**Affiliated to M.A.S.A., K.C.A.S.A., A.S.A.S.E.R, R.L.S.S.**

**Black Lion Level 3 Spring Open Meet 2019**

**License No:**

**PROGRAMME OF EVENTS**

**Saturday 4th May 2019**

**Session 1 Warm Up: 08:30 Start: 09:30**

1. 100m Individual Medley Girls

2. 200m Butterfly Boys

3. 200m Butterfly Girls

4. 50m Backstroke Boys

5. 50m Backstroke Girls

6. 100m Breaststroke Boys

7. 100m Breaststroke Girls

**Session 2 Warm Up: tbc Start: tbc**

8. 200m Freestyle Boys

9. 200m Freestyle Girls

10. 100m Backstroke Boys

11. 100m Backstroke Girls

12. 50m Breaststroke Boys

13. 50m Breaststroke Girls

14. 200m Individual Medley Boys

**Sunday 5th May 2019**

**Session 3 Warm Up: 08:30 Start: 09:30**

15. 100m Individual Medley Boys

16. 200m Breaststroke Girls

17. 200m Breaststroke Boys

18. 100m Freestyle Girls

19. 100m Freestyle Boys

20. 50m Butterfly Girls

21. 50m Butterfly Boys

**Session 4 Warm Up: tbc Start: tbc**

22. 200m Backstroke Girls

23. 200m Backstroke Boys

24. 50m Freestyle Girls

25. 50m Freestyle Boys

26. 100m Butterfly Girls

27. 100m Butterfly Boys

28. 200m Individual Medley Girls