



EXAMPLE PROGRAM

Approximate time 60 mins

4 x 50 m Mixed Relay (any stroke)

Female 50 m (any stroke)

Male 50 m (any stroke)

Female 100 m (any stroke)

Male 100 m (any stroke)

2 x 50 m Female Brace Relay (any stroke)

Female 200 m (any stroke)

Male 200 m (any stroke)

2 x 50 m Male Brace Relay (any stroke)

Female 100 m (any stroke)

Male 100 m (any stroke)

Female 50 m (any stroke)

Male 50 m (any stroke)

Female 4 x 50 m Relay (any stroke)

Male 4 x 50 m Relay (any stroke)

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