



**EMBRACE
CHALLENGE
ACHIEVE**

Bramcote Swimming Club, Bramcote Leisure Centre, Derby Road,
Nottingham, NG9 3GF

E-mail: bramcotesctreasurer@gmail.com

www.swim-to-win.com

www.aquastarssynchro.com



Bramcote Open Meet 2021 (3EM210326)

Schedule of Events

SESSION 1: (Warm up: Girls 11 & under: 8.30 - 8.50am; Girls 12 & over: 8.50 - 9.10am; Boys: 9.10 - 9.30am)

1	Girls	9yr and over	200m Individual Medley
2	Boys	9yr and over	200m Freestyle
3	Girls	10yr and over	100m Breaststroke
4	Boys	10yr and over	100m Breaststroke
5	Girls	9yr and over	50m Butterfly
6	Boys	9yr and Over	50m Backstroke
7	Girls	9yr and over	50m Freestyle

SESSION 2: (Warm up: tbc)

8	Boys	9yr and over	200m Individual Medley
9	Girls	9yr and over	200m Freestyle
10	Boys	10yr and over	100m Butterfly
11	Girls	10yr and over	100m Butterfly
12	Boys	9yr and over	50m Butterfly
13	Girls	9yr and Over	50m Backstroke
14	Boys	9yr and over	50m Freestyle

SESSION 3: (Warm up: tbc)

15	Boys	10yr and over	100m Backstroke
16	Girls	9yr and over	50m Breaststroke
17	Boys	9yr and over	50m Breaststroke
18	Girls	10yr and over	100m Freestyle
19	Boys	10yr and over	100m Freestyle
20	Girls	10yr and Over	100m Backstroke