

LINCOLN VULCANS SWIMMING CLUB



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GRANTHAM SWIMMING CLUB

(AFFILIATED TO LINCOLNSHIRE ASA AND SWIM ENGLAND EAST MIDLAND REGION)

SHORT COURSE LICENSED LEVEL 3 OPEN MEET 2024

(HELD UNDER SWIM ENGLAND REGULATIONS AND TECHNICAL RULES OF RACING)

PROGRAMME OF EVENTS

SATURDAY 8TH JUNE 2024

Event	Session 1 – Warm-Up 15.00 pm – Start 16.00 pm
11	Girls 100m Butterfly
12	Open/Male 100m Butterfly
13	Girls 200m Breaststroke
14	Open/Male 200m Breaststroke
15	Girls 100m Freestyle
16	Open/Male 100m Freestyle
17	Girls 50m Butterfly
18	Open/Male 50m Butterfly
19	Girls 50m Breaststroke
20	Open/Male 50m Breaststroke

SUNDAY 9TH JUNE 2024

Event	Session 2 – Warm-Up 10.00am – Start 11.00am
21	Girls 200m Individual Medley
22	Open/Male 200m Backstroke
23	Girls 100m Breaststroke
24	Open/Male 200m Freestyle
25	Girls 200m Butterfly
26	Open/Male 100m Backstroke
27	Girls 50m Freestyle
28	Open/Male 100m Individual Medley
29	Girls 50m Backstroke

Event	Session 3 – Warm-Up TBC – Start TBC
31	Open/Male 200m Individual Medley
32	Girls 200m Backstroke
33	Open/Male 100m Breaststroke
34	Girls 200m Freestyle
35	Open/Male 200m Butterfly
36	Girls 100m Backstroke
37	Open/Male 50m Freestyle
38	Girls 100m Individual Medley
39	Open/Male 50m Backstroke

AGE AT 9TH JUNE 2024