



EXAMPLE PROGRAM

Approximate time 40-45mins

4 x 25 m Freestyle Relay
100 m IM
25 m Backstroke
50 m Butterfly
4 x 50 m Medley Relay
25 m Freestyle
2 x 25 m Brace Relay (any stroke)
50 m Backstroke
2 x 50 m Brace Relay (any stroke)
25 m Breaststroke
4 x 25 m Medley Relay
50 m Freestyle
25 m Butterfly
50 m Breaststroke
4 x 50 m Freestyle Relay

POINTS ALLOCATION

	1st	2nd	3rd
Individual Swim	3 points	2 points	1 point
Brace Relay	3 points	2 points	1 point
Team Relay	4 points	0 points	0 points
Power Play (individual events only)	6 points	4 points	2 points