

City of Hereford Sprint Level 3 Meet  
 Saturday 12<sup>th</sup> July 2008

Saturday 12<sup>th</sup> July 2008 - Session 1 – 8.00am Warm Up - 9.00am Start

Female	100m I.M.	9, 10, 11, 12, 13, 14	H.D.W.
Male	50m Backstroke	9, 10, 11, 12, 13, 14	H.D.W.
Female	50m Backstroke	9, 10, 11, 12, 13, 14	H.D.W.
Male	100m Breaststroke	11, 12, 13, 14	H.D.W.
Female	100m Breaststroke	11, 12, 13, 14	H.D.W.
Male	50m Butterfly	9, 10, 11, 12, 13, 14	H.D.W.
Female	50m Butterfly	9, 10, 11, 12, 13, 14	H.D.W.
Male	100m Freestyle	11, 12, 13, 14	H.D.W.
Female	100m Freestyle	11, 12, 13, 14	H.D.W.

Saturday 12<sup>th</sup> July 2008 – Session 2 – 1.00pm Warm Up – 2.00pm Start

Male	100m Backstroke	11, 12, 13, 14	H.D.W.
Female	100m Backstroke	11, 12, 13, 14	H.D.W.
Male	50m Freestyle	9, 10, 11, 12, 13, 14	H.D.W.
Female	50m Freestyle	9, 10, 11, 12, 13, 14	H.D.W.
Male	100m Butterfly	11, 12, 13, 14	H.D.W.
Female	100m Butterfly	11, 12, 13, 14	H.D.W.
Male	50m Breaststroke	9, 10, 11, 12, 13, 14	H.D.W.
Female	50m Breaststroke	9, 10, 11, 12, 13, 14	H.D.W.
Male	100m I.M.	9, 10, 11, 12, 13, 14	H.D.W.