

SESSION SCHEDULE – Irish Senior Schools Relays and Interpros

SESSION 1 - Senior School Relays

WARM UP - 10am to 10.25am Girls and 10.25 to 10.50 Boys – Session Starts strictly at 11am

Event No	Event
1	Girls 13-14 200 Freestyle Relay
2	Boys 13-14 200 Freestyle Relay
3	Mixed 13-14 200 Freestyle Relay
4	Girls 15-16 200 Freestyle Relay
5	Boys 15-16 200 Freestyle Relay
6	Mixed 15-16 200 Freestyle Relay
7	Girls 17-19 200 Freestyle Relay
8	Boys 17-19 200 Freestyle Relay
9	Mixed 17-19 200 Freestyle Relay
10	Girls 13-14 200 Medley Relay
11	Boys 13-14 200 Medley Relay
12	Mixed 13-14 200 Medley Relay
13	Girls 15-16 200 Medley Relay
14	Boys 15-16 200 Medley Relay
15	Mixed 15-16 200 Medley Relay
16	Girls 17-19 200 Medley Relay
17	Boys 17-19 200 Medley Relay
18	Mixed 17-19 200 Medley Relay

SESSION 2 - INTERPROS

Warm up 12.45pm to 1.10 pm Girls 1.10pm to 1.35pm Boys

Parade 1.45 PM - Competition Start 2pm

Order of Events
100 Backstroke
100 Breaststroke
400 Freestyle
200 Freestyle Relay
200 Individual Medley
100 Butterfly
100 Freestyle
200 Medley Relay