



# THE BRAMCOTE OPEN 2009

Bramcote Swimming Club's 2<sup>nd</sup> Annual Open Meet

Sunday 29<sup>th</sup> November 2009, Bramcote Leisure Centre, Nottingham. NG9 3GF

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## Order of Events:

### MORNING SESSION:

(Warm up: 8.30-8.55am Girls: 8.55am to 9.20am Boys)

1. Girls 9/10 yrs 50m Backstroke
2. Boys 9/10 yrs 50m Butterfly
3. Girls 11/over 100m Breaststroke
4. Boys 11/over 100m Freestyle
5. Girls 9/10 yrs 50m Butterfly
6. Boys 9/10 yrs 50m Backstroke
7. Girls 11/over 100m Freestyle
8. Boys 11/over 100m Breaststroke
9. Girls 9/over 200m Freestyle
10. Boys 9/over 200m Individual Medley

### AFTERNOON SESSION:

(Warm up Start Time: No later than 2.15pm. 25mins Boys then 25mins Girls)

11. Boys 9/10 yrs 50m Breaststroke
12. Girls 9/over 50m Freestyle
13. Boys 11/over 100m Backstroke
14. Girls 11/over 100m Butterfly
15. Boys 9/over 50m Freestyle
16. Girls 9/10 yrs 50m Breaststroke
17. Boys 11/over 100m Butterfly
18. Girls 11/over 100m Backstroke
19. Boys 9/over 200m Freestyle
20. Girls 9/over 200m Individual Medley

Each session will be no longer than 3hrs 45 mins. The total competition time will be a maximum of 7 ½ hrs.