

Twinvite III
May 9-10th, 2009
Sanction #:MN09-04-121M

Saturday 12:00pm warmup, 1:00pm start

Girls		Boys
	SESSION 1	
1	50 Back	2
3	200 Free	4
5	100 Fly	6
7	100 Back	8
9	100 Breast	10
	SESSION 2	
11	200 IM	12
13	200 Fly	14
15	50 Free	16
	Break	
17*	1500 Free	18*

*Fastest to slowest, alternating women and men

Sunday 7:30am warmup, 8:30am start

Girls		Boys
	SESSION 3	
19	100 Free	20
21	50 Breaststroke	22
23	200 Backstroke	24
25	50 Fly	26
27	200 Breast	28
	Break	
29*	400 Free	30*

*Fastest to slowest, alternating women and men