



**BRISTOL HENLEAZE  
SWIMMING CLUB**

**United Bristol & Bristol Henleaze National Qualifier Level 1 Open Meet**  
**10<sup>th</sup> & 11<sup>th</sup> March 2018 @ Hengrove Park Leisure Centre**  
**Licence Number: 1SW180292**

**PROGRAMME OF EVENTS**

**SATURDAY 10<sup>th</sup> March 2018**

<b>Session 1</b>		<b>Warm up 8.30</b>	<b>Start 9.00</b>	<b>Finish 10.00</b>
1)	Female	10/over	400m Freestyle	HDW
2)	Male	10/over	400m I.M.	HDW
<b>Session 2</b>		<b>Warm up 10.15</b>	<b>Start 11.00</b>	<b>Finish 14.00</b>
3)	Female	9/over	200m Butterfly	HDW
4)	Male	9/over	200m Backstroke	HDW
5)	Female	9/over	100m Breaststroke	HDW
6)	Male	9/over	100m Butterfly	HDW
7)	Female	9/over	50m Backstroke	HDW
8)	Male	9/over	50m Breaststroke	HDW
9)	Female	11/over	800m Freestyle	HDW
<b>Session 3</b>		<b>Warm up 14.15</b>	<b>Start 15.15</b>	<b>Finish 18.15</b>
10)	Male	9/over	200m Freestyle	HDW
11)	Female	9/over	200m I.M.	HDW
12)	Male	9/over	200m Breaststroke	HDW
13)	Female	9/over	100m Freestyle	HDW
14)	Male	9/over	100m Backstroke	HDW
15)	Female	9/over	50m Butterfly	HDW
16)	Male	9/over	50m Freestyle	HDW

All timings are approximate and subject to change