

# NDSC December Open Meet Programme of Events

LICENCE NUMBER 3ER231737

Age is at 3<sup>rd</sup> December 2023 and cut off times apply

<b>SESSION 1 – Saturday 2<sup>nd</sup> December 2023, warm up 2pm start time TBC</b>			
<b>Event</b>	<b>Male/Open</b>	<b>Event</b>	<b>Female</b>
1	200m Breaststroke	2	200m IM
3	50m Butterfly	4	100m Breaststroke
5	100m Backstroke	6	200 Fly

<b>SESSION 2 – Saturday 2<sup>nd</sup> December 2023, warm up TBC start time TBC</b>			
<b>Event</b>	<b>Male/Open</b>	<b>Event</b>	<b>Female</b>
7	200m IM	8	200m Breaststroke
9	100m Breaststroke	10	50m Butterfly
11	200 Fly	12	100m Backstroke

<b>SESSION 3 – Sunday 3<sup>rd</sup> December 2023, warm up, 8.30am, start time TBC</b>			
<b>Event</b>	<b>Male/Open</b>	<b>Event</b>	<b>Female</b>
13	100m Freestyle	14	200m Freestyle
15	50m Breaststroke	16	50m Backstroke
17	100m IM	18	100m Butterfly

<b>SESSION 4 – Sunday 3<sup>rd</sup> December 2023, warm up TBC start time TBC</b>			
<b>Event</b>	<b>Male/Open</b>	<b>Event</b>	<b>Female</b>
19	200m Freestyle	20	50m Breaststroke
21	50m Backstroke	22	100m Freestyle
23	100m Butterfly	24	100m IM

<b>SESSION 5 – Sunday 3<sup>rd</sup> December 2023, warm up TBC start time TBC</b>			
<b>Event</b>	<b>Male/Open</b>	<b>Event</b>	<b>Female</b>
25	200m Backstroke	26	200m Backstroke
27	50m Freestyle	28	50m Freestyle