



**EMBRACE
CHALLENGE
ACHIEVE**

Bramcote Swimming Club, Bramcote Leisure Centre, Derby Road,
Nottingham, NG9 3GF
E-mail: secretary.bsc@hotmail.co.uk
www.swim-to-win.com
www.aquastarssynchro.com



Bramcote SC Open Meet 2018 (3EM181419) Schedule of Events

SESSION 1:

(Warm up: 8.30-8.55am Girls: 8.55am to 9.20am Boys)

1	GIRLS	9 & OVER 200m Individual Medley
2	BOYS	9 & OVER 200m Freestyle
3	GIRLS	10 & OVER 100m Breaststroke
4	BOYS	10 & OVER 100m Breaststroke
5	GIRLS	9 & OVER 50m Butterfly
6	BOYS	9 & OVER 50m Backstroke
7	GIRLS	9 & OVER 50m Freestyle

SESSION 2:

(Warm up TBC)

8	BOYS	9 & OVER 200m Individual Medley
9	GIRLS	9 & OVER 200m Freestyle
10	BOYS	10 & OVER 100m Butterfly
11	GIRLS	10 & OVER 100m Butterfly
12	BOYS	9 & OVER 50m Butterfly
13	GIRLS	9 & OVER 50m Backstroke
14	BOYS	9 & OVER 50m Freestyle

SESSION 3:

(Warm up TBC)

15	BOYS	10 & OVER 100m Backstroke
16	GIRLS	9 & OVER 50m Breaststroke
17	BOYS	9 & OVER 50m Breaststroke
18	GIRLS	10 & OVER 100m Freestyle
19	BOYS	10 & OVER 100m Freestyle
20	GIRLS	10 & OVER 100m Backstroke

Sessions 1 and 2 will be no longer than 2hr 45min. Session 3 will be no longer than 2hr. The total competition time will be a maximum of 7 ½ hr.



Bramcote Swimming Club Ltd is a private company limited by guarantee incorporated in England and Wales with company number 09600778 and its registered address is 15 Foster Avenue, Beeston, Nottingham, NG9 1AE. Bramcote Swimming Club Ltd is a Community Amateur Sports Club, CASC HMRC Reference no CH10663