

Short Course	
Pool: Adelaide Hills Swimming Centre (Woodside) Date: 19/03/2023 9.00 am Warm-Up 9.30 am Start	
<u>Event No.</u>	
1.	200 Butterfly
2.	100 Breaststroke
3.	50 Backstroke
4.	200 Freestyle
5.	100 Butterfly
6.	50 Breaststroke
7.	Choice of one of the following: a. 400 Breaststroke b. 400 Backstroke c. 400 Individual Medley d. 400 Butterfly e. 400 Freestyle
8.	50 Butterfly
9.	200 Backstroke
10.	100 Freestyle
11.	200 Breaststroke
12.	50 Freestyle
13.	100 Backstroke
14.	200 Individual Medley
15.	4x50 Mixed Medley Relay
16.	4x50 Mens Freestyle Relay
17.	4x50 Womens Freestyle Relay
Swimmers may enter any 3 events Registered Swimmer Entry Fee: \$25.00 Guest Swimmer Entry Fee: \$30.00 <u>Entries Close : 3/03/2023</u>	