

City of Milton Keynes Swim Club**Annual Spring Open Meet Programme
Licensed at Level 3 (License 3SE160497)
Saturday 2nd and Sunday 3rd April 2016****Programme of Events****Saturday 2nd April**

		Event number			
Session 1	08:00	Warm-up	1	400m	Individual Medley (male)
	08:05	Sign-in closes	2	50m	Butterfly (female)
	09:05	Start	3	100m	Backstroke (male)
			4	200m	Breaststroke (female)
			5	100m	Freestyle (male)
			6	100m	Individual Medley (female)
			7	50m	Breaststroke (male)
			8	200m	Butterfly (female)
Session 2	12:30	Warm-up	9	400m	Freestyle (male)
	12:35	Sign-in closes	10	50m	Backstroke (female)
	13:35	Start	11	200m	Individual Medley (male)
			12	200m	Freestyle (female)
			13	200m	Backstroke (male)
			14	100m	Butterfly (female)
			15	100m	Breaststroke (male)
			16	50m	Freestyle (female)

Sunday 3rd April

Session 3	08:00	Warm-up	17	400m	Individual Medley (female)
	08:05	Sign-in closes	18	50m	Butterfly (male)
	09:05	Start	19	100m	Backstroke (female)
			20	200m	Breaststroke (male)
			21	100m	Freestyle (female)
			22	100m	Individual Medley (male)
			23	50m	Breaststroke (female)
			24	200m	Butterfly (male)
Session 4	12:30	Warm-up	25	400m	Freestyle (female)
	12:35	Sign-in closes	26	50m	Backstroke (male)
	13:35	Start	27	200m	Individual Medley (female)
			28	200m	Freestyle (male)
			29	200m	Backstroke (female)
			30	100m	Butterfly (male)
			31	100m	Breaststroke (female)
			32	50m	Freestyle (male)

All events are HDW.

AGE GROUPS 9, 10, 11, 12, 13, 14, 15 and 16 years & over.