**No Frills Time Trial Open Meet On**

**15th and 16th December 2018**

**(License 3ER182522 Meet Level 3 Held under ASA Law and Technical Rules)**

## *Mid-Suffolk Leisure Centre, Stowmarket, Suffolk. IP14 1LH*

**REVISED PROGRAMME OF EVENTS**

**Saturday 15th December 2018**

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| **Session 1 – Warm-up 13:30pm for 14:30pm start, estimated finish time 18:30pm.** | |
| 1. Female 200m Freestyle  3. Female 50m Butterfly  5. Female 200m I.M.  Interval  7. Female 100m Breaststroke  9. Female 50m Backstroke | 2. Male 200m Freestyle  4. Male 50m Butterfly  6. Male 200m I.M.  8. Male 100m Breaststroke  10. Male 50m Backstroke |

**Sunday 16th December 2018**

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| **Session 2 - Warm-up 08:00am for 09:00am start, estimated finish time 12:45pm.** | |
| 11. Female 100m Freestyle  13. Female 200m Backstroke  15. Female 100m I.M.  17. Female 50m Breaststroke  19. Female 100m Butterfly | 12. Male 100m Freestyle  14. Male 200m Backstroke Interval  16. Male 100m I.M.  18. Male 50m Breaststroke |

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| **Session 3 - Warm-up 13:30pm for 14:30pm start, estimated finish time 5:30pm** | |
| 21. Female 200m Breaststroke  23. Female 50m Freestyle  25. Female 200m Fly  27. Female 100m Backstroke | 20. Male 100m Butterfly  22. Male 200m Breaststroke  24. Male 50 Freestyle  26. Male 200m Fly  28. Male 100m Backstroke |