

HADEN HILL SWIMMING CLUB –32nd ANNUAL OPEN MEET

PROGRAMME OF EVENTS

Session 1 Warm up 9.00am – Start 10.00am

WOMENS/GIRLS

1.	Open	100m	Breaststroke
3.	Open	200m	Backstroke
5.	Open	50m	Breaststroke
7.	Open	100m	Freestyle
9.	Open	50m	Freestyle
11.	Open	200m	Butterfly
13.	Open	200m	IM

MENS/BOYS

2.	Open	200m	Breaststroke
4.	Open	100m	Backstroke
6.	Open	50m	Backstroke
8.	Open	200m	Freestyle
10.	Open	50m	Butterfly
12.	Open	100m	Butterfly

Session 2 Warm up 1.30pm – Start 2.30pm

WOMENS/GIRLS

15.	Open	200m	Breaststroke
17.	Open	100m	Backstroke
19.	Open	50m	Backstroke
21.	Open	200m	Freestyle
23.	Open	50m	Butterfly
25.	Open	100m	Butterfly

MENS/BOYS

14.	Open	100m	Breaststroke
16.	Open	200m	Backstroke
18.	Open	50m	Breaststroke
20.	Open	100m	Freestyle
22.	Open	50m	Freestyle
24.	Open	200m	Butterfly
26.	Open	200m	IM

Any changes to the timing of the afternoon session warm-up will be announced before the end of the morning session

THIS EVENT IS LEVEL 3 LICENSED BY THE A.S.A - LICENSE REFERENCE 3WM****