



## **Pool Practice Programme**

**Min. 25 m pool with 6 or 8 lanes**

Digital stopwatches required – 3 per lane

Automatic Timing Equipment to be used – if available

Semi Automatic Timing Equipment with push buttons to be used – if available

### **1<sup>st</sup> Session:**

Referee Boys:

Starter Boys:

Referee Girls:

Starter Girls:

Officials to be placed according to functions

1. 100 m Breaststroke – Girls
2. 100 m Backstroke – Boys
3. 50 m Butterfly – Girls
4. 50 m Freestyle – Boys

### **2<sup>nd</sup> Session:**

Referee Boys:

Starter Boys:

Referee Girls:

Starter Girls:

Officials to be placed according to functions

5. 100 m Breaststroke – Boys
6. 100 m Backstroke – Girls
7. 50 m Butterfly – Boys
8. 50 m Freestyle – Girls
9. 4 x 50 m Medley Relay - Mixed