

'Not So Early Bird' Open Meet

PROGRAMME OF EVENTS

Saturday 20th Nov 2010

Session 1

Warm up 8.30am Start 9am approx

Event 1	Boys	400 Freestyle
Event 2	Girls	400 IM

Session 2

W-up 10.15am Start 11.00am approx

Event 3	Boys	200 Butterfly
Event 4	Girls	100 Breaststroke
Event 5	Boys	50 Back
Event 6	Girls	50 Breast
Event 7	Boys	100 Backstroke
Event 8	Girls	200 IM
Event 9	Boys	200 Freestyle

Session 3

Warm up 2.00pm Start 2.45pm

Event 10	Boys	100 Freestyle
Event 11	Girls	100 Butterfly
Event 12	Boys	50 Fly
Event 13	Girls	50 Freestyle
Event 14	Boys	200 Backstroke
Event 15	Girls	200 Breaststroke

Session 4

W-up 4.45pm Start 5.15pm approx

Event 16	Mixed	1500 Freestyle
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Sunday 21st Nov 2010

Session 5

Warm up 8.30am Start 9am approx

Event 17	Girls	400 Freestyle
Event 18	Boys	400 IM

Session 6

W-up 10.15am Start 11.00am approx

Event 19	Girls	200 Butterfly
Event 20	Boys	100 Breaststroke
Event 21	Girls	50 Back
Event 22	Boys	50 Breast
Event 23	Girls	100 Backstroke
Event 24	Boys	200 IM
Event 25	Girls	200 Freestyle

Session 7

Warm up 2.00pm Start 2.45pm

Event 26	Girls	100 Freestyle
Event 27	Boys	100 Butterfly
Event 28	Girls	50 Fly
Event 29	Boys	50 Freestyle
Event 30	Girls	200 Backstroke
Event 31	Boys	200 Breaststroke

Session 8

W-up 4.45pm Start 5.15pm approx

Event 32	Mixed	800 Freestyle
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ESTIMATED FINISHING TIME 6.30