



Black Lion Swimming Club

Swim with the best! www.blacklionsc.org.uk

Affiliated to M.A.S.A., K.C.A.S.A., A.S.A.S.E.R, R.L.S.S.

BLSC SPRING OPEN MEET 2012

PROGRAMME OF EVENTS

Saturday 21st April 2012

Session 1

Warm Up: 08:30

Start: 09:30

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|----|------------------------|-------|
| 1. | 100m Individual Medley | Boys |
| 2. | 200m Butterfly | Girls |
| 3. | 200m Butterfly | Boys |
| 4. | 50m Backstroke | Girls |
| 5. | 50m Backstroke | Boys |
| 6. | 100m Breaststroke | Girls |
| 7. | 100m Breaststroke | Boys |

Session 2

Warm Up: 13:00

Start: 14:00

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|-----|------------------------|-------|
| 8. | 200m Freestyle | Girls |
| 9. | 200m Freestyle | Boys |
| 10. | 100m Backstroke | Girls |
| 11. | 100m Backstroke | Boys |
| 12. | 50m Breaststroke | Girls |
| 13. | 50m Breaststroke | Boys |
| 14. | 200m Individual Medley | Girls |

Sunday 22nd April 2012

Session 3

Warm Up: 08:30

Start: 09:30

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|-----|------------------------|-------|
| 15. | 100m Individual Medley | Girls |
| 16. | 200m Breaststroke | Boys |
| 17. | 200m Breaststroke | Girls |
| 18. | 100m Freestyle | Boys |
| 19. | 100m Freestyle | Girls |
| 20. | 50m Butterfly | Boys |
| 21. | 50m Butterfly | Girls |

Session 4

Warm Up: 13:00

Start: 14:00

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|-----|------------------------|-------|
| 22. | 200m Backstroke | Boys |
| 23. | 200m Backstroke | Girls |
| 24. | 50m Freestyle | Boys |
| 25. | 50m Freestyle | Girls |
| 26. | 100m Butterfly | Boys |
| 27. | 100m Butterfly | Girls |
| 28. | 200m Individual Medley | Boys |

