



Application form for a Poolside Passes (cost £15.00 per pass for each day) can be found on our website and this provides a lunchtime meal and admission to the Poolside. All Swimmers must be accompanied by either a Coach/Team Manager or Chaperone.

SCHEDULE OF EVENTS

Saturday 2 nd December 2023			Sunday 3 rd December 2023		
Session 1			Session 4		
F	101	400m Individual Medley	M	401	400m Individual Medley
M	102	100m breaststroke	F	402	100m breaststroke
F	103	200m backstroke	M	403	200m backstroke
M	104	200m freestyle	F	404	200m freestyle
F	105	50m butterfly	M	405	50m butterfly
Session 2			Session 5		
M	201	400m freestyle	F	501	400m freestyle
F	202	100m butterfly	M	502	100m butterfly
M	203	200m breaststroke	F	503	200m breaststroke
F	204	100m backstroke	M	504	100m backstroke
M	205	50m freestyle	F	505	50m freestyle
Session 3			Session 6		
F	301	200m butterfly	M	601	200m butterfly
M	302	200m Individual Medley	F	602	200m Individual Medley
F	303	50m backstroke	M	603	50m backstroke
M	304	50m breaststroke	F	604	50m breaststroke
F	305	100m freestyle	M	605	100m freestyle

TIMINGS

The meet will be split into six sessions, the first Session each day will start at 09.00am (8.00 am Warm Up). The start of the remaining sessions will be determined on the number of entries received. Where possible we will look for an approximate break of 30 mins between sessions finishing and the next warmup beginning