

The Neate Meet 2022

Held under Swim England Technical Rules - Level 3 Licence 3ER221975



Programme of Events

Friday 30th September | Session One Warm-up: 6pm Start: 6.40pm Est Fin: 8pm

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

Saturday 1st October | Session 2 Warm-up: 12.00pm Start: 1.10pm Est Fin: 3.40pm

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

Saturday 1st October | Session 3 Warm-up: 3.50pm Start: 5pm Est Fin: 7.30pm

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

Sunday 2nd October | Session 4 Warm-up: 8.30am Start: 9.15am Est Fin: 10.30am

Event No.	Female	Event No.	Male
21	200m Breaststroke	22	200m Breaststroke
23	200m Freestyle	24	200m Freestyle

Sunday 2nd October | Session 5 Warm-up: 11.20am Start: 12.30pm Est Fin: 2.40pm

Event No.	Female	Event No.	Male
25	200m IM	26	200m IM
27	50m Backstroke	28	50m Backstroke
29	100m Butterfly	30	100m Butterfly
31	50m Breaststroke	32	50m Breaststroke

All timings are provisional and subject to confirmation