



Northgate Swimming Club's

P.B. BUSTER

Programme of Events

Saturday 24 th November 2018				Sunday 25 th November 2018			
Session 1 Warm-up 8:30am		Session 2 Warm-up TBA		Session 3 Warm-up 8:30am		Session 4 Warm-up TBA	
1	400 Free - Girls	9	400 IM – Boys	16	400 Free – Boys	24	400 IM – Girls
2	200 IM - Boys	10	100 Free - Girls	17	200 IM – Girls	25	100 Free – Boys
3	50 Brst – Girls	11	50 Fly – Boys	18	50 Brst – Boys	26	50 Fly – Girls
4	50 Free – Boys	12	50 Back - Girls	19	50 Free – Girls	27	50 Back – Boys
5	200 Back - Girls	13	200 Free – Boys	20	200 Back – Boys	28	200 Free – Girls
6	100 Back – Boys	14	200 Brst – Girls	21	100 Back – Girls	29	200 Brst - Boys
7	100 Fly – Girls	15	100 Brst - Boys	22	100 Fly - Boys	30	100 Brst - Girls
8	200 Fly - Boys			23	200 Fly - Girls		

Session 1 & 3 Warm-up will be 8:30 to 9:20am - First event starts at 9:30am

Session 2 & 4 Warm-up and start times will be posted on the Northgate website once entries have closed. See www.northgateswimming.co.uk

The above programme is provisional and may change dependant on entries.