

West Suffolk Swimming Club

Invite Only Meet 2021

Held under Swim England Technical Rules
Level 3 Licence 3ER210776



Programme of Events

Friday 1st October | Session One Warm-up:5.00pm Start: 6.00pm Est Fin:8.30pm

Event No.	Male	Event	Female
1	400m Individual Medley	2	400m Individual Medley
3	200m Backstroke	4	200m Backstroke
5	400m Freestyle	6	400m Freestyle

Saturday 2nd October | Session 2 Warm-up:12.00pm Start: 1.00pm Est Fin:4pm

Event No.	Male	Event	Female
7	200m Butterfly	8	200m Butterfly
9	50m Breaststroke	10	50m Breaststroke
11	100m Freestyle	12	100m Freestyle
13	100m Individual Medley		

Saturday 2nd October | Session 3 Warm-up:4.00pm Start: 5.00pm Est Fin:8pm

Event No.	Male	Event	Female
		14	100m Butterfly
15	100m Butterfly	16	50m Backstroke
17	50m Backstroke	18	200m Freestyle
19	200m Freestyle	20	100m Individual Medley

Sunday 3rd October | Session 4 Warm-up:8.00am Start: 9.00am Est Fin:12pm

Event No.	Male	Event	Female
21	200m Breaststroke	22	200m Breaststroke
23	50m Butterfly	24	50m Butterfly
25	100m Backstroke	26	100m Backstroke
27	50m Freestyle		

Sunday 3rd October | Session 5 Warm-up: 12.30pm Start: 1.00pm Est Fin:3.30

Event No.	Male	Event	Female
		28	50m Freestyle
29	200m IM	30	200m IM
31	100m Breaststroke	32	100m Breaststroke

Please note: all times are provisional and subject to change based on entries