



Northgate Swimming Club's

SPRING OPEN

Programme of Events

Sunday 21 st May 2017			
Session 1 Warm-up 8:30am		Session 2 Warm-up TBA	
1	200 Free - Girls	11	200 Free – Boys
2	200 Brst - Boys	12	200 Brst – Girls
3	50 Back – Girls	13	50 Back – Boys
4	50 Fly – Boys	14	50 Fly – Girls
5	100 IM - Girls	15	100 IM – Boys
6	200 IM – Boys	16	200 IM – Girls
7	50 Brst - Girls	17	50 Brst - Boys
8	200 Back - Boys	18	200 Back - Girls
9	200 Fly – Girls	19	200 Fly - Boys
10	50 Free - Boys	20	50 Free - Girls

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