



# South Esk Sprint Meet

Sunday 10<sup>th</sup> August 2025

## SWIM MEET PROGRAM

Session 1 : Warm Up at 10.00 am		Start at 11.00 am	
Event	Age Group	Distance	Stroke
1	Boys 15 & Over	50m	Freestyle
2	Girls 15 & Over	50m	Freestyle
3	Girls Multiclass	50m	Freestyle
4	Boys Multiclass	50m	Freestyle
5	Boys 13-14	50m	Freestyle
6	Girls 13-14	50m	Freestyle
7	Boys 11-12	50m	Freestyle
8	Girls 11-12	50m	Freestyle
9	Boys 10 & Under	25m	Freestyle
10	Girls 10 & Under	25m	Freestyle
11	Boys 15 & Over	50m	Breaststroke
12	Girls 15 & Over	50m	Breaststroke
13	Girls Multiclass	50m	Breaststroke
14	Boys Multiclass	50m	Breaststroke
15	Boys 13-14	50m	Breaststroke
16	Girls 13-14	50m	Breaststroke
17	Boys 11-12	50m	Breaststroke
18	Girls 11-12	50m	Breaststroke
19	Boys 10 & Under	25m	Breaststroke
20	Girls 10 & Under	25m	Breaststroke
60 Min Break In Program for Games and Lunch			



Session 2:		Start at TBC	Finish at TBC
Event	Age Group	Distance	Stroke
21	Boys 13 & Over 50 Free Final	Dash Final 50 m	Not for Entry finalists
22	Girls 13 & Over 50 Free Final	Dash Final 50 m	determined from Events 1-8
23	Boys 12 & U 50 Free Final	Dash Final 50 m	
24	Girls 12 & U 50 Free Final	Dash Final 50 m	
25	Boys 15 & Over	50m	Butterfly
26	Girls 15 & Over	50m	Butterfly
27	Girls Multiclass	50m	Butterfly
28	Boys Multiclass	50m	Butterfly
29	Boys 13-14	50m	Butterfly
30	Girls 13-14	50m	Butterfly
31	Boys 11-12	50m	Butterfly
32	Girls 11-12	50m	Butterfly
33	Boys 10 & Under	25m	Butterfly
34	Girls 10 & Under	25m	Butterfly
35	Boys 15 & Over	50m	Backstroke
36	Girls 15 & Over	50m	Backstroke
37	Girls Multiclass	50m	Backstroke
38	Boys Multiclass	50m	Backstroke
39	Boys 13-14	50m	Backstroke
40	Girls 13-14	50m	Backstroke
41	Boys 12	50m	Backstroke
42	Girls 12	50m	Backstroke
43	Boys 11	50m	Backstroke
44	Girls 11	50m	Backstroke
45	Boys 10 & Under	25m	Backstroke
46	Girls 10 & Under	25m	Backstroke
47	Boys 15 & Over Relay	200m	Free Relay
48	Girls 15 & Over Relay	200m	Free Relay
49	Boys 14 & Under Relay	200m	Free Relay
50	Girls 14 & Under Relay	200m	Free Relay
51	Boys 12 & Under Relay	200m	Free Relay
52	Girls 12 & Under Relay	200m	Free Relay
53	Boys 10 & Under Relay	200m	Free Relay
54	Girls 10 & Under Relay	200m	Free Relay
55	Curran Cup (8 x 50m Free Relay)	400m	Free Relay
NB	Multiclass races will be amalgamated with their age group heats		