

# NDSC Spring Open Meet Programme of Events

LICENCE NUMBER 3ER250418

Age is at 2<sup>nd</sup> March 2025 and cut off times apply

<b>SESSION 1 – Saturday 1<sup>st</sup> March 2025, warm up 2.30pm start time TBC</b>			
<b>Event</b>	<b>Male</b>	<b>Event</b>	<b>Female</b>
1	200m free	2	200m Free
3	100m Breast	4	100m Breaststroke
5	200 Back	6	200 Back
7	50m Fly	8	50m Fly
9 - 400m IM (mixed)			

<b>SESSION 2 – Sunday 2<sup>nd</sup> March 2025, warm up, 8.30am, start time TBC</b>			
10	100 Fly	11	100 Fly
12	50 Free	13	50 Free
14	200 Breast	15	200 Breast
16	100m IM	17	100m IM
18	50m Back	19	50m Back
(15 minute break may be required)			
20 - 400m Free (mixed)			

<b>SESSION 4 – Sunday 2<sup>nd</sup> March 2025, warm up TBC start time TBC</b>			
<b>Event</b>	<b>Male</b>	<b>Event</b>	<b>Female</b>
21	200m IM	22	200m IM
23	100m Free	24	100 free
25	50 Breast	26	50 Breast
27	100 Back	28	100 Back
29	200m Fly	30	200m Fly