

Manchester Swim Team
Senior Distance Development Meet
Southern New Hampshire University Pool, Manchester NH
Saturday, November 28, 2009

12 & Over Women

Session 1, 8:00 AM Warmup, 8:45 AM Start

Event 1: 400 IM
Event 3: 200 Back
Event 5: 200 Fly
Event 7: 200 Free
Event 9: 200 Breast

Session 2, Saturday, 12:30 PM Warmup, 1:15 PM Start

Event 11: 1500 Free

12 & Over Men

Session 1, 8:00 AM Warmup, 8:45 AM Start

Event 2: 400 IM
Event 4: 200 Back
Event 6: 200 Fly
Event 8: 200 Free
Event 10: 200 Breast

Session 2, 12:30 PM Warmup, 1:15 PM Start

Event 12: 1500 Free