

City of Milton Keynes Swim Club**Bounce Back Meet Programme
Licensed at Level 3 (3SE210663)****Programme of Events****Saturday 18th September 2021**

Session 1	11:30 Warm-up	111	400m	Individual Medley (female)
	11:45 Withdrawal closes	112	50m	Butterfly (male)
	12:35 Start	113	200m	Breaststroke (female)
		114	100m	Backstroke (male)
		115	50m	Freestyle (female)
		116	50m	Breaststroke (male)
		117	200m	Butterfly (female)
Session 2	15:20 Warm-up	121	400m	Freestyle (male)
	15:35 Withdrawal closes	122	200m	Individual Medley (female)
	16:25 Start	123	200m	Backstroke (male)
		124	100m	Freestyle (female)
		125	100m	Breaststroke (male)
		126	50m	Backstroke (female)
		127	100m	Butterfly (male)
		128	200m	Freestyle (female)

Sunday 19th September 2021

Session 3	13:00 Warm-up	211	400m	Individual Medley (male)
	13:15 Withdrawal closes	212	50m	Butterfly (female)
	14:05 Start	213	200m	Breaststroke (male)
		214	100m	Backstroke (female)
		215	50m	Freestyle (male)
		216	50m	Breaststroke (female)
		217	200m	Butterfly (male)
Session 4	17:00 Warm-up	221	400m	Freestyle (female)
	17:15 Withdrawal closes	222	200m	Individual Medley (male)
	18:05 Start	223	200m	Backstroke (female)
		224	100m	Freestyle (male)
		225	100m	Breaststroke (female)
		226	50m	Backstroke (male)
		227	100m	Butterfly (female)
		228	200m	Freestyle (male)

All events are HDW.

AGE GROUPS 9 Years; 10 years, 11 Years; 12 years, 13 years; 14 years,
15 years;16 years & over