

WHEN: Thursday 20th May, 2021 **WHERE:** West End Aquatic Centre

TIME: 6.00pm warm-up, Start 6.30pm **RACES**

1: 200 Free handicap cup race (No late entries Monday 17th close off for this race)

2: 25 Free

3: The dive & glide world championships 12 &under and 13&0ver categories. Open to all!

4: 200 Choice of stroke

5: 100IM

6: 25 Back

7: 50 breaststroke or fly

8: 100 Free + fins