

2012 PROGRAM OF EVENTS – MET EAST SWIMMING

EVENT No	DISTANCE	STROKE	MEN/ WOMEN	AGE GROUP
1	200 m	Freestyle	M	13 – 19
2	200 m	Freestyle	W	13 – 19
3	200 m	Freestyle	M	13 – 19 SWD
4	200m	Freestyle	W	13 – 19 SWD
5	50 m	Breaststroke	M	13 – 19
6	50 m	Breaststroke	W	13 – 19
7	50 m	Breaststroke	M	12
8	50 m	Breaststroke	W	12
9	50 m	Breaststroke	M	11
10	50 m	Breaststroke	W	11
11	50 m	Breaststroke	M	10
12	50 m	Breaststroke	W	10
13	50 m	Breaststroke	M	10 – 19 SWD
14	50 m	Breaststroke	W	10 – 19 SWD
15	100 m	Butterfly	M	13 – 19
16	100 m	Butterfly	W	13 – 19
17	100 m	Butterfly	M	10 – 12
18	100 m	Butterfly	W	10 – 12
19	200 m	Backstroke	M	13 – 19
20	200 m	Backstroke	W	13 – 19
21	50 m	Freestyle	M	13 – 19
22	50 m	Freestyle	W	13 – 19
23	50 m	Freestyle	M	12
24	50 m	Freestyle	W	12
25	50 m	Freestyle	M	11
26	50 m	Freestyle	W	11
27	50 m	Freestyle	M	10
28	50 m	Freestyle	W	10
29	50 m	Freestyle	M	10 – 19 SWD
30	50 m	Freestyle	W	10 – 19 SWD
31	100 m	Breaststroke	M	13 – 19
32	100 m	Breaststroke	W	13 – 19
33	100 m	Breaststroke	M	10 – 12
34	100 m	Breaststroke	W	10 – 12
35	200 m	I/Medley	M	13 – 19
36	200 m	I/Medley	W	13 – 19
37	200 m	I/Medley	M	12
38	200 m	I/Medley	W	12
39	200 m	I/Medley	M	11
40	200 m	I/Medley	W	11
41	200 m	I/Medley	M	10
42	200 m	I/Medley	W	10
43	200 m	I/Medley	M	10 – 19 SWD
44	200 m	I/Medley	W	10 – 19 SWD
45	400 m	Freestyle	M	13 – 19
46	400 m	Freestyle	W	13 – 19
47	100 m	Backstroke	M	10 – 12
48	100 m	Backstroke	W	10 – 12
49	100 m	Backstroke	W	13 – 19
50	100 m	Backstroke	M	13 – 19
51	100m	Backstroke	M	10 – 19 SWD
52	100m	Backstroke	W	10 – 19 SWD
53	50m	Butterfly	M	10
54	50m	Butterfly	W	10
55	50 m	Butterfly	M	11
56	50 m	Butterfly	W	11
57	50 m	Butterfly	M	12
58	50 m	Butterfly	W	12
59	50 m	Butterfly	M	13 – 19
60	50 m	Butterfly	W	13 – 19
61	50 m	Butterfly	M	10 – 19 SWD
62	50 m	Butterfly	W	10 – 19 SWD
63	200 m	Breaststroke	M	13 – 19
64	200 m	Breaststroke	W	13 – 19

APPENDIX A**2012 PROGRAM OF EVENTS – MET EAST SWIMMING**

EVENT No	DISTANCE	STROKE	MEN/ WOMEN	AGE GROUP
65	200 m	Butterfly	M	13 – 19
66	200 m	Butterfly	W	13 – 19
67	50 m	Backstroke	M	10
68	50 m	Backstroke	W	10
69	50 m	Backstroke	M	11
70	50 m	Backstroke	W	11
71	50 m	Backstroke	M	12
72	50 m	Backstroke	W	12
73	50 m	Backstroke	M	13 – 19
74	50 m	Backstroke	W	13 – 19
75	50 m	Backstroke	M	10 – 19 SWD
76	50 m	Backstroke	W	10 – 19 SWD
77	100 m	Freestyle	M	10 – 12
78	100 m	Freestyle	W	10 – 12
79	100 m	Freestyle	M	13 – 19
80	100 m	Freestyle	W	13 – 19
81	100 m	Freestyle	M	10 – 19 SWD
82	100 m	Freestyle	W	10 – 19 SWD