

City of Milton Keynes Swimming Club**November 502400s Meet Licensed Level 2 Programme 2011 (2SE1181)**

Saturday **19th November 2011**
Sunday **20th November 2011**

Programme of Events

Saturday 19th November 2011

Session 1	0800 Warm-up 0810 Sign-in closes 0905 Start	1	400m Individual Medley (male)
		2	200m Backstroke (female)
		3	100m Butterfly (male)
		4	100m Breaststroke (female)
		5	50m Breaststroke (male)
		6	50m Backstroke (female)
		7	200m Freestyle (male)
		8	200m Butterfly (female)
Session 2	TBA	9	200m Individual Medley (male)
		10	400m Freestyle (female)
		11	200m Breaststroke (male)
		12	50m Fly (female)
		13	50m Freestyle (male)
		14	100m Freestyle (female)
		15	100m Backstroke (male)
		16	100m Individual Medley (female)

Sunday 20th November 2011

Session 3	0800 Warm-up 0810 Sign-in closes 0905 start	17	400m Individual Medley (female)
		18	200m Backstroke (male)
		19	100m Butterfly (female)
		20	100m Breaststroke (male)
		21	50m Breaststroke (female)
		22	50m Backstroke (male)
		23	200m Freestyle (female)
		24	200m Butterfly (male)
Session 4	TBA	25	200m Individual Medley (female)
		26	400m Freestyle (male)
		27	200m Breaststroke (female)
		28	50m Fly (male)
		29	50m Freestyle (female)
		30	100m Freestyle (male)
		31	100m Backstroke (female)
		32	100m Individual Medley (male)

All events are HDW.

AGE GROUPS 9/10 years, 11/12 years, 13/14 years, 15/16 years and 17years and over.
 (100m events for 9yr old girls and 9/10yr old boys are not permitted, except 100IM)