



The Bramcote Open 2016
Sunday 27th November 2016

The Bramcote Open 2016
Bramcote Swimming Club's 9th Annual Open Meet
Sunday 27th November 2016
Licenced Level 3 (3EM162347)

Warm up procedure:

SESSION 1:

Warm up:

8.30-8.50am: Girls 11years and under

8.50-9.10am: Girls 12years and over

9.10am to 9.30am: Boys

Start: 9.30am

Estimated finish: 11.35am

SESSION 2:

Warm up

12.00-12.20pm: Boys

12.20pm-12.40: Girls 11years and under

12.40-1.00pm: Girls 12years and over

Start: 1.00pm

Estimated finish: 3.15pm

SESSION 3:

Warm up

3.30-3.50pm: Boys

3.50pm-4.10pm: Girls 11years and under

4.10-4.30pm: Girls 12years and over

Start: 4.30pm

Estimated finish: 5.45pm

