

Galston Swim Club

Club racing

Program 1

Event #	Distance	Stroke
1	100	Backstroke
2	50	Butterfly
3	25	Butterfly
4 or 5 or 6	200	Freestyle I.M. Butterfly
7	25	Freestyle
8	50	Freestyle
9	100	Breaststroke
10	25	Backstroke
11	50	Backstroke
12	100	Butterfly
13	25	Breaststroke
14	50	Breaststroke
15	100	I.M.
16	100	Freestyle
17 or 18	400	Freestyle I.M.