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| LEVEL 3 MEET  Affiliated to Swim England East Region  (Under Swim England Laws and Regulations and Swim England Technical Rules of Swimming) | **WATFORD SWIMMING CLUB**  The Claire Houchin Skills Development Meet 2025  Licence 3ER250578  Programme of Events  **17th & 18th May 2025** |  |

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| Session 1 | | |
| Warm Up 13.00 | | |
| Start 14.00 | | |
| 1 | Open/Male | 100m IM |
| 2 | Female | 200m IM |
| 3 | Open/Male | 200m Butterfly |
| 4 | Female | 100m Freestyle |
| 5 | Open/Male | 100m Breaststroke |
| 6 | Female | 50m Butterfly |
| 7 | Open/Male | 50m Backstroke |
| Session 2 | | |
| Warm Up no than earlier TBC | | |
| Start no earlier than TBC | | |
| 8 | Open/Male | 200m Freestyle |
| 9 | Female | 200m Breaststroke |
| 10 | Open/Male | 100m Butterfly |
| 11 | Female | 100m Backstroke |
| 12 | Open/Male | 200m Backstroke |
| 13 | Female | 50m Breaststroke |
| 14 | Open/Male | 50m Freestyle |

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| Session 3 | | |
| Warm Up 09.00 | | |
| Start 10.00 | | |
| 15 | Female | 100m IM |
| 16 | Open/Male | 200m IM |
| 17 | Female | 200m Butterfly |
| 18 | Open/Male | 100m Freestyle |
| 19 | Female | 100m Breaststroke |
| 20 | Open/Male | 50m Butterfly |
| 21 | Female | 50m Backstroke |
| Session 4 | | |
| Warm Up no earlier than TBC | | |
| Start no earlier than TBC | | |
| 22 | Female | 200m Freestyle |
| 23 | Open/Male | 200m Breaststroke |
| 24 | Female | 100m Butterfly |
| 25 | Open/Male | 100m Backstroke |
| 26 | Female | 200m Backstroke |
| 27 | Open/Male | 50m Breaststroke |
| 28 | Female | 50m Freestyle |

To be held at Woodside Pool, Horseshoe Lane, Watford, Herts. WD25 7HH