



Program

**SATURDAY
JUNE 29TH 2013**

Opening Ceremony h. 9:45 a.m.

Warm Up h. 8:30 a.m. - Competition h. 10:00 a.m.

morning session

1	100 mt.	Freestyle	Girls
2	100 mt.	Freestyle	Boys
3	200 mt.	Backstroke	Girls
4	200 mt.	Backstroke	Boys

Break 20 minutes - Warm Up

Victory Ceremony

5	400 mt.	Individual Medley	Girls
6	400 mt.	Individual Medley	Boys

Victory Ceremony

7	4x100 mt.	Medley Relay	Girls
8	4x100 mt.	Medley Relay	Boys

Victory Ceremony



Warm Up h. 4:30 p.m. - Competition h. 5:45 p.m.

afternoon session

9	400 mt.	Freestyle	Girls
10	400 mt.	Freestyle	Boys
11	100 mt.	Breaststroke	Girls
12	100 mt.	Breaststroke	Boys

Break 20 minutes - Warm Up

Victory Ceremony

13	100 mt.	Butterfly	Girls
14	100 mt.	Butterfly	Boys

Victory Ceremony

15	4x200 mt.	Freestyle Relay	Girls
16	4x100 mt.	Freestyle Relay	Boys

Victory Ceremony



Program

SUNDAY
JUNE 30TH 2013

morning session

Warm Up h. 8:30 a.m. - Competition h. 9:45 a.m.

17	800 mt.	Freestyle	Girls
18	200 mt.	Breaststroke	Boys
19	200 mt.	Breaststroke	Girls

Break 20 minutes - Warm Up

Victory Ceremony

20	100 mt.	Backstroke	Boys
21	100 mt.	Backstroke	Girls
22	1500 mt.	Freestyle	Boys

Victory Ceremony



afternoon session

Warm Up h. 4:30 p.m. - Competition h. 5:45 p.m.

23	200 mt.	Freestyle	Girls
24	200 mt.	Freestyle	Boys
25	200 mt.	Butterfly	Girls
26	200 mt.	Butterfly	Boys

Break 20 minutes - Warm Up

Victory Ceremony

27	200 mt.	Individual Medley	Girls
28	200 mt.	Individual Medley	Boys

Victory Ceremony

29	4x100 mt.	Freestyle Relay	Girls
30	4x200 mt.	Freestyle Relay	Boys

Victory Ceremony

GOMEN CUP TROPHY