



## PNSC Level 1 Easter Meet 2018 Program of Events

### Thursday 29<sup>th</sup> March - Sunday 1<sup>st</sup> April

Thursday 29 <sup>th</sup> March			
<b>Session 1</b>	Warm up TBC pm		
Event 1	Boys 1500 Freestyle		
Event 2	Girls 800 Freestyle		
Friday 30 <sup>th</sup> March			
<b>Session 2</b>	am. warm up TBC	<b>Session 3</b>	pm. warm up TBC
Event 3	Girls 100m Butterfly	Event 8	Boys 100m Butterfly
Event 4	Boys 50m Butterfly	Event 9	Girls 50m Butterfly
Event 5	Girls 100m Backstroke	Event 10	Boys 100m Backstroke
Event 6	Boys 100m Breaststroke	Event 11	Girls 100m Breaststroke
Event 7	Girls 400m Freestyle	Event 12	Boys 400m freestyle
There will be a 10- 20 min break between heats & finals			
Events 3-6	Finals	Events 8-11	Finals
Saturday 31 <sup>st</sup> March			
<b>Session 4</b>	am. warm up TBC	<b>Session 5</b>	pm. warm up TBC
Event 13	Girls 200m IM	Event 18	Boys 200m IM
Event 14	Boys 100m Freestyle	Event 19	Girls 100m Freestyle
Event 15	Girls 200m Butterfly	Event 20	Boys 200m Butterfly
Event 16	Boys 200m Backstroke	Event 21	Girls 200m Backstroke
Event 17	Girls 50m Breaststroke	Event 22	Boys 50 Breaststroke
There will be a 10- 20 min break between heats & finals			
Events 13-17	Finals	Events 18-22	Finals

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### Sunday 1<sup>st</sup> April

<b>Session 6</b>	<b>am. warm up TBC</b>	<b>Session 7</b>	<b>pm. warm up TBC</b>
Event 23	Boys 400m IM	Event 28	Girls 400m IM
Event 24	Girls 200m breaststroke	Event 29	Boys 200m Breaststroke
Event 25	Boys 200m Freestyle	Event 30	Girls 200 Freestyle
Event 26	Girls 50m Backstroke	Event 31	Boys 50m Backstroke
Event 27	Boys 50m Freestyle	Event 32	Girls 50m Freestyle
There will be a 10- 20 min break between heats & finals			
Event 24-27	Finals	Event 29-32	Finals