

Hudson Valley ESG Swimming Trials will be held JUNE 5, 2010 at Marist College

Session 1 EVENTS WILL BE SWUM IN THIS ORDER

8:00 warm up 9:00 start

Event #	Event Name
5	800/100 Free
1	100 Breast
2	200 Free
3	100 Fly
4	200 IM
10	100 Back
11	400 Free

Session 2 EVENTS WILL BE SWUM IN THIS ORDER

****12:00 warm up 1:00 Start (depending on the morning session)

Event #	Event Name
13	200 Back
14	100 Free
15	200 Fly
9	200 Breast
8	400 IM
7	50 Free
16	1500/1650 Free