _____