



City of Milton Keynes Swim Club

Bounce Back Open Meet Programme

Licensed at Level 3 (3SEXXXXXX)

Bletchley Leisure Centre. Princes Way, Bletchley, Milton Keynes. MK2 2HQ

Programme of Events

Saturday 20th September 2025

Session 1	12.45	Warm-up	111	400m	Individual Medley (female)
	12.50	Withdrawal closes	112	400m	Freestyle (open/male)
	13.50	Start	113	100m	Individual Medley (female)
			114	50m	Butterfly (open/male)
			115	100m	Backstroke (female)
			116	100m	Breaststroke (open/male)
			117	200m	Breaststroke (female)
			118	200m	Butterfly (open/male)
			119	1500m	Freestyle (mixed)
Session 2	16:35	Warm-up	120	200m	Freestyle (open/male)
	16:40	Withdrawal closes	121	50m	Freestyle (female)
	17:25	Start	122	50m	Breaststroke (open/male)
			123	200m	Backstroke (female)
			124	200m	Individual Medley (open/male)
			125	100m	Butterfly (female)
			126	100m	Freestyle (open/male)
			127	50m	Backstroke (female)

Sunday 21st September 2025

Session 3	12.45	Warm-up	211	400m	Individual Medley (open/male)
	12.50	Withdrawal closes	212	400m	Freestyle (female)
	13.50	Start	213	100m	Individual Medley (open/male)
			214	50m	Butterfly (female)
			215	100m	Backstroke (open/male)
			216	100m	Breaststroke (female)
			217	200m	Breaststroke (open/male)
			218	200m	Butterfly (female)
			219	800m	Freestyle (mixed)
Session 4	16:25	Warm-up	220	200m	Freestyle (female)
	16:30	Withdrawal closes	221	50m	Freestyle (open/male)
	17:15	Start	222	50m	Breaststroke (female)
			223	200m	Backstroke (open/male)
			224	200m	Individual Medley (female)
			225	100m	Butterfly (open/male)
			226	100m	Freestyle (female)
			227	50m	Backstroke (open/male)

All events are HDW.

AGE GROUPS 9 Yrs; 10 yrs, (not eligible for 800m & 1500m Freestyle) 11 Yrs; 12 yrs, 13 yrs; 14 yrs, 15 yrs; 16 yrs & over