

BEXLEY LONG COURSE MEET

SATURDAY 10th & SUNDAY 11th APRIL 2010

AT CRYSTAL PALACE NATIONAL SPORTS CENTRE

SESSION 1          SATURDAY 10th April

WARM UP 8.00am (Sign in by 8.15am)

9.00AM START      /FINISH 12.00PM

Event

- 1 GIRLS 100 METRE BUTTERFLY
- 2 BOYS 100 METRE BACKSTROKE
- 3 GIRLS 200 METRE BREASTSTROKE
- 4 BOYS 200 METRE INDIVIDUAL MEDLEY
- 5 GIRLS 50 METRE FREESTYLE
- 6 BOYS 400 METRE FREESTYLE

SESSION 2

WARM UP 1PM (Sign in by 1.15pm)

Event      START 2.00PM FINISH 5.30PM

- 7 GIRLS 400 METRE INDIVIDUAL MEDLEY
- 8 BOYS 50 METRE FREESTYLE
- 9 GIRLS 100 METRE BACKSTROKE
- 10 BOYS 200 METRE BREASTSTROKE
- 11 GIRLS 200 METRE FREESTYLE
- 12 BOYS 100 METRE BUTTERFLY

SESSION 3          SUNDAY 11th APRIL

WARM UP 8AM (Sign in by 8.15am)

START 9.00AM FINISH 12.00PM

Event

- 15 GIRLS 200 METRE BUTTERFLY
- 16 BOYS 200 METRE FREESTYLE
- 17 GIRLS 100 METRE BREASTSTROKE
- 18 BOYS 400 METRE INDIVIDUAL MEDLEY
- 19 GIRLS 200 METRE INDIVIDUAL MEDLEY
- 20 BOYS 200 METRE BACKSTROKE

SESSION 4

WARM UP 1PM (Sign in by 1.15pm)

START 2.00PM      FINISH 5.00PM

Event

- 21 GIRLS 400 METRE FREESTYLE
- 22 BOYS 100 METRE BREASTSTROKE
- 23 GIRLS 200 METRE BACKSTROKE
- 24 BOYS 200 METRE BUTTERFLY
- 25 GIRLS 100 METRE FREESTYLE
- 26 BOYS 100 METRE FREESTYLE