

West Suffolk Swimming Club

Home Series 2 2022

Held under Swim England Technical Rules
Level 4 Licence 4ER221077



Programme of Events

Saturday 25th June 2022

Warm-up: 3.00pm Start: 3.50pm Est Fin: 6.50pm

Event No.		Squads
1	25m Freestyle	Nemos
2	25m Butterfly	Nemos
3	25m Breaststroke	Nemos
4	25m Backstroke	Nemos
5	200m Butterfly	Development, Competitive
6	50m Freestyle	All
7	100m Breaststroke	Skills1, Skills2, Development, Competitive
8	200m Backstroke	Skills1, Skills2, Development, Competitive
9	100m IM	Skills 1, Skills 2, Development, Competitive
10	400m Freestyle	Skills1, Skills2, 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