**Portsmouth Northsea Spring Novice Invitational**

**Short Course Level 4 Meet 19th March 2023**

**License number 4SE230616**

**Programme of Events**

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| **SESSION 1** |
| **Event** | **Warm up:** **Girls 08:30 -08:45** **Boys 08:45 – 09:00** | **Start 09:00** |
| 1 | 50 Free | Girls |
| 2 | 50 Breast | Boys |
| 3 | 50 Back | Girls |
| 4 | 50 Fly | Boys |
| 5 | 100IM | Girls |
| 6 | 4 x 50 Freestyle Relay | Mixed |

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| **SESSION 2** |
| **Event** | **Break: 10:40 -11:00** | **Start 11:00** |
| 1 | 50 Free | Boys |
| 2 | 50 Breast | Girls |
| 3 | 50 Back | Boys |
| 4 | 50 Fly | Girls |
| 5 | 100IM | Boys |
| 6 | 4 x 50 Medley Relay | Mixed |