

SWIMMING PROGRAM FOR BUDAPEST – in 4 pools

The order of events for each pool. Duna Arena pool A and B and Hajos pools A and B.
Rotation for the groups, women and men together;

Rotation as follows:				
	<u>Duna Arena Pool A</u>	<u>Duna Arena Pool B</u>	<u>Hajos Pool A</u>	<u>Hajos Pool B (8-lane)</u>
Day 1	65+ to 95+	25+, 30+, 35+	40+, 45+, 50+	55+ and 60+
Day 2	25+, 30+, 35+	40+, 45+, 50+	55+ and 60+	65+ to 95+
Day 3	40+, 45+, 50+	55+ and 60+	65+ to 95+	25+, 30+, 35+
Day 4	55+ and 60+	65+ to 95+	25+, 30+, 35+	40+, 45+, 50+
Day 6	65+ to 95+	25+, 30+, 35+	40+, 45+, 50+	55+ and 60+
Day 7	25+, 30+, 35+	40+, 45+, 50+	55+ and 60+	65+ to 95+

DAILY PROGRAM AT EACH POOL

<u>DAY 1</u>	800 M FREE	Women Men
<u>DAY 2</u>	200 M BACK	Men Women
	100 M FREE	Men Women
	100 M BREAST	Men Women
<u>DAY 3</u>	400 M IM	Women Men
	200 M FREE	Women Men
	50 M FLY	Women Men
<u>DAY 4</u>	50 M FREE	Men Women
	200 M MI	Men Women
	100 M FLY	Men Women

<u>DAY 5</u>	<u>DUNA ARENA</u>	
	<u>POOL A</u> 4X50 M FREE WOMEN 4X50 M MEDLEY WOMEN	<u>POOL B</u> 4X50 M FREE MEN 4X50 M MEDLEY MEN
	<u>POOL A</u> 4X50 M FREE MIXED 4X50 M MEDLEY MIXED	

<u>DAY 6</u>	200 M BREAST	Women Men
	100 M BACK	Women Men
	200 M FLY	Women Men

<u>DAY 7</u>	50 M BACK	Men Women
	400 M FREE	Men Women
	50 M BREAST	Men Women