

West Suffolk Swimming Club

Home Series 1 2022

Held under Swim England Technical Rules
Level 4 Licence 4ER221076



Programme of Events

Saturday 21st May 2022

Warm-up: 3.00 Start: 3.50pm Est Fin: 7pm

Event No.		Squads
1	25m Freestyle	Nemos
2	25m Butterfly	Nemos
3	25m Breaststroke	Nemos
4	25m Backstroke	Nemos
5	50m Butterfly	All
6	200m Freestyle	Skills 1, Skills 2, Development, Competitive
7	50m Breaststroke	All
8	100m Backstroke	Skills 1, Skills 2, Development, Competitive
9	200m IM	Skills 2, Development, Competitive

All timing is provisional and subject to confirmation

Please Note:

- If swimmers in squads other than those indicated above wish to enter an event they must get coach approval. Please ensure your competence before entering a new stroke/distance, If unsure check with your coach.
- The cost per race is £3
- There is no maximum number of entries per swimmer. There may be a quick turnaround between races so please bear this in mind when entering multiple events