

**City of Milton Keynes Swim Club****Bounce Back Meet Programme****Licensed at Level 3 (XXXXXXXX)****Bletchley Leisure Centre. Princes Way, Bletchley, Milton Keynes. MK2 2HQ****Programme of Events****Saturday 17<sup>th</sup> September 2022**

<b>Session 1</b>	<b>13:00</b>	<b>Warm-up</b>	<b>111</b>	<b>50m</b>	<b>Freestyle (female)</b>
	<b>TBC</b>	<b>Withdrawal closes</b>	<b>112</b>	<b>50m</b>	<b>Butterfly (male)</b>
	<b>TBC</b>	<b>Start</b>	<b>113</b>	<b>200m</b>	<b>Breaststroke (female)</b>
			<b>114</b>	<b>100m</b>	<b>Breaststroke (male)</b>
			<b>115</b>	<b>200m</b>	<b>Butterfly (female)</b>
			<b>116</b>	<b>100m</b>	<b>Backstroke (male)</b>
			<b>117</b>	<b>200m</b>	<b>Individual Medley (female)</b>
			<b>118</b>	<b>400m</b>	<b>Freestyle (male)</b>
	<b>Session 2</b>	<b>TBC</b>	<b>Warm-up</b>	<b>121</b>	<b>400m</b>
<b>TBC</b>		<b>Withdrawal closes</b>	<b>122</b>	<b>50m</b>	<b>Breaststroke (male)</b>
<b>TBC</b>		<b>Start</b>	<b>123</b>	<b>50m</b>	<b>Backstroke (female)</b>
			<b>124</b>	<b>100m</b>	<b>Butterfly (male)</b>
			<b>125</b>	<b>200m</b>	<b>Backstroke (female)</b>
			<b>126</b>	<b>100m</b>	<b>Freestyle (male)</b>
			<b>127</b>	<b>200m</b>	<b>Freestyle (female)</b>

**Sunday 18<sup>th</sup> September 2022**

<b>Session 3</b>	<b>13:00</b>	<b>Warm-up</b>	<b>211</b>	<b>50m</b>	<b>Freestyle (male)</b>
	<b>TBC</b>	<b>Withdrawal closes</b>	<b>212</b>	<b>50m</b>	<b>Butterfly (female)</b>
	<b>TBC</b>	<b>Start</b>	<b>213</b>	<b>200m</b>	<b>Breaststroke (male)</b>
			<b>214</b>	<b>100m</b>	<b>Breaststroke (female)</b>
			<b>215</b>	<b>200m</b>	<b>Butterfly (male)</b>
			<b>216</b>	<b>100m</b>	<b>Backstroke (female)</b>
			<b>217</b>	<b>200m</b>	<b>Individual Medley (male)</b>
			<b>218</b>	<b>400m</b>	<b>Freestyle (female)</b>
<b>Session 4</b>	<b>TBC</b>	<b>Warm-up</b>	<b>221</b>	<b>400m</b>	<b>Individual Medley (male)</b>
	<b>TBC</b>	<b>Withdrawal closes</b>	<b>222</b>	<b>50m</b>	<b>Breaststroke (female)</b>
	<b>TBC</b>	<b>Start</b>	<b>223</b>	<b>50m</b>	<b>Backstroke (male)</b>
			<b>224</b>	<b>100m</b>	<b>Butterfly (female)</b>
			<b>225</b>	<b>200m</b>	<b>Backstroke (male)</b>
			<b>226</b>	<b>100m</b>	<b>Freestyle (female)</b>
			<b>227</b>	<b>200m</b>	<b>Freestyle (male)</b>

All events are HDW.

AGE GROUPS 9 Years; 10 years, 11 Years; 12 years, 13 years; 14 years,  
15 years;16 years & over