

Helensvale LC Dual Meet 2026

Program of Events

	Session 1
1	Boys 10-11 100 Freestyle
2	Girls 10-11 100 Freestyle
3	Boys 8-11 50 Breaststroke
4	Girls 8-11 50 Breaststroke
5	Boys 10-11 100 Butterfly
6	Girls 10-11 100 Butterfly
7	Boys 8-11 50 Backstroke
8	Girls 8-11 50 Backstroke
9	Boys 10-11 200 IM
10	Girls 10-11 200 IM
11	Boys 10-11 100 Breaststroke
12	Girls 10-11 100 Breaststroke
13	Boys 8-11 50 Freestyle
14	Girls 8-11 50 Freestyle
15	Boys 10-11 100 Backstroke
16	Girls 10-11 100 Backstroke
17	Boys 8-11 50 Butterfly
18	Girls 8-11 50 Butterfly
19	Boys 10-11 200 Freestyle
20	Girls 10-11 200 Freestyle

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	Session 2
21	Boys 12 & Over 200 Freestyle
22	Girls 12 & Over 200 Freestyle
23	Boys 12 & Over 50 Butterfly
24	Girls 12 & Over 50 Butterfly
25	Boys 12 & Over 100 Breaststroke
26	Girls 12 & Over 100 Breaststroke
27	Boys 12 & Over 200 Backstroke
28	Girls 12 & Over 200 Backstroke
29	Boys 12 & Over 50 Freestyle
30	Girls 12 & Over 50 Freestyle
31	Boys 12 & Over 100 Butterfly
32	Girls 12 & Over 100 Butterfly
33	Boys 12 & Over 200 Breaststroke
34	Girls 12 & Over 200 Breaststroke
35	Boys 12 & Over 400 IM
36	Girls 12 & Over 400 IM
37	Boys 12 & Over 50 Backstroke
38	Girls 12 & Over 50 Backstroke
39	Boys 12 & Over 100 Freestyle
40	Girls 12 & Over 100 Freestyle
41	Boys 12 & Over 200 Butterfly
42	Girls 12 & Over 200 Butterfly
43	Boys 12 & Over 50 Breaststroke
44	Girls 12 & Over 50 Breaststroke
45	Boys 12 & Over 100 Backstroke
46	Girls 12 & Over 100 Backstroke
47	Boys 12 & Over 200 IM
48	Girls 12 & Over 200 IM
49	Boys 12 & Over 400 Freestyle
50	Girls 12 & Over 400 Freestyle