



# Harlow Penguins Swimming Club



## 8<sup>th</sup> Eric Shepherd Open Meet

ASA East Region Level 3 Licensed meet No. 3ER191328  
under SE Laws & SE Technical Rules of Swimming at

Harlow LeisureZone, Essex. CM20 3DT

on  
Saturday 15<sup>th</sup> June 2019

Session 1 - Warm-up 12.30; Start 13.30				
Event 101	HDW	Girls	200m	Freestyle
Event 102	HDW	Boys	200m	IM
Event 103	HDW	Girls	50m	Backstroke
Event 104	HDW	Boys	50m	Breaststroke
Event 105	HDW	Girls	100m	Butterfly
Event 106	HDW	Boys	100m	Freestyle
Event 107	HDW	Girls	50m	Freestyle
Event 108	HDW	Boys	50m	Butterfly
Event 109	HDW	Girls	100m	Breaststroke
Event 110	HDW	Boys	100m	Backstroke

Session 2 - Warm-up 17.30; Start 18.30 tbc				
Event 201	HDW	Boys	200m	Freestyle
Event 202	HDW	Girls	200m	IM
Event 203	HDW	Boys	50m	Backstroke
Event 204	HDW	Girls	50m	Breaststroke
Event 205	HDW	Boys	100m	Butterfly
Event 206	HDW	Girls	100m	Freestyle
Event 207	HDW	Boys	50m	Freestyle
Event 208	HDW	Girls	50m	Butterfly
Event 209	HDW	Boys	100m	Breaststroke
Event 210	HDW	Girls	100m	Backstroke