



WSSC Home Series: Round 3

Held under Swim England Laws and Regulations and Swim England Technical Rules of Swimming and to the ASA Open Meet Licensing Criteria
Level 4 Licence TBC

Programme of Events

Saturday 5th January 2019

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

Event No.	Event
1	100m Freestyle
2	100m Breaststroke
3	100m Backstroke
4	100m Butterfly
5	200 IM

Please Note:

- Nemo Squad are not eligible to participate
- The cost per race is £2.50
- There is no maximum number of entries, however, Skills 1 & 2 **must** seek coach approval to swim 100 Butterfly and/or 200 IM
- 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