



September Season Opener 2017

Hosted by Felixstowe Waves Swimming Club

PROGRAMME OF EVENTS

Sunday 10th September 2017

Session 1 Warm up 08:30 Start 09:30

1 Female 100 Breast	2 Male 100 Fly
3 Female 50 Back	4 Male 50 Breast
5 Female 100 Free	6 Male 100 Back
7 Female 50 Fly	8 Male 50 Free
9 Female 100 IM	

Session 2 Warm up 13:00 Start 14:00

10 Male 100 Breast	11 Female 100 Fly
12 Male 50 Back	13 Female 50 Breast
14 Male 100 Free	15 Female 100 Back
16 Male 50 Fly	17 Female 50 Free
18 Male 100 IM	

Age groups 9,10,11, 12&13, 14&15, 16&over
Age as of 10th September 2017

Please note, due to limited seating it may be necessary to leave poolside when your child is not swimming.

Please be considerate to other spectators.

At the end of session 1, all spectators must leave poolside.