



**Portsmouth Northsea Christmas Meet**  
**2nd /3rd/ 4th December 2022**

|   |       |                 |
|---|-------|-----------------|
| <b>Session 1 Friday 2nd December 2022</b><br><b>Mixed Warm up 5:00 – 5:20 (1500s) / Mixed Warm up 5:20 – 5:40 (800s)</b><br><b>Start Time 6pm</b> |       |                 |
| 1   | Mixed | 1500m Freestyle |
| 2   | Mixed | 800m Freestyle  |

|  |       |                   |
|--|-------|-------------------|
| <b>Session 2 Saturday 3rd December 2022</b><br><b>Boys Warm up 8am – 08:25 / Girls Warm up – 08:25 -08:50</b><br><b>Start Time 9am</b> |       |                   |
| 3  | Boys  | 400m IM           |
| 4  | Girls | 200m Backstroke   |
| 5  | Boys  | 100m butterfly    |
| 6  | Girls | 100m Breaststroke |
| 7  | Boys  | 50m Breaststroke  |
| 8  | Girls | 50m Backstroke    |
| 9  | Boys  | 200m Freestyle    |
| 10   | Girls | 200m Butterfly    |

|  |       |                   |
|--|-------|-------------------|
| <b>Session 3 Saturday 3rd December 2022</b><br><b>Girls Warm up 12:50 pm – 13:10 / Boys Warm up –13:10 -13:30</b><br><b>Start Time 13:45</b> |       |                   |
| 11   | Girls | 400m Freestyle    |
| 12   | Boys  | 200m IM           |
| 13   | Girls | 50m butterfly     |
| 14   | Boys  | 50m Freestyle     |
| 15   | Girls | 200m Breaststroke |
| 16   | Boys  | 100m Backstroke   |
| 17   | Girls | 100m freestyle    |

|  |       |                   |
|--|-------|-------------------|
| <b>Session 4 Sunday 4th December 2022</b><br><b>Girls Warm up 8am – 08:25 / Boys Warm up – 08:25 -08:50</b><br><b>Start Time 9am</b> |       |                   |
| 18   | Girls | 400m IM           |
| 19   | Boys  | 200m Backstroke   |
| 20   | Girls | 100m butterfly    |
| 21   | Boys  | 100m Breaststroke |
| 22   | Girls | 50m Breaststroke  |
| 23   | Boys  | 50m Backstroke    |
| 24   | Girls | 200m Freestyle    |
| 25   | Boys  | 200m Butterfly    |

|  |       |                   |
|--|-------|-------------------|
| <b>Session 5 Sunday 4th December 2022</b><br><b>Boys Warm up 12:50 pm – 13:10 - Girls Warm up –13:10 -13:30</b><br><b>Start Time 13:45</b> |       |                   |
| 26   | Boys  | 400m freestyle    |
| 27   | Girls | 200m IM           |
| 28   | Boys  | 50m Butterfly     |
| 29   | Girls | 50m Freestyle     |
| 30   | Boys  | 200m Breaststroke |
| 31   | Girls | 100m Backstroke   |
| 32   | Boys  | 100m Freestyle    |