

## EVENT GUIDANCE

Swimmers should make every effort to compete in as many events as possible over the duration of the Championships. Entry guidance can be found below.

For swimmers in Academy 1 & 2 , we hope that it is a gentle venture into the world of competitive swimming.

If you have any questions regarding an event that you feel you are unsure of, please discuss this directly with your squad coach.

### PERFORMANCE, JUNIOR PERFORMANCE, AGE GROUP 1, AGE GROUP 2

- All four 50m races
- All four 100m races
- Three from four 200m races
- 100m, 200m and 400m Individual Medley
- 400m Freestyle
- 800m and/or 1500m Freestyle
- 800m Freestyle : AGE 1&2 subject to coach approval

### AGE GROUP 3 & DEVELOPMENT SQUAD

- All four 50m races
- All four 100m races
  - 100m Butterfly subject to coach approval
- Three from four 200m races
  - 200m Butterfly subject to coach approval
- 100m, 200m and 400m Individual Medley
  - 400m IM subject to coach approval
- 400m Freestyle

### YOUTH SQUAD 1 & 2

- All four 50m races
- Three from four 100m races
  - 100m Butterfly subject to coach approval
- 200m races subject to coach approval
- 100m and 200m Individual Medley
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### JUNIOR SQUAD

- All four 50m races
- 100m Freestyle + another 100m event
- 200m all events subject to coach approval
- 100m, 200m Individual Medley

### ACADEMY 1

- All four 50m races - Freestyle, Backstroke, Breaststroke, Butterfly
- 100m Freestyle + another 100m event
- 100m Individual Medley

### ACADEMY 2

- Three from four 50m races - Freestyle, Backstroke, Breaststroke
- 50m Butterfly subject to coach approval
- 100m Individual Medley

