



Basildon Phoenix Swimming Club Winter Long Course Meet



Race Schedule

Session 1 Saturday 3rd January

Boys Warm Up 8am
Girls Warm Up 8.25am
Signing in closes 8.30am
Start 9am

Session 3 Sunday 4th January

Girls Warm Up 8am
Boys Warm Up 8.25am
Signing in closes 8.30am
Start 9am

Event	1	Boys	400m	Freestyle	HDW	16	Girls	400m	Freestyle	HDW
	2	Girls	400m	I.Medley	HDW	17	Boys	400m	I.Medley	HDW
	3	Boys	50m	Freestyle	HDW	18	Girls	50m	Freestyle	HDW
	4	Girls	200m	Freestyle	HDW	19	Boys	200m	Freestyle	HDW
	5	Boys	100m	Backstroke	HDW	20	Girls	100m	Backstroke	HDW
	6	Girls	50m	Butterfly	HDW	21	Boys	50m	Butterfly	HDW
	7	Boys	100m	Breaststroke	HDW	22	Girls	100m	Breaststroke	HDW

Session 2 Saturday 3rd January

Boys Warm Up TBC
Girls Warm Up TBC
Start TBC

Session 4 Sunday 4th January

Girls Warm Up TBC
Boys Warm Up TBC
Start TBC

8	Boys	200m	I.Medley	HDW	23	Girls	200m	I.Medley	HDW
9	Girls	200m	Breaststroke	HDW	24	Boys	200m	Breaststroke	HDW
10	Boys	50m	Backstroke	HDW	25	Girls	50m	Backstroke	HDW
11	Girls	100m	Freestyle	HDW	26	Boys	100m	Freestyle	HDW
12	Boys	50m	Breaststroke	HDW	27	Girls	50m	Breaststroke	HDW
13	Girls	100m	Butterfly	HDW	28	Boys	100m	Butterfly	HDW
14	Boys	200m	Butterfly	HDW	29	Girls	200m	Butterfly	HDW
15	Girls	200m	Backstroke	HDW	30	Boys	200m	Backstroke	HDW

Notes :-

All Events are Heat Declared Winners Swimmers from each of following age groups will be taken according to submitted / consideration times 9, 10, 11, 12, 13, 14, 15+

Winners Medals can be collected as soon as official results are published and will be given to the top 3 in each age group – No Medals will be posted after the event