

SWIMMING FEDERATION OF INDIA

SWIMMING PROGRAM FOR 70TH SENIOR NATIONAL AQUATIC CHAMPIONSHIPS -2016

FIRST DAY

1.	400M FREE STYLE	MEN
2.	400M FREE STYLE	WOMEN
3.	200M INDIVIDUAL MEDLEY	MEN
4.	200M INDIVIDUAL MEDLEY	WOMEN
5.	100M BACK STROKE	MEN
6.	100M BACK STROKE	WOMEN
7.	50M BUTTERFLY	MEN
8.	50M BUTTERFLY	WOMEN
9.	4 x 100M FREE STYLE RELAY	MEN
10.	4 x 100M FREE STYLE RELAY	WOMEN

MORNING SESSION - HEATS

EVENING SESSION - FINALS

SECOND DAY

1.	1500M FREE STYLE	WOMEN
2.	200M FREE STYLE	MEN
3.	50M BREAST STROKE	WOMEN
4.	50M BREAST STROKE	MEN
5.	200M BUTTERFLY	WOMEN
6.	200M BUTTERFLY	MEN
7.	4 x 100M MEDLEY RELAY	WOMEN
8.	4 x 100M MEDLEY RELAY	MEN

THIRD DAY

1.	1500M FREE STYLE	MEN
2.	200M FREE STYLE	WOMEN
3.	200M BACK STROKE	MEN
4.	200M BACK STROKE	WOMEN
5.	100M BUTTERFLY	MEN
6.	100M BUTTERFLY	WOMEN
7.	4 x 50M MEDLEY RELAY	MIXED

FOURTH DAY

1.	800M FREE STYLE	MEN
2.	400M INDIVIDUAL MEDLEY	WOMEN
3.	400M INDIVIDUAL MEDLEY	MEN
4.	200M BREAST STROKE	WOMEN
5.	200M BRAEST STROKE	MEN
6.	50M FREE STYLE	WOMEN
7.	50M FREE STYLE	MEN
8.	4 x 200M FREE STYLE RELAY	WOMEN
9.	4 x 200M FREE STYLE RELAY	MEN

FIFTH DAY

1.	800M FREE STYLE	WOMEN
2.	100M BREAST STROKE	MEN
3.	100M BREAST STROKE	WOMEN
4.	50M BACK STROKE	MEN
5.	50M BACK STROKE	WOMEN
6.	100M FREE STYLE	MEN
7.	100M FREE STYLE	WOMEN
8.	4 x 50M FREE STYLE RELAY	MIXED