



Northgate Swimming Club's

P.B. BUSTER

Programme of Events

Session 1 Warm-up 8:30am		Session 2 Warm-up TBA		Session 3 Warm-up TBA	
1	200 Free - Girls	10	200 IM -Boys	19	100 Brst - Girls
2	200 Free - Boys	11	200 IM - Girls	20	100 Brst - Boys
3	100 Fly - Girls	12	50 Back - Boys	21	200 Fly - Girls
4	100 Fly - Boys	13	50 Back - Girls	22	200 Fly - Boys
5	50 Brst - Girls	14	200 Brst - Boys	23	100 Back - Girls
6	50 Brst - Boys	15	200 Brst - Girls	24	100 Back - Boys
7	200 Back - Girls	16	100 Free - Boys	25	50 Free - Girls
8	200 Back -Boys	17	100 Free - Girls	26	50 Free - Boys
9	50 Fly - Girls	18	50 Fly - Boys		

Session 1 Warm-up will be 8:30 to 9:20am - First event starts at 9:30am

Session 2 & 3 Warm-up and start times will be posted on the Northgate website once entries have closed. (For a rough idea the warm up's will start around 12:30 and 4:00pm, but please check before travelling) See www.northgateswimming.co.uk

The above programme is provisional and may change dependant on entries.