

SWIMMING

sponsored by st1



Venue: Ålands Idrottscenter

Transport: Bus no. 4

Catering: sandwiches, salads, light snacks

Co-ordinator: Kjell Hansen

For possible amendments go to: www.natwestislandgames2009.ax

Monday June 29th

09:30	Opening Ceremony	
10:15 – 12:30	HEATS	WOMEN
	MEN	400m Individual Medley
	1500m Freestyle (HDW)	100m Butterfly
	200m Butterfly	50m Breaststroke
	100m Breaststroke	200m Freestyle
	50m Backstroke	4 x 50 Freestyle Relay
	200m Individual Medley	
	4 x 50 Medley Relay	
17:30 – 19:30	FINALS	Events as above
	Events as above	

Tuesday June 30th

10:15 – 12:30	HEATS	WOMEN
	MEN	800 Freestyle (HDW)
	400m Individual Medley	200m Breaststroke
	100m Butterfly	100m Backstroke
	50 Breaststroke	50m Butterfly
	200m Freestyle	200m Individual Medley
	4 x 50 Freestyle Relay	
	4 x 50 Medley Relay	
17:30 – 19:30	FINALS	Events as above
	Events as above	

Wednesday July 1st

10:15 – 12:30	HEATS	WOMEN
	MEN	400m Freestyle
	100m Individual Medley	100m Breaststroke
	200m Backstroke	50m Freestyle
	100m Freestyle	200m Backstroke
	50m Butterfly	4 x 100 Freestyle Relay
	4 x 100 Medley Relay	
17:30 – 19:30	FINALS	Events as above
	Events as above	

Thursday July 2nd

10:15 – 12:30	HEATS	WOMEN
	MEN	100m Individual Medley
	400m Freestyle	200m Butterfly
	100m Backstroke	100m Freestyle
	50m Freestyle	50m Backstroke
	200m Breaststroke	4 x 100 Medley Relay
	4 x 100 Freestyle Relay	
17:30 – 19:30	FINALS	Events as above
	Events as above	
	Mixed 8 x 50 Freestyle Relay	

Notes:

