



AP RACE PLYMOUTH LEANDER SUMMER OPEN

29TH - 30TH JUNE 2024

DAY 1 - 29TH JUNE

SESSION 1

12:30PM - WARM-UP

MALE/OPEN - 400M - INDIVIDUAL MEDLEY

FEMALE - 400M - INDIVIDUAL MEDLEY

MALE/OPEN - 50M - FREESTYLE

FEMALE - 50M - FREESTYLE

MALE/OPEN - 100M - BUTTERFLY

FEMALE - 100M - BUTTERFLY

MALE/OPEN - 200M - BACKSTROKE

FEMALE - 200M - BACKSTROKE

MALE/OPEN - 1500M - FREESTYLE

DAY 2 - 30TH JUNE

SESSION 3

08:30AM - WARM-UP

FEMALE - 200M - INDIVIDUAL MEDLEY

MALE/OPEN - 200M - INDIVIDUAL MEDLEY

FEMALE - 100M - FREESTYLE

MALE/OPEN - 100M - FREESTYLE

FEMALE - 50M - BACKSTROKE

MALE/OPEN - 50M - BACKSTROKE

FEMALE - 100M - BREASTSTROKE

MALE/OPEN - 100M - BREASTSTROKE

FEMALE - 1500M - FREESTYLE

SESSION 2

16:00PM - WARM-UP

MALE/OPEN - 200M - BUTTERFLY

FEMALE - 200M - BUTTERFLY

MALE/OPEN - 50M - BREASTSTROKE

FEMALE - 50M - BREASTSTROKE

MALE/OPEN - 200M - FREESTYLE

FEMALE - 200M - FREESTYLE

MALE/OPEN - 100M - INDIVIDUAL MEDLEY

FEMALE - 100M - INDIVIDUAL MEDLEY

FEMALE - 800M - FREESTYLE

4X50M MIXED - MEDLEY RELAY

SESSION 4

12:00PM - WARM-UP

FEMALE - 400M - FREESTYLE

MALE/OPEN - 400M - FREESTYLE

FEMALE - 100M - BACKSTROKE

MALE/OPEN - 100M - BACKSTROKE

FEMALE - 200M - BREASTSTROKE

MALE/OPEN - 200M - BREASTSTROKE

FEMALE - 50M - BUTTERFLY

MALE/OPEN - 50M - BUTTERFLY

MALE - 800M - FREESTYLE

4X50M MIXED - FREESTYLE RELAY

**Please note the fastest heat of each event will be swam at the end of the same session.*

BETTER THAN YESTERDAY