

Programme of Events:

COSC LEVEL 3 MARCH MEET 2020

Friday 28 <sup>th</sup> Feb							
<b>SESSION 1</b>							
Warm-up		5.30pm – 6.00pm					
Start - Finish		6.00pm – 8.45pm					
1	Mixed	800m	Freestyle				
2	Mixed	1500m	Freestyle				
Saturday 29 <sup>th</sup> Feb				Sunday 1 <sup>st</sup> March			
<b>SESSION 2</b>				<b>SESSION 4</b>			
Warm-up		11.00 am – 12.00 pm		Warm-up		8.30am – 9.30am	
Start - Finish		12.10 pm – 2.00pm		Start - Finish		9.40am – 11.00 am	
3	Male	400m	IM	16	Male	400m	Freestyle
4	Female	400m	Freestyle	17	Female	400m	IM
5	Male	50m	Fly	18	Male	100m	Backstroke
6	Female	100m	Backstroke	19	Female	50m	Fly
7	Male	200m	Freestyle	20	Male	100m	Breaststroke
8	Female	200m	Fly				
<b>SESSION 3</b>				<b>SESSION 5</b>			
Warm-up		2.20 pm – 3.20 pm		Warm-up		11.20am – 12.20pm	
Start - Finish		3.30 pm – 5.45 pm		Start - Finish		12.30pm – 3.00pm	
9	Male	200m	IM	21	Female	200m	IM
10	Female	100m	Freestyle	22	Male	100m	Freestyle
11	Male	50m	Breaststroke	23	Female	50m	Breaststroke
12	Female	200m	Breaststroke	24	Male	200m	Breaststroke
13	Male	100m	Fly	25	Female	100m	Fly
14	Female	50m	Backstroke	26	Male	50m	Backstroke
15	Male	200m	Backstroke	27	Female	50m	Freestyle
				<b>SESSION 6</b>			
				Warm-up		3.20pm - 4.20pm	
				Start - Finish		4.30pm – 6.05pm	
				28	Female	200m	Backstroke
				29	Male	200m	Fly
				30	Female	100m	Breaststroke
				31	Male	50m	Freestyle
				32	Female	200m	Freestyle

Ages at 1<sup>st</sup> March 2020 – 25m (short course)

Please refer to our website at [www.oxfordswim.com](http://www.oxfordswim.com) for further information  
 City of Oxford Swimming Club Short course March Level 3 28<sup>th</sup> Feb – 1<sup>st</sup> March 2020