



# The Bramcote Open 2015

## Sunday 29<sup>th</sup> November 2015

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### Schedule of Events:

#### MORNING SESSION:

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

1. Girls 9/10 yrs 50m Backstroke
2. Boys 9/10 yrs 50m Butterfly
3. Girls 11/over 100m Breaststroke
4. Boys 11/over 100m Freestyle
5. Girls 9/10 yrs 50m Butterfly
6. Boys 9/10 yrs 50m Backstroke
7. Girls 11/over 100m Freestyle
8. Boys 11/over 100m Breaststroke

*Comfort break 10 minutes*

9. Girls 9/over 200m Freestyle
10. Boys 9/over 200m Individual Medley

#### AFTERNOON SESSION:

**(Warm up Start Time: No later than 2.30pm. 25mins Boys then 25mins Girls)**

11. Boys 9/10 yrs 50m Breaststroke
12. Girls 9/over 50m Freestyle
13. Boys 11/over 100m Backstroke
14. Girls 11/over 100m Butterfly
15. Boys 9/over 50m Freestyle
16. Girls 9/10 yrs 50m Breaststroke
17. Boys 11/over 100m Butterfly
18. Girls 11/over 100m Backstroke

*Comfort break 10 minutes*

19. Boys 9/over 200m Freestyle
20. Girls 9/over 200m Individual Medley

Each session will be no longer than 3hr 45 min of swimming time. The total competition time will be a maximum of 7 ½ hr.