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Swimming Schedule

Sunday: Sept. 14, 2014

Cape Elizabeth High School

Warm-up 9:00 Meet starts at 10:00

200 Freestyle

100 Backstroke

50 Butterfly

200 Individual Medley

Awards/ Break

50 Freestyle

100 Breaststroke

200 Backstroke

100 Freestyle

Awards/Break

500 Freestyle

50 Breaststroke

100 Butterfly

Awards/Break

100 Individual Medley

50 Backstroke

200 Breaststroke

Awards/Break

**The length of the competition course without a bulkhead is in compliance and on file with USMS in accordance with articles 105.1.7 and 107.2.1*