

GISBORNE - REVISED SESSIONS
HBPB WINTER CHAMPIONSHIPS

18th September	19 th September	20 th September
Fri – 12 and unders	Sat – 12 and unders	Sun – 12 and unders
Warm Up – 2pm Start – 2.45pm	Warm Up – 7.15am Start – 8am	Warm Up – 7.15am Start – 8am
200 Back (T/F)	400 Free (T/F)	200 IM (T/F)
50 Fly (T/F)	100 IM (T/F)	50 Back (T/F)
200 Breast (T/F)	200 Fly (T/F)	100 Fly (T/F)
100 Free (T/F)	100 Breast (T/F)	50 Breast (T/F)
	50 Free (T/F)	200 Free (T/F)
	400 IM (T/F)	
	100 Back (T/F)	
Fri – 13 and overs	Sat – 13 and overs	Sun – 13 and overs
Warm Up – 4pm Start – 4.45pm	Warm Up- 10am Start – 10.45am	Warm Up – 10am Start – 10.45am
200 Back (T/F)	400 Free (T/F)	200 IM (T/F)
50 Fly (T/F)	100 IM (T/F)	50 Back (T/F)
200 Breast (T/F)	200 Fly (T/F)	100 Fly (T/F)
100 Free (T/F)	100 Breast (T/F)	50 Breast (T/F)
	50 Free (T/F)	200 Free (T/F)
	400 IM (T/F)	
	100 Back (T/F)	