

BEXLEY LONG COURSE MEET

(Licence no. 1LR2208)

Saturday 14th and Sunday 15th April 2012
Ages, 11/Under, 12/13, 14/15, 16/Over. Age as at 15th April 2012
Crystal Palace National Sports Centre

PROGRAMME OF EVENTS

Session 1 – Saturday 14th April 2012

Warm up 8.00am (sign in by 8.15am)
Start Time 9.00 AM / Finish Time 12.00PM

1. GIRLS 100 METRE BUTTERFLY
2. BOYS 100 METRE BACKSTROKE
3. GIRLS 200 METRE BREASTSTROKE
4. BOYS 200 METRE INDIVIDUAL MEDLEY
5. GIRLS 50 METRE FREESTYLE
6. BOYS 400 METRE FREESTYLE

Session 2 – Saturday 14th April 2012

Warm up 1.00pm (sign in by 1.15pm)
Start Time 2.00 PM / Finish Time 5.30PM

7. GIRLS 400 METRE INDIVIDUAL MEDLEY
8. BOYS 50 METRE FREESTYLE
9. GIRLS 100 METRE BACKSTROKE
10. BOYS 200 METRE BREASTSTROKE
11. GIRLS 200 METRE FREESTYLE
12. BOYS 100 METRE BUTTERFLY

Session 3 – Sunday 15th April 2012

Warm up 8.00am (sign in by 8.15am)
Start Time 9.00 AM / Finish Time 12.00PM

13. GIRLS 200 METRE BUTTERFLY
14. BOYS 200 METRE FREESTYLE
15. GIRLS 100 METRE BREASTSTROKE
16. BOYS 400 METRE INDIVIDUAL MEDLEY
17. GIRLS 200 METRE INDIVIDUAL MEDLEY
18. BOYS 200 METRE BACKSTROKE

Session 4 – Sunday 15th April 2012

Warm up 1.00pm (sign in by 1.15pm)
Start Time 2.00 PM / Finish Time 5.00PM

19. GIRLS 400 METRE FREESTYLE
20. BOYS 100 METRE BREASTSTROKE
21. GIRLS 200 METRE BACKSTROKE
22. BOYS 200 METRE BUTTERFLY
23. GIRLS 100 METRE FREESTYLE
24. BOYS 100 METRE FREESTYLE