

BECKENHAM SWIMMING CLUB

Affiliated to ASA London Region and ASA Laws and FINA Technical Rules of Swimming



125TH ANNIVERSARY EASTER INTERNATIONAL OPEN 2018

LEVEL 1 LICENSED LONG COURSE OPEN MEET

LICENCE NO. 1LR180255

FRIDAY 30TH MARCH, SATURDAY 31ST MARCH AND SUNDAY 1ST APRIL

LONDON AQUATICS CENTRE, QUEEN ELIZABETH OLYMPIC PARK, STRATFORD, LONDON

PROGRAMME

FRIDAY 30TH MARCH 2018

SESSION 1

| | | | |
|------------------------|------------------|------------------|----------|
| Sign In will Close at: | 16.55hrs | Session Starts: | 17.40hrs |
| Combined Warm Up: | 17.00 – 17.30hrs | Expected Finish: | 20.30hrs |

Event 1 Girls 800m Freestyle
Event 2 Boys 1500m Freestyle

SATURDAY 31ST MARCH 2018

SESSION 2

Sign In Book Closes at: 08.10hrs
Warm Up for Boys: 08.00-08.30hrs
Warm Up for Girls: 08:30-09.00hrs
Start: 09.10hrs

Event 3 Boys 400m IM
Event 4 Girls 200m IM
Event 5 Boys 100m Butterfly
Event 6 Girls 200m Backstroke
Event 7 Boys 100m Breaststroke

SESSION 3

Sign In Book Closes at: TBC
Warm Up for Girls: TBC
Warm Up for Boys: TBC
Start: TBC

Event 8 Girls 400m Freestyle
Event 9 Boys 200m Freestyle
Event 10 Girls 200m Breaststroke
Event 11 Boys 50m Butterfly
Event 12 Girls 50m Backstroke

SESSION 4

Sign In Book Closes at: TBC
Warm Up for Boys: TBC
Warm Up for Girls: TBC
Start: TBC

Event 13 Boys 100m Freestyle
Event 14 Girls 200m Butterfly
Event 15 Boys 100m Backstroke
Event 16 Girls 50m Breaststroke
Event 17 Boys 50m Freestyle

SUNDAY 1ST APRIL 2018

SESSION 5

Sign In Book Closes at: 08.10hrs
Warm Up for Girls: 08.00-08.30hrs
Warm Up for Boys: 08:30-09.00hrs
Start: 09.10hrs

Event 18 Girls 400m IM
Event 19 Boys 200m IM
Event 20 Girls 100m Butterfly
Event 21 Boys 200m Backstroke
Event 22 Girls 100m Breaststroke

SESSION 6

Sign In Book Closes at: TBC
Warm Up for Boys: TBC
Warm Up for Girls: TBC
Start: TBC

Event 23 Boys 400m Freestyle
Event 24 Girls 200m Freestyle
Event 25 Boys 200m Breaststroke
Event 26 Girls 50m Butterfly
Event 27 Boys 50m Backstroke

SESSION 7

Sign In Book Closes at: TBC
Warm Up for Girls: TBC
Warm Up for Boys: TBC
Start: TBC

Event 28 Girls 100m Freestyle
Event 29 Boys 200m Butterfly
Event 30 Girls 100m Backstroke
Event 31 Boys 50m Breaststroke
Event 32 Girls 50m Freestyle