**Hillingdon SC Winter Short Course Open Meet**

**16th & 17th December 2017**

**Licence 3LR\*\*\*\*\*\***

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| **Saturday 16th December** |  | **Sunday 17th December** |
| **Session 1** |  | **Session 4** |
| F | 400m IM | 10/Over |  | M | 400m IM | 10/Over |
| M | 400m Freestyle | 10/Over |  | F | 400m Freestyle | 10/Over |
| F | 100m Breaststroke | 10/Over |  | M | 100m Breaststroke | 10/Over |
| M | 100m Butterfly | 10/Over |  | F | 100m Butterfly | 10/Over |
| F | 50m Backstroke | 10/Over |  | M | 50m Backstroke | 10/Over |
| M | 200m Breaststroke | 10/Over |  | F | 200m Breaststroke | 10/Over |
| **Session 2** |  | **Session 5** |
| M | 100m Freestyle | 10/Over |  | F | 100m Freestyle | 10/Over |
| F | 100m Backstroke | 10/Over |  | M | 100m Backstroke | 10/Over |
| M | 50m Breaststroke | 10/Over |  | F | 50m Breaststroke | 10/Over |
| F | 50m Butterfly | 10/Over |  | M | 50m Butterfly | 10/Over |
| M | 200m Backstroke | 10/Over |  | F | 200m Backstroke | 10/Over |
| F | 200m Freestyle | 10/Over |  | M | 200m Freestyle | 10/Over |
| **Session 3** |  | **Session 6** |
| *F* | *100m Breaststroke Finals* | *13/U, 14/O* |  | *M* | *100m Breaststroke Finals* | *13/U, 14/O* |
| *M* | *100m Butterfly Finals* | *13/U, 14/O* |  | *F* | *100m Butterfly Finals* | *13/U, 14/O* |
| *F* | *100m Backstroke Finals* | *13/U, 14/O* |  | *M* | *100m Backstroke Finals* | *13/U, 14/O* |
| *M* | *100m Freestyle Finals* | *13/U, 14/O* |  | *F* | *100m Freestyle Finals* | *13/U, 14/O* |
| *F* | *200m Freestyle Final* | *Open* |  | M | *200m Freestyle Final* | *Open* |
| M | 200m Individual Medley | 10/Over |  | F | 200m Individual Medley | 10/Over |
| F | 50m Freestyle | 10/Over |  | M | 50m Freestyle | 10/Over |
| M | 200m Butterfly | 10/Over |  | F | 200m Butterfly | 10/Over |

**Age groups 11 & under, 12/13, 14/15, 16 & over**