



WSSC Home Series: Round 4

Held under Swim England Laws and Regulations, Technical Rules of Swimming and Open
Meet Licensing Criteria
Level 4 Licence 4ER192236

Programme of Events

Saturday 19th October 2019

Warm-up 5.00 pm Start 5.30 pm Est Fin 8.00 pm

Event No.	Event
1	50m Butterfly
2	100m Freestyle
3	100m IM
4	200m Breaststroke

Please Note:

- Coach approval required for Nemos to participate in 50 Butterfly.
- The cost per race is £2.50
- There is no maximum number of entries, however, Skills 1 **must** seek coach approval to swim 200m Breaststroke
- The session time is relatively short and there is a quick turnaround between races, please bear this in mind when entering multiple events

Please note: All timing is provisional and subject to confirmation