**PETER BULL MEET**

Entry Suggestion as a MINIMUM

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| **GOLD/SILVER PLUS** |  |  |
| 3-4 sessions | 2-3 swims per session | Target stronger events for County QualificationInclude at least one 400m event |
| **SILVER** |  |  |
| 2-3 sessions | 2-3 swims per session | Range of strokes and all distancesConsider 400 Free |
| **BRONZE** |  |  |
| 2-3 sessions | 2-3 swims per session | Include at least 1 x 200m event |