

BEXLEY LONG COURSE MEET

SATURDAY 15TH AND SUNDAY 16TH NOVEMBER 2008

AT CRYSTAL PALACE NATIONAL SPORTS CENTRE

SESSION 1 SATURDAY 15TH NOVEMBER

WARM UP 8.00am (Sign in by 8.15am)

9.00AM START /FINISH 12.00PM

Event

- | | |
|---|---------------------------------|
| 1 | 1500 Freestyle 13 & Under Mixed |
| 2 | 200 Backstroke Boys |
| 3 | 200 Breaststroke Girls |
| 4 | 400 Individual Medley Boys |
| 5 | 200 Freestyle Girls |

SESSION 2

WARM UP 1PM (Sign in by 1.15pm)

Event START 2.00PM FINISH 5.30PM

- | | |
|----|-----------------------------------|
| 6 | 800 Freestyle 14+ Mixed |
| 7 | 200 Butterfly Boys |
| 8 | 200 Individual Medley Girls |
| 9 | 400 Freestyle Boys
Skins Girls |
| 10 | Medley 13 & Under |
| 11 | 14 + |

SESSION 3 SUNDAY 16TH NOVEMBER

WARM UP 8AM (Sign in by 8.15am)

START 9.00AM FINISH 12.00PM

Event

- | | |
|----|-----------------------------|
| 12 | 1500 Freestyle 14+ Mixed |
| 13 | 200 Backstroke Girls |
| 14 | 200 Breaststroke Boys |
| 15 | 400 Individual Medley Girls |
| 16 | 200 Freestyle Boys |

SESSION 4

WARM UP 1PM (Sign in by 1.15pm)

START 2.00PM FINISH 5.00PM

Event

- | | |
|----|-----------------------------------|
| 17 | 800 Freestyle Under 13 Mixed |
| 18 | 200 Butterfly Girls |
| 19 | 200 Individual Medley Boys |
| 20 | 400 Freestyle Girls
Skins Boys |
| 21 | Medley 13 Under Boys |
| 22 | 14+ Boys |