

# CRAWLEY SWIMMING CLUB

## Spring Long Course Level 1 Licensed Meet

### Programme

Saturday 19th April 2008

#### Session 1

Warm up 8.30am - Start 9.00am

Event 1	Boys	400 IM
Event 2	Girls	400 Freestyle

#### Session 2

Warm Up 10.00am - Start 10.45am

Event 3	Boys	50 Back
Event 4	Girls	50 Breast
Event 5	Boys	200 Butterfly
Event 6	Girls	100 Breaststroke
Event 7	Boys	100 Backstroke
Event 8	Girls	200 IM
Event 9	Boys	200 Freestyle

#### Session 3

Warm Up 2.00pm - Start 2.45pm

Event 10	Boys	50 Fly
Event 11	Girls	50 Freestyle
Event 12	Boys	100 Freestyle
Event 13	Girls	100 Butterfly
Event 14	Boys	200 Backstroke
Event 15	Girls	200 Breaststroke

#### Session 4

Warm Up 5.00pm - Start 5.30pm

Event 16	Mixed	1500 Freestyle
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Sunday 20th April 2008

#### Session 5

Warm up 8.30am - Start 9.00am

Event 17	Girls	400 IM
Event 18	Boys	400 Freestyle

#### Session 6

Warm Up 10.00am - Start 10.45am

Event 19	Girls	50 Back
Event 20	Boys	50 Breast
Event 21	Girls	200 Butterfly
Event 22	Boys	100 Breaststroke
Event 23	Girls	100 Backstroke
Event 24	Boys	200 IM
Event 25	Girls	200 Freestyle

#### Session 7

Warm Up 2.00pm - Start 2.45pm

Event 26	Girls	50 Fly
Event 27	Boys	50 Freestyle
Event 28	Girls	100 Freestyle
Event 29	Boys	100 Butterfly
Event 30	Girls	200 Backstroke
Event 31	Boys	200 Breaststroke

#### Session 8

Warm Up 5.00pm - Start 5.30pm

Event 32	Mixed	800 Freestyle
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Signing in will be required.