

Portsmouth Northsea Swimming Club  
Mountbatten Sports Centre, Alexandra Park,  
Portsmouth, Hampshire PO2 9QA  
Tel: 02392 650242



## PNSC Summer Invitational Novice Level 4 Meet Program of Events

<b>Session 1</b>	<b>Warm up 08:30</b>	<b>Start 09:00</b>
<b>1</b>	50 Breast	Girls
<b>2</b>	50 Back	Boys
<b>3</b>	50 Free	Girls
<b>4</b>	50 Fly	Boys
<b>5</b>	100IM	Girls
<b>6</b>	4 x 50 Freestyle Relay	Mixed
<b>Session 2</b>	<b>Warm up 10:45</b>	<b>Start 11:00</b>
<b>7</b>	50 Breast	Boys
<b>8</b>	50 Back	Girls
<b>9</b>	50 Free	Boys
<b>10</b>	50 Fly	Girls
<b>11</b>	100IM	Boys
<b>12</b>	4 x 50 Medley Relay	Mixed
<b>13</b>	6 x 50 Freestyle Squadron relay	Mixed