

FLAXMERE - REVISED SESSIONS
HBPB WINTER CHAMPIONSHIPS

18th September	19 th September	20 th September
Fri – 11 and unders	Sat – 11 and unders	Sun – 11 and unders
Warm Up – 2pm Start – 2.45pm	Warm Up – 7.15am Start – 8.00am	Warm Up – 7.15am Start – 8.00am
200 Back (T/F)	400 Free (T/F)	200 IM (T/F)
50 Fly (T/F)	100 IM (T/F)	50 Back (T/F)
200 Breast (T/F)	200 Fly (T/F)	100 Fly (T/F)
100 Free (T/F)	100 Breast (T/F)	50 Breast (T/F)
	50 Free (T/F)	200 Free (T/F)
	400 IM (T/F)	
	100 Back (T/F)	
Fri – 12-13 years	Sat – 12-13 years	Sun – 12-13 years
Warm Up – 4pm Start – 4.45pm	Warm Up – 10am Start – 10.45am	Warm Up – 9.45am Start – 10.30am
200 Back (T/F)	400 Free (T/F)	200 IM (T/F)
50 Fly (T/F)	100 IM (T/F)	50 Back (T/F)
200 Breast (T/F)	200 Fly (T/F)	100 Fly (T/F)
100 Free (T/F)	100 Breast (T/F)	50 Breast (T/F)
	50 Free (T/F)	200 Free (T/F)
	400 IM (T/F)	
	100 Back (T/F)	
Fri – 14 years and over	Sat – 14 years and over	Sun – 14 years and over
Warm Up -6pm Start – 6.45pm	Warm Up – 1pm Start – 1.45pm	Warm Up – 12.15pm Start – 1pm
200 Back (T/F)	400 Free (T/F)	200 IM (T/F)
50 Fly (T/F)	100 IM (T/F)	50 Back (T/F)
200 Breast (T/F)	200 Fly (T/F)	100 Fly (T/F)
100 Free (T/F)	100 Breast (T/F)	50 Breast (T/F)
	50 Free (T/F)	200 Free (T/F)
	400 IM (T/F)	
	100 Back (T/F)	