



Northgate Swimming Club's

# SPRING OPEN

## Programme of Events

Saturday 18 <sup>th</sup> May 2019				Sunday 19 <sup>th</sup> May 2019			
Session 1 Warm-up 8:30am		Session 2 Warm-up TBA		Session 3 Warm-up 8:30am		Session 4 Warm-up TBA	
101	200 IM - Girls	201	200 Brst – Boys	301	200 IM – Boys	401	200 Brst – Girls
102	200 Free - Boys	202	100 Fly - Girls	302	200 Free – Girls	402	100 Fly – Boys
103	100 Brst – Girls	203	100 IM – Boys	303	100 Brst – Boys	403	100 IM – Girls
104	50 Fly – Boys	204	200 Back - Girls	304	50 Fly – Girls	404	200 Back – Boys
105	200 Fly - Girls	205	100 Free – Boys	305	200 Fly – Boys	405	100 Free – Girls
106	100 Back – Boys	206	50 Brst – Girls	306	100 Back – Girls	406	50 Brst - Boys
107	50 Free – Girls	207	50 Back - Boys	307	50 Free - Boys	407	50 Back - Girls

Session 1 & 3 Warm-up will be 8:30 to 9:20am - First event starts at 9:30am

Session 2 & 4 Warm-up and start times will be posted on the Northgate website once entries have closed. See [www.northgateswimming.co.uk](http://www.northgateswimming.co.uk)

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