

Brighton SC Tom Handley open. 13th & 14th January 2018

Expected timing & programming schedule

1	Girls 50 Butterfly	<p>Warm up 8.00 - 9.00</p> <p>Gala start 9.00</p> <p>15 minute break programmed in at 11.00am approx'</p> <p>Session Finish 1.30</p> <p>Plus 10 mins for relay finish 1.40</p>	25	Girls 9 & Over 200 Butterfly	<p>Warm up 8.00 - 9.00</p> <p>Start 9.00</p> <p>Finish 12.15</p> <p>15m break</p> <p>Skins 12.30 - 1.00</p>
2	Boys 50 Butterfly		26	Boys 9 & Over 200 Butterfly	
3	Girls 9/12 100 Free		27	Girls 9-11 50 Freestyle	
4	Boys 9/12 100 Free		28	Boys 9-11 50 Freestyle	
5	Girls 13/Over 100 Breast		29	Girls 12-14 50 Freestyle	
6	Boys 13/Over 100 Breast		30	Boys 12-14 50 Freestyle	
7	Girls 9/12 200 Breast		31	Girls 15 & Over 50 Freestyle	
8	Boys 9/12 200 Breast		32	Boys 15 & Over 50 Freestyle	
9	Girls 13/Over 200 IM		33	Girls 9/12 200 IM	
10	Boys 13/Over 200 IM		34	Boys 9/12 200 IM	
11	Girls 9/12 100 Back		35	Girls 13/Over 200 Breast	
12	Boys 9/12 100 Back		36	Boys 13/Over 200 Breast	
13	Girls 13/Over 100 Fly		37	11/14 skins final	
14	Boys 13/Over 100 Fly		38	15/over skins final	
14a	Mixed 9 & Over invitation 400 Freestyle Relay				

15	Girls 50 Backstroke	<p>Warm Up 1.45 - 2.45</p> <p>Session start 2.45</p> <p>15m Break programmed in at 4.00 approx'</p> <p>Session Finish 6.25</p>	39	Girls 50 Breast	<p>Warm up 1.15 - 2.15</p> <p>session start 2.15</p> <p>Finish 5.15</p>
16	Boys 50 Backstroke		40	Boys 50 Breast	
17	Girls 9/12 100 Breast		41	Girls 9/12 200 Free	
18	Boys 9/12 100 Breast		42	Boys 9/12 200 Free	
19	Girls 13/Over 100 Back		43	Girls 13/Over 200 Back	
20	Boys 13/Over 100 Back		44	Boys 13/Over 200 Back	
21	Girls 9/12 200 Back		45	Girls 9/12 100 Fly	
22	Boys 9/12 200 Back		46	Boys 9/12 100 Fly	
23	Girls 13/Over 200 Free		47	Girls 13/Over 100 Free	
24	Boys 13/Over 200 Free		48	Boys 13/Over 100 Free	

Modified and corrected session plan 06/01/18

Girls 9/12 100 Free

Boys 9/12 100 Free

Girls 9/12 100 Back

Boys 9/12 100 Back

Girls 9/12 100 Breast

Boys 9/12 100 Breast

Girls 9/12 100 Fly

Boys 9/12 100 Fly

Girls 13/Over 100 Free

Boys 13/Over 100 Free

Girls 13/Over 100 Back

Boys 13/Over 100 Back

Girls 13/Over 100 Breast

Boys 13/Over 100 Breast

Girls 13/Over 100 Fly

Girls 9/12 200 Back

Boys 9/12 200 Back

Girls 13/Over 200 Free

Boys 13/Over 200 Free

Girls 13/Over 200 Back

Boys 13/Over 200 Back

Girls 13/Over 200 Breast