

LEVEL 3 MEET

Affiliated to Swim England
East Region

(Under Swim England
Laws and Regulations and
Swim England Technical
Rules of Swimming)

WATFORD SWIMMING CLUB

Development Meet 2024

Licence 3ER240110

Programme of Events

18th & 19th May 2024



WATFORD SWIMMING CLUB

Session 1		
Warm Up 13.00		
Start 14.00		
1	Open/Male	100m IM
2	Female	200m IM
3	Open/Male	200m Butterfly
4	Female	100m Freestyle
5	Open/Male	100m Breaststroke
6	Female	50m Butterfly
7	Open/Male	50m Backstroke
Session 2		
Warm Up no than earlier TBC		
Start no earlier than TBC		
8	Open/Male	200m Freestyle
9	Female	200m Breaststroke
10	Open/Male	100m Butterfly
11	Female	100m Backstroke
12	Open/Male	200m Backstroke
13	Female	50m Breaststroke
14	Open/Male	50m Freestyle

Session 3		
Warm Up 09.00		
Start 10.00		
15	Female	100m IM
16	Open/Male	200m IM
17	Female	200m Butterfly
18	Open/Male	100m Freestyle
19	Female	100m Breaststroke
20	Open/Male	50m Butterfly
21	Female	50m Backstroke
Session 4		
Warm Up no earlier than TBC		
Start no earlier than TBC		
22	Female	200m Freestyle
23	Open/Male	200m Breaststroke
24	Female	100m Butterfly
25	Open/Male	100m Backstroke
26	Female	200m Backstroke
27	Open/Male	50m Breaststroke
28	Female	50m Freestyle

To be held at Woodside Pool, Horseshoe Lane, Watford, Herts. WD25 7HH