

NEWHAM AND EAST LONDON L1 NATIONAL QUALIFYING
MEET
Long Course Meet (License No. 1LR180247)

PROGRAMME OF EVENTS

1 hour Warm Up			
Session 1 – Start 09.45 SATURDAY		Session 4 – Start 09.45 SUNDAY	
Girls	400m Individual Medley	Boys	400m Individual Medley
Boys	100m Freestyle	Girls	100m Freestyle
Girls	50m Freestyle	Boys	50m Freestyle
Boys	50m Butterfly	Girls	50m Butterfly
Girls	200m Breaststroke	Boys	200m Breaststroke
Boys	200m Individual Medley	Girls	200m Individual Medley

1 hour Warm Up			
Session 2 – Start TBA		Session 4 – Start TBA	
Boys	200m Butterfly	Girls	200m Butterfly
Girls	200m Freestyle	Boys	200m Freestyle
Boys	50m Backstroke	Girls	50m Backstroke
Girls	50m Breaststroke	Boys	50m Breaststroke
Boys	1500m Freestyle	Girls	800m Freestyle

1 hour Warm Up			
Session 3 – Start TBA		Session 6 – Start TBA	
Girls	400m Freestyle	Boys	400m Freestyle
Boys	100m Breaststroke	Girls	100m Breaststroke
Girls	100m Backstroke	Boys	100m Backstroke
Boys	200m Backstroke	Girls	200m Backstroke
Girls	100m Butterfly	Boys	100m Butterfly