



# Icebreaker 2022

## Dover Lifeguards SC & Herne Bay SC



## Programme of Events

License No 3SE220188

### Saturday 8th January 2022

<u>Session 1</u> <u>Warm Up: 1.00pm</u> <u>Start: 2.00pm</u>	<u>Session 2</u> <u>Warm Up: 5.00pm</u> <u>Start: 6.00pm</u>
Event 101 Ladies 400m Freestyle Event 102 Mens 400m IM Event 103 Ladies 100m Breaststroke Event 104 Mens 100m Freestyle Event 105 Ladies 50m Freestyle Event 106 Mens 50m Butterfly Event 107 Ladies 200m Individual Medley	Event 201 Mens 200m Freestyle Event 202 Ladies 200m Breaststroke Event 203 Mens 50m Breaststroke Event 204 Ladies 50m Backstroke Event 205 Mens 100m Backstroke Event 206 Ladies 100m Butterfly Event 207 Mens 200m Butterfly Event 208 Ladies 200m Backstroke

### Sunday 9<sup>th</sup> January 2022

<u>Session 3</u> <u>Warm Up: 9.00am</u> <u>Start: 10.00am</u>	<u>Session 4</u> <u>Warm Up: 1.00pm</u> <u>Start: 2.00pm</u>
Event 301 Mens 400m Freestyle Event 302 Ladies 400m Individual Medley Event 303 Mens 100m Breaststroke Event 304 Ladies 100m Freestyle Event 305 Mens 50m Freestyle Event 306 Ladies 50m Butterfly Event 307 Mens 200m Individual Medley	Event 401 Ladies 200m Freestyle Event 402 Mens 200m Breaststroke Event 403 Ladies 50m Breaststroke Event 404 Mens 50m Backstroke Event 405 Ladies 100m Backstroke Event 406 Mens 100m Butterfly Event 407 Ladies 200m Butterfly Event 408 Mens 200m Backstroke