



**EMBRACE
CHALLENGE
ACHIEVE**

Bramcote Swimming Club, Bramcote Leisure Centre, Derby Road,
Nottingham, NG9 3GF
E-mail: secretary.bsc@hotmail.co.uk
www.swim-to-win.com
www.aquastarsynchro.com



Bramcote SC Open Meet 2017 (3EM171369) Schedule of Events

SESSION 1:

(Warm up: 8.30-8.55am Girls: 8.55am to 9.20am Boys)

1	Girls	9/over 200m Individual Medley
2	Boys	9/over 200m Freestyle
3	Girls	10/over 100m Butterfly
4	Boys	10/over 100m Breaststroke
5	Girls	9/over 50m Butterfly
6	Boys	9/over 50m Backstroke
7	Girls	9/over 50m Freestyle

SESSION 2:

(Warm up TBC)

8	Boys	9/over 200m Individual Medley
9	Girls	9/over 200m Freestyle
10	Boys	10/over 100m Butterfly
11	Girls	10/over 100m Breaststroke
12	Boys	9/over 50m Butterfly
13	Girls	9/over 50m Backstroke
14	Boys	9/over 50m Freestyle

SESSION 3:

(Warm up TBC)

15	Boys	10/over 100m Backstroke
16	Girls	9/over 50m Breaststroke
17	Boys	9/over 50m Breaststroke
18	Girls	10/over 100m Freestyle
19	Boys	10/over 100m Freestyle
20	Girls	10/over 100m Backstroke

Sessions 1 and 2 will be no longer than 2hr 45min. Session 3 will be no longer than 2hr. The total competition time will be a maximum of 7 ½ hr.

