



Rugby Open Meet 2019

Level 3 (License: WM190439)

8 - 10 March 2019

Programme of Events

Session 1: Friday 8 March			
Warm up: 7.00pm, start 7.30pm			
Event no.	Event		
1	B	400m	Freestyle
2	G	400m	Freestyle
3	B	50m	Backstroke
4	G	50m	Backstroke

Session 2: Saturday 9 March			
Warm up: 12.45pm, start 1.45pm			
Event no.	Event		
5	G	200m	Breaststroke
6	B	200m	Breaststroke
7	G	100m	Freestyle
8	B	100m	Freestyle
9	G	100m	Indiv. Medley
10	B	100m	Indiv. Medley

Session 3: Saturday 9 March			
Warm up: TBC			
Event no.	Event		
11	G	200m	Backstroke
12	B	200m	Backstroke
13	G	50m	Butterfly
14	B	50m	Butterfly
15	G	200m	Indiv. Medley
16	B	200m	Indiv. Medley

Session 4: Sunday 10 March			
Warm up: 8.30am, start 9.30am			
Event no.	Event		
17	G	200m	Butterfly
18	B	200m	Butterfly
19	G	100m	Backstroke
20	B	100m	Backstroke
21	G	50m	Freestyle
22	B	50m	Freestyle
23	G	100m	Breaststroke
24	B	100m	Breaststroke

Session 5: Sunday 10 March			
Warm up: TBC			
Event no.	Event		
25	B	200m	Freestyle
26	G	200m	Freestyle
27	B	50m	Breaststroke
28	G	50m	Breaststroke
29	B	100m	Butterfly
30	G	100m	Butterfly
31	B	400m	Indiv. Medley
32	G	400m	Indiv. Medley

Start times for sessions 3 & 5 to be confirmed after entries have been received