



Worcester Swimming Club SUMMER OPEN MEET

Under Swim England Regulations and Technical Rules

(Affiliated to West Midland Region ASA & Worcester County SA)

6th & 7th July 2024

PROGRAMME OF EVENTS

| Saturday 6th July 2024 | | | |
|--|--|------------|--|
| Ev. | Session 1: Warm-up 08:30, Start 09:30. Finish 12:30 (approx.) | Ev. | Session 2: Warm-up 13:00, Start 14:00*** Finish 17:00 (approx.) |
| 101 | Open/Male 200m IM | 201 | Female 200m Free |
| 102 | Female 100m IM | 202 | Open/Male 50m Free |
| 103 | Open/Male 100m Free | 203 | Female 100m Back |
| 104 | Female 50m Back | 204 | Open/Male 200m Fly |
| 105 | Open/Male 50m Fly | 205 | Female 50m Breast |
| 106 | Female 200m Breast | 206 | Open/Male 200m Back |
| 107 | Open/Male 100m Breast | 207 | Female 100m Fly |

| Sunday July 7th 2024 | | | |
|--|--|------------|--|
| Ev. | Session 3: Warm-up 08:30, Start 09:30. Finish 12:30 (approx.) | Ev. | Session 4: Warm-up 13:00, Start 14:00*** Finish 17:00 (approx.) |
| 301 | Female 200m IM | 401 | Open/Male 200m Free |
| 302 | Open/Male 100m IM | 402 | Female 50m Free |
| 303 | Female 100m Free | 403 | Open/Male 100m Back |
| 304 | Open/Male 50m Back | 404 | Female 200m Fly |
| 305 | Female 50m Fly | 405 | Open/Male 50m Breast |
| 306 | Open/Male 200m Breast | 406 | Female 200m Back |
| 307 | Female 100m Breast | 407 | Open/Male 100m Fly |

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Version 1: Feb 2024