

<p><b>WATFORD SWIMMING CLUB</b>  <b>Terry Davies Legacy Meet</b>  3ER230232  <b>LEVEL 3 MEET</b>  Affiliated to Swim England East Region  (Under Swim England Laws and Regulations and Swim  England Technical Rules of Swimming)  <b>Programme of Events</b>  <b>17<sup>th</sup> and 18<sup>th</sup> June 2023</b></p>	
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Session 1		
Warm Up 13.00		
Start 14.00		
1	Female	200 Individual Medley
2	Male	200 Individual Medley
3	Female	100 Breaststroke
4	Male	100 Breaststroke
5	Female	100 Backstroke
6	Male	100 Backstroke
7	Female	50 Butterfly
8	Male	50 Butterfly
Session 2		
Warm Up no than earlier TBC		
Start no earlier than TBC		
9	Female	100 Butterfly
10	Male	100 Butterfly
11	Female	200 Freestyle
12	Male	200 Freestyle
13	Female	50 Backstroke
14	Male	50 Backstroke
	Female	IM Skins
	Male	IM Skins

Session 3		
Warm Up 09.00		
Start 10.00		
15	Male	200 Backstroke
16	Female	200 Backstroke
17	Male	100 IM
18	Female	100 IM
19	Male	50 Freestyle
20	Female	50 Freestyle
21	Male	200 Butterfly
22	Female	200 Butterfly
Session 4		
Warm Up no earlier than TBC		
Start no earlier than TBC		
23	Male	200 Breaststroke
24	Female	200 Breaststroke
25	Male	100 Freestyle
26	Female	100 Freestyle
27	Male	50 Breaststroke
28	Female	50 Breaststroke
	Male	Freestyle Skins
	Female	Freestyle Skins

To be held at Woodside Pool, Horseshoe Lane, Watford, Herts. WD25 7HH