

NZMS National Long Course Champs 2009 Program

Session 1: Friday 13th March, Warm-up 5:30pm Start 6:00pm

Registration from 5pm at Wellington Regional Aquatic Centre

1. 1500m Freestyle
2. 800m Freestyle

Session 2: Saturday 14th March, Warm-up 8:00am: Start 8:30am

3. 400m Individual Medley
4. 50m Butterfly
5. 100m Breaststroke
6. 100m Freestyle
7. 200m Butterfly
8. 4 * 50m Mixed Freestyle Relay
9. 4 * 50m Mixed Medley Relay

Session 3: Saturday 14th March, Warm-up 1 hour after completion of am session:
Start approximately 1pm

10. 100m Butterfly
11. 50m Freestyle
12. 200m Breaststroke
13. 400m Freestyle
14. 200m Backstroke
15. 4 * 50m Women's Medley Relay
16. 4 * 50m Men's Medley Relay

Session 4: Sunday 15th March, Warm-up 8:30am Start 9:00am

17. 50m Breaststroke
18. 100m Backstroke
19. 200m Freestyle
20. 50m Backstroke
21. 200m Individual Medley
22. 4 * 50m Women's Freestyle Relay
23. 4 * 50m Men's Freestyle Relay
24. 6 * 50m Flying Squadron Relay.

You can enter a maximum of 6 individual events.