

18TH CITY OF SOUTHAMPTON OPEN MEET (3SE190012)

SCHEDULE OF EVENTS

SESSION 1: WARM-UP 8.00am

START 9.00am

9am – 12.45pm (3.5 hours swimming + 15 mins comfort break)

Event 1	HDW	Girls	200m	IM
Event 2	HDW	Boys	200m	Freestyle
Event 3	HDW	Girls	50m	Breaststroke
Event 4	HDW	Boys	100m	Butterfly
Event 5	HDW	Girls	100m	Freestyle

Comfort Break 15 minutes

Event 6	HDW	Boys	50m	Freestyle
Event 7	HDW	Girls	100m	Backstroke
Event 8	HDW	Boys	100m	Breaststroke
Event 9	HDW	Girls	50m	Butterfly
Event 10	HDW	Boys	50m	Backstroke

SESSION 2: WARM-UP 1.30pm

START 2.30pm

2.30pm – 6.15pm (3.5 hours swimming +15 mins comfort break)

Event 11	HDW	Boys	200m	IM
Event 12	HDW	Girls	200m	Freestyle
Event 13	HDW	Boys	50m	Breaststroke
Event 14	HDW	Girls	100m	Butterfly
Event 15	HDW	Boys	100m	Freestyle

Comfort Break 15 minutes

Event 16	HDW	Girls	50m	Freestyle
Event 17	HDW	Boys	100m	Backstroke
Event 18	HDW	Girls	100m	Breaststroke
Event 19	HDW	Boys	50m	Butterfly
Event 20	HDW	Girls	50m	Backstroke