

The Neate Meet 2018

Held under ASA Technical Rules Licensed Level 3ER180724



Programme of Events

Saturday 6th October

Session One Warm-up 11:30am Start 12:30pm Est Fin 3:30pm

Event	Male	Event	Female
1	200m Individual Medley	2	200m Individual Medley
3	100m Backstroke	4	100m Backstroke
5	50m Butterfly	6	50m Butterfly
7	400m Freestyle	8	400m Freestyle

Session Two Warm-up 4pm Start 5:00pm Est Fin 8pm

Event	Male	Event	Female
9	200m Freestyle	10	200m Freestyle
11	50m Backstroke	12	50m Backstroke
13	100m Breaststroke	14	100m Breaststroke
15	200m Butterfly	16	200m Butterfly

Sunday 7th October

Session Three Warm-up 8.30am Start 9.30am Est Fin 1.15pm

Event	Male	Event	Female
17	200m Backstroke	18	200m Backstroke
19	50m Breaststroke	20	50m Breaststroke
21	100m Freestyle	22	100m Freestyle
15 min Break			
23	400m Individual Medley	24	400m Individual Medley

Session Four Warm-up 1.45pm Start 2.45pm Est Fin 6.30pm

Event	Male	Event	Female
25	200m Breaststroke	26	200m Breaststroke
27	50m Freestyle	28	50m Freestyle
29	100m Individual Medley		
15 min Break			
		30	100m Individual Medley
31	100m Butterfly	32	100m Butterfly

Please note: All timing is provisional and subject to confirmation