



**The Bramcote Open 2015**  
**Sunday 29<sup>th</sup> November 2015**

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**The Bramcote Open 2015**  
**Bramcote Swimming Club's 8<sup>th</sup> Annual Open Meet**  
**Sunday 29<sup>th</sup> November 2015**  
**Licenced Level 3 (3EM151764)**

## **Warm up procedure:**

### **MORNING SESSION:**

**Warm up:**

**8.30-8.55am: Girls**

**8.55am to 9.20am: Boys**

**Start: 9.30am**

**Estimated finish: 12 noon**

### **AFTERNOON SESSION:**

**Warm up**

**1.00-1.25pm: Boys**

**1.25pm-1.50pm: Girls**

**Start: 2.00pm**

**Estimated finish: 4.50pm**

