

# West Suffolk Swimming Club

## Invite Only Meet 2021

Held under Swim England Technical Rules  
Level 3 Licence 3ER210776



### Programme of Events

**Friday 1<sup>st</sup> October | Session One Warm-up:5.45pm Start: 6.25pm Est Fin:7.30pm**

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 2<sup>nd</sup> October | Session 2 Warm-up:12.15pm Start: 1.25pm Est Fin:3.30pm**

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		
Mixed Medley Relays 4 x 50m: Relay 1: Age 9/10; Relay 2: Age 11/12; Relay 3: 13/14; Relay 4: Open			

**Saturday 2<sup>nd</sup> October | Session 3 Warm-up:4.00pm Start: 5.10pm Est Fin:7.10pm**

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 3<sup>rd</sup> October | Session 4 Warm-up:8.45am Start: 9.55am 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		
Mixed Freestyle Relays 4 x 50m: Relay 1: Age 9/10; Relay 2: Age 11/12; Relay 3: 13/14; Relay 4: Open			

**Sunday 3rd October | Session 5 Warm-up: 12.30pm Start: 1.40pm Est Fin:3pm**

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