

Flitwick Dolphins Swimming Club

Affiliated to Swim England East Region and Swim England Bedfordshire

PRESENTS

FLITWICK OPEN 2023

Under Swim England Laws and Regulations, and Technical Rules of Racing

Level 3 Licence 3ER231168

Saturday 21st & Sunday 22nd October 2023 Saxon Pool, Saxon Drive, Biggleswade, SG18 8SU

Schedule of Events

Saturday 21st October 2023

	Event	Gender	
101	400m IM	Male	Session One Warm-Up: 1.00pm Withdrawal: 1.15pm Start: 2.00pm
102	100m Freestyle	Female	
103	100m Freestyle	Male	
104	100m Backstroke	Female	
105	200m Backstroke	Male	
106	200m IM	Female	
107	50m Breaststroke	Male	
108	50m Breaststroke	Female	

	Event	Gender	
201	200m Butterfly	Male	Session Two Warm-Up: 5.00pm Withdrawals: 5.15pm Start: 6.00pm
202	400m Freestyle	Female	
203	200m IM	Male	
204	100m Butterfly	Female	
205	100m Breaststroke	Male	
206	200m Breaststroke	Female	
207	50m Backstroke	Male	
208	50m Backstroke	Female	

Sunday 22nd October 2023

	Event	Gender	
301	400m IM	Female	Session Three Warm-Up: 1.00pm Withdrawals: 1:15pm Start: 2.00pm
302	200m Breaststroke	Male	
303	100m Breaststroke	Female	
304	200m Freestyle	Male	
305	200m Freestyle	Female	
306	100m IM	Male	
307	50m Butterfly	Female	
308	50m Butterfly	Male	

	Event	Gender	
401	200m Butterfly	Female	Session Four Warm-Up: 5:00pm Withdrawals: 5:15pm Start: 6:00pm
402	400m Freestyle	Male	
403	100m IM	Female	
404	100m Butterfly	Male	
405	200m Backstroke	Female	
406	100m Backstroke	Male	
407	50m Freestyle	Female	
408	50m Freestyle	Male	