



CENTRAL BEDS SWIM SQUAD & BIGGLESWADE SWIMMING CLUB
3rd CHRISTMAS CRACKER OPEN MEET – Licence No: 3ER191854
7 & 8 DECEMBER 2019



Saturday 7 December	Pool Opens 12.30					Sunday 8 December	Pool opens 12.30				
<u>Session One</u>	101	B	All Ages	400m	Free	<u>Session Three</u>	301	G	All Ages	400m	Free
Withdrawals by 1.15pm	102	G	All Ages	100m	Breast	Withdrawals by 1.15pm	302	B	All Ages	100m	Breast
	103	B	All Ages	100m	Butterfly		303	G	All Ages	100m	Butterfly
Warm Up 1.00pm	104	G	All Ages	50m	Butterfly	Warm Up 1.00pm	304	B	All Ages	50m	Butterfly
Start 2.00pm	105	B	All Ages	50m	Breast	Start 2.00pm	305	G	All Ages	50m	Breast
	106	G	All Ages	200m	Free		306	B	All Ages	200m	Free
	107	B	All Ages	200m	IM		307	G	All Ages	200m	IM
<u>Session Two</u>						<u>Session Four</u>					
Withdrawals by 5.15pm	201	G	11 & Over	400m	IM	Withdrawals by 5.15pm	401	B	11 & Over	400m	IM
	202	B	All Ages	200m	Breast		402	G	All Ages	200m	Breast
Warm Up 5.00pm*	203	G	All Ages	50m	Back	Warm Up 5.00pm*	403	B	All Ages	50m	Back
Start 6.00pm*	204	B	All Ages	100m	Free	Start 6.00pm*	404	G	All Ages	100m	Free
	205	G	All Ages	200m	Back		405	B	All Ages	200m	Back
	206	B	All Ages	50m	Free		406	G	All Ages	50m	Free
	207	G	All Ages	200m	Butterfly		407	B	All Ages	200m	Butterfly
	208	B	All Ages	100m	Back		408	G	All Ages	100m	Back

***Subject to change but will not be before this time**

Warm Up procedures

To avoid overcrowding of lanes during the continuous swim warm up, we plan to run the warm ups by gender and age groups: younger swimmers first and older swimmers later for most sessions. The final age break will depend on the entry numbers and will be advised, but it is expected that the first warm up will be for swimmers age 12 and under and the second for those aged 13, and over.

All Sessions: Lanes 1, 3, 5, 7 clockwise and Lanes 2, 4, 6 & 8 anticlockwise. Sprint Lanes 1 & 8, possibly more, when announced.