

NDSC July Sprint Meet 2023

Programme of Events

LICENCE NUMBER 3ER231031

Age is at date of meet (2nd July 2023) and cut off times apply

SESSION 1 – warm up 8.30 am start time 9.30am			
Event	Male	Event	Female
1	50m Breaststroke	2	50m Butterfly
3	50m Backstroke	4	50m Freestyle
5	100m IM		

SESSION 2 – warm up TBC start time TBC			
Event	Male	Event	Female
		6	50m Breaststroke
7	50m Freestyle	8	50m Backstroke
9	50m Butterfly	10	100m IM