



Black Lion Swimming Club

Affiliated to M.A.S.A., K.C.A.S.A., A.S.A.S.E.R, R.L.S.S.

Black Lion Level 3 Winter Open Meet 2016

License No: 3SE160751

PROGRAMME OF EVENTS

Saturday 26th November 2016

Session 1

1. 400m Freestyle
2. 200m Backstroke
3. 50m Freestyle
4. 100m Butterfly
5. 50m Backstroke
6. 200m Breaststroke
7. 100m Freestyle
8. 100m Individual medley

Warm Up: 08:30

Boys
Girls
Boys
Girls
Boys
Girls
Boys
Girls

Start: 09:30

Session 2

9. 400m Individual medley
10. 200m Individual medley
11. 50m Butterfly
12. 100m Backstroke
13. 200m Freestyle
14. 50m Breaststroke
15. 200m Butterfly
16. 100m Breaststroke

Warm Up: tbc

Girls
Boys
Girls
Boys
Girls
Boys
Girls
Boys

Start: tbc

Sunday 27th November 2016

Session 3

17. 400m Freestyle
18. 200m Backstroke
19. 50m Freestyle
20. 100m Butterfly
21. 50m Backstroke
22. 200m Breaststroke
23. 100m Freestyle
24. 100m Individual

Warm Up: 08:30

Girls
Boys
Girls
Boys
Girls
Boys
Girls
Boys

Start: 09:30

Session 4

25. 400m Individual medley
26. 200m Individual medley
27. 50m Butterfly
28. 100m Backstroke
29. 200m Freestyle
30. 50m Breaststroke
31. 200m Butterfly
32. 100m Breastsroke

Warm Up: tbc

boys
girls
boys
girls
boys
girls
boys
girls

Start: tbc