



HODDESDON
SWIMMING CLUB

HODDESDON SC SUMMER SPRINT 2017

24th June 2017, Harlow Leisurezone, Harlow

Licence xxx

PROGRAMME OF EVENTS

SESSION 1 Warm up 12.30pm: Start 1.15pm	
1	Girls 200m IM (ages 13+ yrs)
2	Boys 200m IM (ages 13+yrs)
3	Girls 100mIM (ages 12 yrs and under)
4	Boys 100m IM (ages 12 yrs and under)
5	Girls 100m Freestyle
6	Boys 50m Freestyle
7	Girls 100m Butterfly
8	Boys 100m Breaststroke
9	Girls 50m Breaststroke
10	Boys 100 Backstroke
11	Girls 50m Backstroke
12	Boys 50m Butterfly
13/14	Girls 50m Medley Skins/ Boys Medley Skins (ages 13 + yrs)
15/16	Girls 25m Medley Skins/ Boys Medley Skins (ages 12 yrs and under)
SESSION 2 Warm up & Start TBC	
17	Boys 100m Freestyle
18	Girls 50m Freestyle
19	Boys 100m Butterfly
20	Girls 100m Breaststroke
21	Boys 50m Breaststroke
22	Girls 100m Backstroke
23	Boys 50m Backstroke

24	Girls 50m Butterfly
25	Boys Junior 4x50m Medley Relay
26	Girls Open 4x50m Medley Relay
27	Mixed Junior 4x50m Freestyle Relay
28	Boys Open 4x50m Medley Relay
29	Girls Junior 4x50m Medley Relay
30	Mixed Open 4x50m Freestyle Relay

INDIVIDUAL EVENTS: 9 yrs + RELAY EVENTS: JUNIOR: Under 13 yrs. OPEN: 9 yrs +
MEDLEY SKINS EVENTS: 8 fastest swimmers of 200 IM (Events 1 & 2) and 100
(Events 3 & 4)

