



# Swimming

NELSON MARLBOROUGH

## Country and Town Championships 2023

Session One:  
Warm-up from 8.30am  
Racing from 9.30am

Session Two:  
Warm-up from 3.00pm  
Racing from 4.00pm

1	Mixed	200 Breaststroke	12	Mixed	200 Butterfly
2	Mixed	50 Backstroke	13	Mixed	50 Freestyle
3	Mixed	200 Freestyle	14	Mixed	100 Backstroke
4	Mixed	100 IM	15	Mixed	200 IM
5	Mixed	50 Butterfly	16	Mixed	100 Butterfly
6	Mixed	100 Breaststroke	17	Mixed	50 Breaststroke
7	Mixed	200 Backstroke	18	Mixed	100 Freestyle
8	Mixed	10 & under 4x50 Medley Relay	19	Mixed	10 & under 4x50 Freestyle Relay
9	Mixed	11-12 4x50 Medley Relay	20	Mixed	11-12 4x50 Freestyle Relay
10	Mixed	13-14 4x50 Medley Relay	21	Mixed	13-14 4x50 Freestyle Relay
11	Mixed	15 & over 4x50 Medley Relay	22	Mixed	15 & over 4x50 Freestyle Relay

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