

CITY OF SOUTHAMPTON

5TH CHRISTMAS OPEN MEET (3SE4382)

SCHEDULE OF EVENTS

SESSION 1: WARM-UP 8.00am START 8.50am

Session 1- 3.25 hours of swimming (inc. break 8.50am – 12.20pm)

Event 1	HDW	Boys	200m	Freestyle
Event 2	HDW	Girls	50m	Breaststroke
Event 3	HDW	Boys	100m	Butterfly
Event 4	HDW	Girls	100m	Freestyle
Event 5	HDW	Boys	50m	Freestyle

Comfort break – 15 mins

Event 6	HDW	Girls	50m	Butterfly
Event 7	HDW	Boys	100m	Breaststroke
Event 8	HDW	Girls	100m	Backstroke
Event 9	HDW	Boys	50m	Backstroke
Event 10	HDW	Girls	100m	IM

SESSION 2: WARM-UP: 12.40pm START 1.30pm

Session 2- 3.25 hours of swimming (inc. break 1.30pm – 5.00pm)

Event 11	HDW	Girls	200m	Freestyle
Event 12	HDW	Boys	50m	Breaststroke
Event 13	HDW	Girls	100m	Butterfly
Event 14	HDW	Boys	100m	Freestyle
Event 15	HDW	Girls	50m	Freestyle

Comfort break – 15 mins

Event 16	HDW	Boys	50m	Butterfly
Event 17	HDW	Girls	100m	Breaststroke
Event 18	HDW	Boys	100m	Backstroke
Event 19	HDW	Girls	50m	Backstroke
Event 20	HDW	Boys	100m	IM