

Harlow Penguins Swimming Club presents 9th Eric Shepherd Open Meet

A Level 3 Licensed meet No. 3ER221265
under SE Laws & SE Technical Rules of Swimming

at
Harlow LeisureZone, Essex. CM20 3DT

on
Saturday 24th September 2022

Session 1 - Warm-up 12.30; Start 13.30					Session 2 - Warm-up tbc; Start tbc				
Event 101	HDW	Girls	200m	Freestyle	Event 211	HDW	Boys	200m	Freestyle
Event 102	HDW	Boys	200m	IM	Event 212	HDW	Girls	200m	IM
Event 103	HDW	Girls	50m	Backstroke	Event 213	HDW	Boys	50m	Backstroke
Event 104	HDW	Boys	50m	Breaststroke	Event 214	HDW	Girls	50m	Breaststroke
Event 105	HDW	Girls	100m	Butterfly	Event 215	HDW	Boys	100m	Butterfly
Event 106	HDW	Boys	100m	Freestyle	Event 216	HDW	Girls	100m	Freestyle
Event 107	HDW	Girls	50m	Freestyle	Event 217	HDW	Boys	50m	Freestyle
Event 108	HDW	Boys	50m	Butterfly	Event 218	HDW	Girls	50m	Butterfly
Event 109	HDW	Girls	100m	Breaststroke	Event 219	HDW	Boys	100m	Breaststroke
Event 110	HDW	Boys	100m	Backstroke	Event 220	HDW	Girls	100m	Backstroke