**Norwich Swan Swimming Club**

Affiliated to Swim England East Region and Norfolk County ASA

www.norwichswansc.co.uk

*3ER180720*

**Norwich Swan Open Meet**

Programme of Events

|  |
| --- |
| **Saturday 21st April 2018** |
| **Session 1 - Warm up 8:30** | **Session 2 - Warm up not before 13:00** |
| **Event Number** | **Sex** | **Event** | **Event Number** | **Sex** | **Event** |
| 101 | Boys | 400m Free | 201 | Girls | 400m IM |
| 102 | Girls | 200m IM | 202 | Boys | 200m Back |
| 103 | Boys | 100m Breast | 203 | Girls | 100m Free |
| 104 | Girls | 100m Back | 204 | Boys | 100m Fly |
| 105 | Boys | 50m Back | 205 | Girls | 200m Breast |
| 106 | Girls | 50m Breast | 206 | Boys | 50m Fly |
| 107 | Boys | 200m Fly | 207 | Girls | 50m Free |
| 108 | Girls | 200m Free |   |   |   |
| **Sunday 22nd April 2018** |
| **Session 3 - Warm up 8:30** | **Session 4 - Warm up not before 13:00** |
| **Event Number** | **Sex** | **Event** | **Event Number** | **Sex** | **Event** |
| 301 | Girls | 400m Free | 401 | Boys | 400m IM |
| 302 | Boys | 200m IM | 402 | Girls | 200m Back |
| 303 | Girls | 100m Breast | 403 | Boys | 100m Free |
| 304 | Boys | 100m Back | 404 | Girls | 100m Fly |
| 305 | Girls | 50m Back | 405 | Boys | 200m Breast |
| 306 | Boys | 50m Breast | 406 | Girls | 50m Fly |
| 307 | Girls | 200m Fly | 407 | Boys | 50m Free |
| 308 | Boys | 200m Free |   |   |   |

**The first event of each session will start one hour after the warm up starts.**