



**Make memories,
SAVE THE DATE!**



25.-26.3.2020



ARENA HELSINKI SWIM MEET

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1st leg of Nordic Swim Tour 2020

@Mäkelänrinne Swimming Center, Helsinki FIN
Venue of Europeans 2000 and 2006, European Juniors 2010 and 2018

DAY 1 Wednesday 25th March 2020

Men	100 m	Free
Women	200 m	Free
Men	50 m	Breast
Women	100 m	Breast
Men	400 m	Indiv. Medley
Women	100 m	Fly
Men	100 m	Back
Women	50 m	Back
Men	200 m	Fly
Women	200 m	Indiv. Medley
Men	400 m	Free
Women	50 m	Free
Men	200 m	Breast
Women	200 m	Back
Men	50 m	Fly
Women	800 m	Free

DAY 2 Thursday 26th March 2020

Women	100 m	Free
Men	200 m	Free
Women	50 m	Breast
Men	100 m	Breast
Women	400 m	Indiv. Medley
Men	100 m	Fly
Women	100 m	Back
Men	50 m	Back
Women	200 m	Fly
Men	200 m	Indiv. Medley
Women	400 m	Free
Men	50 m	Free
Women	200 m	Breast
Men	200 m	Back
Women	50 m	Fly
Men	800 m	Free

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