

City of Milton Keynes Swim Club

Spring Open Meet Level 2 (License # 2SE0059)

Saturday 24th April 2010
 Sunday 25th April 2010
 Programme of Events

Saturday 24th April

Session 1		Event number	
	0800 warm-up	1	400m Individual Medley (Boys 10 / over)
	0810 boxes close	2	400m Freestyle (Girls 10 / over)
	0905 start	3	100m Butterfly (Boys 11 / over)
		4	100m Backstroke (Girls 10 / over)
		5	50m Breaststroke (Boys 10 / over)
		6	200m Individual Medley (Girls 10 / over)
		7	200m Backstroke (Boys 10 / over)

Session 2 TBA

8	100m Freestyle (Girls 10 / over)
9	100m Breaststroke (Boys 11 / over)
10	200m Breaststroke (Girls 10 / over)
11	200m Butterfly (Boys 10 / over)
12	200m Freestyle (Girls 10 / over)
13	50m Butterfly (Boys 10 / over)
14	50m Freestyle (Girls 10 / over)
15	50m Backstroke (Boys 10 / over)
16-20	Girls Skins

Sunday 26th April

Session 3	0800 warm-up	21	400m Individual Medley (Girls 10 / over)
	0810 boxes close	22	400m Freestyle (Boys 10 / over)
	0905 start	23	100m Butterfly (Girls 10 / over)
		24	100m Backstroke (Boys 11 / over)
		25	50m Breaststroke (Girls 10 / over)
		26	200m Individual Medley (Boys 10 / over)
		27	200m Backstroke (Girls 10 / over)

Session 4 TBA

28	100m Freestyle (Boys 11 / over)
29	100m Breaststroke (Girls 10 / over)
30	200m Breaststroke (Boys 10 / over)
31	200m Butterfly (Girls 10 / over)
32	200m Freestyle (Boys 10 / over)
33	50m Butterfly (Girls 10 / over)
34	50m Freestyle (Boys 10 / over)
35	50m Backstroke (Girls 10 / over)
36-40	Boys Skins

All events are HDW.
 AGE GROUPS

10 years, 11 years, 12 years, 13 years, 14 years, and 15 and over