

APPENDIX 1**EAST GRINSTEAD SWIMMING CLUB****EGSC OPEN MEET****SUNDAY 18th May 2025****K2, CRAWLEY****DRAFT PROGRAMME****SESSION 1**

Warm up 7.45 (to be confirmed)	Start 8.40 (to be confirmed)	
Event 101	100 Freestyle	Female
Event 102	100 Back Stroke	Open/Male
Event 103	50 Breast Stroke	Female
Event 104	50 Breast Stroke	Open/Male
Event 105	100 Butterfly	Female
Event 106	100 Freestyle	Open/Male

SESSION 2

Warm up 11.10 (to be confirmed)	Start 12.15 (to be confirmed)	
Event 207	100 Breast Stroke	Female
Event 208	50 Butterfly	Open/Male
Event 209	50 Back Stroke	Female
Event 210	50 Back Stroke	Open/Male
Event 211	100 IM	Female

SESSION 3

Warm up 15.10 (to be confirmed)	Start 15.50 (to be confirmed)	
Event 312	100 Breast Stroke	Open/Male
Event 313	50 Butterfly	Female
Event 314	100 Butterfly	Open/Male
Event 315	100 Back Stroke	Female
Event 316	100 IM	Open/Male
Event 317	50 Freestyle	Female
Event 318	50 Freestyle	Open/Male

