



Portsmouth Northsea Autumn Novice Invitational
Short Course Level 4 Meet
6th November 2022
License number 4SE221764
Programme of Events v2

SESSION 1		
Event	Warm up: Girls 08:00 -08:25 Boys 08:25 – 08:50	Start 09:00
1	50 Breast	Girls
2	50 Back	Boys
3	50 Free	Girls
4	50 Fly	Boys
5	100IM	Girls
6	4 x 50 Freestyle Relay	Mixed
SESSION 2		
Event	Warm up: Est. 10:45 Girls 10:40 -10:55 Boys 10:55 -11:10	Start 11:20
7	50 Breast	Boys
8	50 Back	Girls
9	50 Free	Boys
10	50 Fly	Girls
11	100IM	Boys
12	4 x 50 Freestyle Relay	Mixed