



## City of Milton Keynes Swim Club

### Summer Open Meet Programme

Licensed at Level 3 (License 3SE231440)

Saturday 15<sup>th</sup> July 2023 & Sunday 16<sup>th</sup> July 2023

Bletchley Leisure Centre. Princes Way, Bletchley, Milton Keynes. MK2 2HQ

### Programme of Events

#### Saturday 15<sup>th</sup> July 2023

Session 1	12:30	Warm-up	101	50m	Freestyle (male)
	12:35	Withdrawal closes	102	50m	Freestyle (female)
	13:35	Start	103	400m	Freestyle (Male)
			104	400m	Freestyle (Female)
	105	100m	Backstroke (male)		
	106	100m	Backstroke (female)		
	107	200m	Individual Medley (male)		
	108	200m	Individual Medley (female)		

#### Finals

109	50m	Freestyle (male) 9-12 yr
110	50m	Freestyle (female) 9-12 yr
111	50m	Freestyle (male) 13-14 yr
112	50m	Freestyle (female) 13-14 yr
113	50m	Freestyle (male) 15+yr
114	50m	Freestyle (female) 15+yr

Session 2	16:10	Warm-up	121	200m	Breaststroke (male)
	16:15	Withdrawal closes	122	200m	Breaststroke (female)
	17:15	Start	123	50m	Backstroke (male)
			124	50m	Backstroke (female)
	125	100m	Freestyle (male)		
	126	100m	Freestyle (female)		
	127	200m	Butterfly (male)		
	128	200m	Butterfly (female)		

#### Finals

129	50m	Backstroke (male) 9-12 yr
130	50m	Backstroke (female) 9-12 yr
131	50m	Backstroke (male) 13-14 yr
132	50m	Backstroke (female) 13-14 yr
133	50m	Backstroke (male) 15+yr
134	50m	Backstroke (female) 15+yr

**Sunday 16<sup>th</sup> July 2023**

<b>Session 3</b>	<b>12:30 Warm-up</b>	<b>201</b>	<b>50m</b>	<b>Breaststroke (male)</b>
	<b>12:35 Withdrawal closes</b>	<b>202</b>	<b>50m</b>	<b>Breaststroke (female)</b>
	<b>13:35 Start</b>	<b>203</b>	<b>400m</b>	<b>Individual Medley (male)</b>
		<b>204</b>	<b>400m</b>	<b>Individual Medley (female)</b>
		<b>205</b>	<b>200m</b>	<b>Freestyle (male)</b>
		<b>206</b>	<b>200m</b>	<b>Freestyle (female)</b>
		<b>207</b>	<b>100m</b>	<b>Butterfly (male)</b>
		<b>208</b>	<b>100m</b>	<b>Butterfly (female)</b>
<b>Finals</b>				
	<b>209</b>	<b>50m</b>	<b>Breaststroke (male) 9-12 yr</b>	
	<b>210</b>	<b>50m</b>	<b>Breaststroke (female) 9-12 yr</b>	
	<b>211</b>	<b>50m</b>	<b>Breaststroke (male) 13-14 yr</b>	
	<b>212</b>	<b>50m</b>	<b>Breaststroke (female) 13-14 yr</b>	
	<b>213</b>	<b>50m</b>	<b>Breaststroke (male) 15+</b>	
	<b>214</b>	<b>50m</b>	<b>Breaststroke (female) 15+yr</b>	
	<b>221</b>	<b>50m</b>	<b>Butterfly (male)</b>	
	<b>222</b>	<b>50m</b>	<b>Butterfly (female)</b>	
	<b>223</b>	<b>200m</b>	<b>Backstroke (male)</b>	
	<b>224</b>	<b>200m</b>	<b>Backstroke (female)</b>	
	<b>225</b>	<b>100m</b>	<b>Individual Medley (male)</b>	
	<b>226</b>	<b>100m</b>	<b>Individual Medley (female)</b>	
	<b>227</b>	<b>100m</b>	<b>Breaststroke (male)</b>	
	<b>228</b>	<b>100m</b>	<b>Breaststroke (female)</b>	
<b>Finals</b>				
	<b>229</b>	<b>50m</b>	<b>Butterfly (male) 9-12 yr</b>	
	<b>230</b>	<b>50m</b>	<b>Butterfly (female) 9-12 yr</b>	
	<b>231</b>	<b>50m</b>	<b>Butterfly (male) 13-14 yr</b>	
	<b>232</b>	<b>50m</b>	<b>Butterfly (female) 13-14 yr</b>	
	<b>233</b>	<b>50m</b>	<b>Butterfly (male) 15+ yr</b>	
	<b>234</b>	<b>50m</b>	<b>Butterfly (female) 15+yr</b>	

AGE GROUPS 9, 10, 11, 12, 13, 14, 15 and 16 years &amp; over.