



**PNSC Summer Invitational Novice Level 4 Meet**  
**19<sup>th</sup> June 2022**  
**Program of Events**

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