BASINGSTOKE BLUEFINS SWIMMING CLUB AGE GROUP GRADED OPEN MEET 2015 Age as at 31st December 2015

Session 3 Warm-up: 09:45 Start: 10:30 14 200m Freestyle 14 200m Butterfly 14 50m Breaststroke 14 50m Freestyle 14 100m Backstroke 14 100m Breaststroke
14 200m Freestyle 14 200m Butterfly 14 50m Breaststroke 14 50m Freestyle 14 100m Backstroke
14 200m Butterfly 14 50m Breaststroke 14 50m Freestyle 14 100m Backstroke
14 50m Breaststroke 14 50m Freestyle 14 100m Backstroke
14 50m Freestyle 14 100m Backstroke
14 100m Backstroke
14 100m Breaststroke
Session 4 Warm-up: 13:30 Start: 14:15
14 200m Backstroke
14 200m Breaststroke
14 50m Butterfly
14 50m Backstroke
14 100m Freestyle
TH TOOM FIEESLYIE
14 100m Freestyle 14 100m Butterfly
)-