

# Macarthur Zone Swimming Program

Friday March 1, 2024 - 8.30am start

Event	Sex	Age	Distance	Stoke
1	G	12-14	200m	IM
2	B	12-14	200m	IM
3	G	15-16	200m	IM
4	B	15-16	200m	IM
5	G	17-19	200m	IM
6	B	17-19	200m	IM
7	Multi-Class 12-19		50m	Fly
8	G	12	100m	Fly
9	B	12	100m	Fly
10	G	13	100m	Fly
11	B	13	100m	Fly
12	G	14	100m	Fly
13	B	14	100m	Fly
14	G	15	100m	Fly
15	B	15	100m	Fly
16	G	16	100m	Fly
17	B	16	100m	Fly
18	G	17-19	100m	Fly
19	B	17-19	100m	Fly
20	Multi-Class 12-19		50m	Free
21	G	12	50m	Free
22	B	12	50m	Free
23	G	13	50m	Free
24	B	13	50m	Free
25	G	14	50m	Free
26	B	14	50m	Free
27	G	15	50m	Free
28	B	15	50m	Free
29	G	16	50m	Free
30	B	16	50m	Free
31	G	17-19	50m	Free
32	B	17-19	50m	Free
33	Multi-Class 12-19		50m	Back
34	G	12	4x50m	Relay
35	B	12	4x50m	Relay
36	G	13	4x50m	Relay
37	B	13	4x50m	Relay
38	G	14	4x50m	Relay
39	B	14	4x50m	Relay
40	G	15	4x50m	Relay
41	B	15	4x50m	Relay
42	G	16	4x50m	Relay
43	B	16	4x50m	Relay
44	G	17-19	4x50m	Relay
45	B	17-19	4x50m	Relay
46	G	12	200m	Free
47	B	12	200m	Free
48	G	13	200m	Free
49	B	13	200m	Free
50	G	14	200m	Free
51	B	14	200m	Free

Event	Sex	Age	Distance	Stoke
52	G	15	200m	Free
53	B	15	200m	Free
54	G	16	200m	Free
55	B	16	200m	Free
56	G	17-19	200m	Free
57	B	17-19	200m	Free
58	Multi-Class 12-19		50m	Breast
59	G	12	100m	Breast
60	B	12	100m	Breast
61	G	13	100m	Breast
62	B	13	100m	Breast
63	G	14	100m	Breast
64	B	14	100m	Breast
65	G	15	100m	Breast
66	B	15	100m	Breast
67	G	16	100m	Breast
68	B	16	100m	Breast
69	G	17-19	100m	Breast
70	B	17-19	100m	Breast
71	G	12-19	6x50m	All Age
72	B	12-19	6x50m	All Age
73	G	12	100m	Free
74	B	12	100m	Free
75	G	13	100m	Free
76	B	13	100m	Free
77	G	14	100m	Free
78	B	14	100m	Free
79	G	15	100m	Free
80	B	15	100m	Free
81	G	16	100m	Free
82	B	16	100m	Free
83	G	17-19	100m	Free
84	B	17-19	100m	Free
85	G	12	100m	Back
86	B	12	100m	Back
87	G	13	100m	Back
88	B	13	100m	Back
89	G	14	100m	Back
90	B	14	100m	Back
91	G	15	100m	Back
92	B	15	100m	Back
93	G	16	100m	Back
94	B	16	100m	Back
95	G	17-19	100m	Back
96	B	17-19	100m	Back
97	G	17 - 19	4x50m	Med Relay
98	B	17 - 19	4x50m	Med Relay
99	Mix	12-19	12x50m	KO Rel