



## May Sprint Meet 2020

Long Course Level 3 meet

### PROGRAMME OF EVENTS

Sunday 17<sup>th</sup> May 2020

Session 1	Warm up TBC	Start TBC
1	Girls	100 free
2	Boys	100 back
3	Girls	50 fly
4	Boys	50 free
5	Girls	100 breast
6	Boys	100 fly
7	Girls	50 back
8	Boys	50 breast

15 Minute comfort break if session is scheduled to exceed 3hours.

Session 2	Warm up TBC	Start TBC
9	Girls	100 back
10	Boys	100 free
11	Girls	50 free
12	Boys	50 fly
13	Girls	100 fly
14	Boys	100 breast
15	Girls	50 breast
16	Boys	50 back

15 Minute comfort break if session is scheduled to exceed 3hours.