



**Portsmouth Northsea Swimming Club
Level 4 Meet (July 2021) - SHORT COURSE
Programme of Events - REVISED**

Date	Session	Events	Tentative Timetable
Friday 2nd July	SESSION 1	1500 Free – Mixed (2 heats)	Set up 16:30 - 17:30 Enter building 17:15 - 17:30 Warm up 17:30 - 18:00 Session Start 18:15 Session End 19:15 Leave building 19:30
Sunday 4th July	SESSION 2	200 Free – Boys (3 heats) 200 Free – Girls (4 heats) 50 Breast – Boys (4 heats) 50 Breast – Girls (4 heats) 100 Fly – Boys (1 heat) 100 Fly – Girls (2 heats) 100 IM – Boys (3 heats) 100 IM Girls (3 heats)	Set up 07:00 - 08:00 Enter building 08:00 - 08:15 Warm up 08:30 - 09:00 Session Start 09:20 Session End 11:00 Leave building 11:30
	LUNCH BREAK 11:30 - 12:45		
	SESSION 3	200 Breast – Boys (2 heats) 200 Breast – Girls (2 heats) 50 Free – Boys (5 heats) 50 Free – Girls (5 heats) 100 Back – Boys (3 heats) 100 Back – Girls (4 heats) 400IM – Boys (1 heat) 400IM – Girls (1 heat)	Enter building 12:45 - 13:00 Warm up 13:15 - 13:45 Session Start 14:05 Session End 15:50 Leave building 16:20
Friday 9th July	SESSION 4	800 Free – Mixed (4 heats)	Set up 16:30 - 17:30 Enter building 17:15 - 17:30 Warm up 17:30 - 18:00 Session Start 18:15 Session End 19:15 Leave building 19:30
Sunday 11th July	SESSION 5	200IM – Girls (3 heats) 200IM – Boys (2 heats) 200 Back – Girls (2 heats) 200 Back – Boys (3 heats) 50 Fly – Girls (4 heats) 50 Fly – Boys (4 heats) 100 Free – Girls (5 heats) 100 Free – Boys (5 heats)	Set up 07:00 - 08:00 Enter building 08:00 - 08:15 Warm up 08:30 - 09:00 Session Start 09:20 Session End 11:20 Leave building 11:50
	LUNCH BREAK 11:50 - 13:05		
	SESSION 6	50 Back – Girls (5 heats) 50 Back – Boys (4 heats) 200 Fly – Girls (1 heat) 200 Fly – Boys (1 heat) 100 Breast – Girls (3 heats) 100 Breast – Boys (4 heats) 400 Free – Girls (3 heats) 400 Free – Boys (3 heats)	Enter building 13:05 - 13:20 Warm up 13:35 - 14:05 Session Start 14:25 Session End 16:35 Leave building 17:00