**North Shore Swim Club at St. John’s Prep**

**Saturday December 7, 2019   
13 and over session.**

**Warm up: 10:00 AM, Start 10:45 AM**

|  |  |  |
| --- | --- | --- |
| Female Event | Event | Male Event |
| 1 | 13 and over 100 free | 2 |
| 3 | 13 and over 200 backstroke | 4 |
| 5 | 13 and over 100 breaststroke | 6 |
| 7 | 13 and over 200 butterfly | 8 |
| 9 | 13 and over 500 free | 10 |

**Saturday December 7, 2019.   
9/12 Session**

**Warm up: 1:45 PM, Start 2:30 PM**

|  |  |  |
| --- | --- | --- |
| Female Event | Event | Male Event |
| 11 | 9-12 50 freestyle | 12 |
| 13 | 9-12 100 backstroke | 14 |
| 15 | 9-12 50 breaststroke | 16 |
| 17 | 9-12 100 butterfly | 18 |
| 19 | 9-12 200 Freestyle | 20 |
| 21 | 9-12 200 Butterfly | 22 |
| 23 | 9-12 200 IM | 24 |

**North Shore Swim Club at St. John’s Prep**

**Sunday December 8, 2019   
13 and Over Session**

**Warm up: 10:00 PM, Start 10:45 AM**

|  |  |  |
| --- | --- | --- |
| Female Event | Event | Male Event |
| 25 | 13 and over 200 freestyle | 26 |
| 27 | 13 and over 100 backstroke | 28 |
| 29 | 13 and over 200 breaststroke | 30 |
| 31 | 13 and over 100 butterfly | 32 |
| 33 | 13 and over 50 Freestyle | 34 |
| 35 | 13 and over 200 IM | 36 |
| 37 | 13 and over 400 IM | 38 |

**Sunday December 8, 2019.   
9-12 Session**

**Warm up: 1:30 PM, Start 2:15 PM**

|  |  |  |
| --- | --- | --- |
| Female Event | Event | Male Event |
| 49 | 9-12100 freestyle | 50 |
| 51 | 9-1250 backstroke | 52 |
| 53 | 9-12100 breaststroke | 54 |
| 55 | 9-1250 butterfly | 56 |
| 57 | 9-12100 IM | 58 |
| 59 | 9-12 200 backstroke | 60 |
| 61 | 9-12200 breaststroke | 62 |

**8 and Under Session**

**5:00 PM warm up, 1:25 PM start**

|  |  |  |
| --- | --- | --- |
| Female Event | Event | Male Event |
| 39 | 8 and under 25 freestyle | 40 |
| 41 | 8 and under 25 backstroke | 42 |
| 43 | 8 and under 25 breaststroke | 44 |
| 45 | 8 and under 25 butterfly | 46 |
| 47 | 8 and under 50 freestyle | 48 |