

## 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>
<b>Day 1</b>	65+ to 95+	25+, 30+, 35+	40+, 45+, 50+	55+ and 60+
<b>Day 2</b>	25+, 30+, 35+	40+, 45+, 50+	55+ and 60+	65+ to 95+
<b>Day 3</b>	40+, 45+, 50+	55+ and 60+	65+ to 95+	25+, 30+, 35+
<b>Day 4</b>	55+ and 60+	65+ to 95+	25+, 30+, 35+	40+, 45+, 50+
<b>Day 6</b>	65+ to 95+	25+, 30+, 35+	40+, 45+, 50+	55+ and 60+
<b>Day 7</b>	25+, 30+, 35+	40+, 45+, 50+	55+ and 60+	65+ to 95+

### DAILY PROGRAM AT EACH POOL

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

**DAY 5**

**DUNA ARENA**

**POOL A**

4X50 M FREE WOMEN  
4X50 M MEDLEY WOMEN

**POOL B**

4X50 M FREE MEN  
4X50 M MEDLEY MEN

**POOL A**

4X50 M FREE MIXED  
4X50 M MEDLEY MIXED

**DAY 6**

200 M BREAST	Women
	Men
100 M BACK	Women
	Men
200 M FLY	Women
	Men

**DAY 7**

50 M BACK	Men
	Women
400 M FREE	Men
	Women
50 M BREAST	Men
	Women