|  | WATFORD SWIMMING CLUB  Terry Davies Alternative Nationals  3ER220731  LEVEL 3 MEET  Affiliated to the ASA East Region  (Under ASA Laws and Regulations and ASA Technical Rules of Swimming)  Programme of Events | ClubLogo |
| --- | --- | --- |



| Session 1 | | |
| --- | --- | --- |
| Warm Up 13.00 | | |
| Start 14.00 | | |
| 1 | Female | 200 Individual Medley |
| 2 | Male | 200 Individual Medley |
| 3 | Female | 100 Breaststroke |
| 4 | Male | 100 Breaststroke |
| 5 | Female | 100 Backstroke |
| 6 | Male | 100 Backstroke |
| 7 | Female | 50 Butterfly |
| 8 | Male | 50 Butterfly |
| Session 2 | | |
| Warm Up no than earlier 17.30 (TBC) | | |
| Start no earlier than 18.30 (TBC) | | |
| 9 | Female | 100 Butterfly |
| 10 | Male | 100 Butterfly |
| 11 | Female | 200 Freestyle |
| 12 | Male | 200 Freestyle |
| 13 | Female | 50 Backstroke |
| 14 | Male | 50 Backstroke |
|  | Female | IM Skins |
|  | Male | IM Skins |
| Session 3 | | |
| Warm Up 09.00 | | |
| Start 10.00 | | |
| 15 | Male | 200 Backstroke |
| 16 | Female | 200 Backstroke |
| 17 | Male | 100 IM |
| 18 | Female | 100 IM |
| 19 | Male | 50 Freestyle |
| 20 | Female | 50 Freestyle |
| 21 | Male | 200 Butterfly |
| 22 | Female | 200 Butterfly |
| Session 4 | | |
| Warm Up no earlier than 13.30 (TBC) | | |
| Start no earlier than 14.30 (TBC) | | |
| 23 | Male | 200 Breaststroke |
| 24 | Female | 200 Breaststroke |
| 25 | Male | 100 Freestyle |
| 26 | Female | 100 Freestyle |
| 27 | Male | 50 Breaststroke |
| 28 | Female | 50 Breaststroke |
|  | Male | Freestyle Skins |
|  | Female | Freestyle Skins |

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

[Watford Swimming Club Home](http://www.watfordswimmingclub.co.uk/)