

# 4<sup>th</sup> Sprint Open Meet 7<sup>th</sup> December 2014

Licence No. 3ER4728

## Programme of Events

Age is at 7<sup>th</sup> December 2014 Cut Off Times apply

<b>SESSION 1</b> start time 09.00am warm up time 08.00am			
<b>Event</b>	<b>Male</b>	<b>Event</b>	<b>Female</b>
1	100m Breaststroke	2	100m Backstroke
3	50m Backstroke	4	50m Freestyle
5	100m Freestyle	6	100m Breaststroke
7	50m Butterfly	8	50m Butterfly
9	200m IM	10	200m IM
11	100m Backstroke		

<b>SESSION 2</b> start time TBA warm up time TBA			
<b>Event</b>	<b>Male</b>	<b>Event</b>	<b>Female</b>
13	50m Breaststroke	12	100m Freestyle
15	100m IM	14	50m Backstroke
17	50m Freestyle	16	100m IM
19	100m Butterfly	18	50m Breaststroke
21	200m Freestyle	20	100m Butterfly
		22	200m Freestyle