

**MEDWAY MASTERS  
BLACK LION LEISURE CENTRE  
SUNDAY 18<sup>TH</sup> OCTOBER 2009**

**Single Session Programme**

Warm up: 13.15                      First event: 13.45

Event 1:	Ladies	50m Backstroke	
Event 2:	Mens	50m Backstroke	
Event 3:	Ladies	50m Breaststroke	
Event 4:	Mens	50m Breaststroke	
Event 5:	Ladies 120 yrs+	Freestyle Relay	(4x25m)
Event 6:	Mens 120 yrs+	Freestyle Relay	(4x25m)
Event 7:	Ladies 160 yrs+	Freestyle Relay	(4x25m)
Event 8:	Mens 160 yrs+	Freestyle Relay	(4x25m)
Event 9:	Ladies	100m Freestyle	
Event 10:	Mens	100m Freestyle	
Event 11:	Ladies 200 yrs+	Freestyle Relay	(4x25m)
Event 12:	Mens 200 yrs+	Freestyle Relay	(4x25m)
Event 13:	Ladies	50m Butterfly	
Event 14:	Mens	50m Butterfly	
Event 15:	Ladies	50m Freestyle	
Event 16:	Mens	50m Freestyle	
Event 17:	Ladies	100m Breaststroke	
Event 18:	Mens	100m Breaststroke	
Event 19:	Mixed 160 yrs+	Medley Relay	(4x25m)
Event 20:	Mixed 200 yrs+	Medley Relay	(4x25m)
Event 21:	Mixed 120 yrs+	Medley Relay	(4x25m)
Event 22:	Ladies	4x25m IM	
Event 23:	Mens	4x25m IM	

Promoter's Conditions and Forms available from this site - or

Mrs. Barbara Moore  
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