

APPENDIX 1**EAST GRINSTEAD SWIMMING CLUB****EGSC OPEN MEET****SUNDAY 19th May 2024****K2, CRAWLEY****DRAFT PROGRAMME****SESSION 1**

Warm up 7.45 (to be confirmed)	Start 8.45 (to be confirmed)	
Event 1	100 free	Girls
Event 2	100 back	Boys
Event 3	50 breast	Girls
Event 4	50 breast	Boys
Event 5	100 fly	Girls
Event 6	100 free	Boys

SESSION 2

Warm up 11.10 (to be confirmed)	Start 12.15 (to be confirmed)	
Event 7	100 breast	Girls
Event 8	50 fly	Boys
Event 9	50 back	Girls
Event 10	50 back	Boys
Event 11	100 IM	Girls
Event 12	100 breast	Boys

SESSION 3

Warm up 15.10 (to be confirmed)	Start 15.50 (to be confirmed)	
Event 13	50 fly	Girls
Event 14	100 fly	Boys
Event 15	100 back	Girls
Event 16	100 IM	Boys
Event 17	50 free	Girls
Event 18	50 free	Boys

