

PROGRAM FOR N2025 –

MELBOURNE NATIONAL CHAMPIONSHIPS.

DAY 1 - 8 TUE	DAY 2 - 9 WED	DAY 3 - 10 THUR	DAY 4 - 11 FRI	DAY 5 - 12 SAT
800 FREE	200 BREAST 4X100 FREE [M/F] 200 FLY OPENING 100 FREE 100 BACK 4X50 MEDLEY MIXED	400 MEDLEY 4X100 FREE MIXED 50 FREE 200 BACK 50 FLY 4X50 MEDLEY [M/F]	400 FREE 50 BACK 4X100 MEDLEY MIXED 100 BREAST 4X50 FREE [M/F]	200 FREE 4X100 MEDLEY 100 FLY 50 BREAST 200 MEDLEY 4X50 FREE MIXED
6 HOURS	7.5 HOURS	7 HOURS	7 HOURS	7 HOURS