



CITY OF OXFORD SWIMMING CLUB

Affiliated to South East Region

Splash and Dash L4

| Date: 19 th May 2024 | | | |
|---------------------------------|-----------|-----|--------|
| Warm-up 1 pm | | | |
| Start 1.50pm | | | |
| | | | |
| 1 | Female | 50 | Fly |
| 2 | Male/Open | 50 | Fly |
| 3 | Female | 50 | Free |
| 4 | Male/Open | 50 | Free |
| 5 | Female | 100 | IM |
| 6 | Male/Open | 100 | IM |
| <i>Break (only if needed)</i> | | | |
| 7 | Female | 50 | Back |
| 8 | Male/Open | 50 | Back |
| 9 | Female | 50 | Breast |
| 10 | Male/Open | 50 | Breast |
| 11 | Female | 100 | Free |
| 12 | Male/Open | 100 | Free |