

## 2016 Inter County Programme

Age	
65+	Women's Free
65+	Men's Free
55+	Women's Back
55+	Men's Back
45+	Women's Breast
45+	Men's Breast
35+	Women's Fly
35+	Men's Fly
25+	Women's Free
25+	Men's Free
18+	Women's Back
18+	Men's Back
260+	Mxd Free Relay
180+	M Free Relay
180+	W Free Relay
100+	M Free Relay
100+	W Free Relay
65+	Men's Back
65+	Women's Back
55+	Men's Breast
55+	Women's Breast
45+	Men's Fly
45+	Women's Fly
35+	Men's Free
35+	Women's Free
25+	Men's Back
25+	Women's Back
18+	Men's Breast
18+	Women's Breast
220+	Mxd Free Relay
140+	W Free Relay
140+	M Free Relay
72+	W Free Relay
72+	M Free Relay
65+	Women's Breast
65+	Men's Breast
55+	Women's Fly
55+	Men's Fly
45+	Women's Free
45+	Men's Free
35+	Women's Back
35+	Men's Back
25+	Women's Breast
25+	Men's Breast
18+	Women's Fly
18+	Men's Fly
260+	Mxd Med Relay
180+	M Med Relay
180+	W Med Relay
100+	M Med Relay

100+	W Med Relay
65+	Men's Fly
65+	Women's Fly
55+	Men's Free
55+	Women's Free
45+	Men's Back
45+	Women's Back
35+	Women's Breast
35+	Men's Breast
25+	Men's Fly
25+	Women's Fly
18+	Men's Free
18+	Women's Free
220+	Mxd Med Relay
140+	W Med Relay
140+	M Med Relay
72+	W Med Relay
72+	M Med Relay
SER only	12x25 Mxd Squad