



CITI PARA SWIMMING WORLD SERIES INC. BRITISH PARA-SWIMMING MEET 2023

PONDS FORGE INTERNATIONAL SPORTS CENTRE
16-19 MARCH



Thursday 16th March	Friday 17th March	Saturday 18th March	Sunday 19th March
HEATS	HEATS	HEATS	HEATS
Session 1: 09:30	Session 3: 09:30	Session 5: 09:30	Session 7: 09:30
W 100m Freestyle M 100m Freestyle W 200m Individual Medley	W 100m Backstroke M 100m Backstroke W 50m Breaststroke	W 50m Butterfly M 50m Butterfly W 400m Freestyle M 400m Freestyle	W 50m Freestyle M 50m Freestyle W 100m Butterfly



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M 200m Individual Medley W 150m Individual Medley M 150m Individual Medley	M 50m Breaststroke W 100m Breaststroke M 100m Breaststroke W 50m Backstroke M 50m Backstroke	W 200m Freestyle M 200m Freestyle	M 100m Butterfly
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FINALS	FINALS	FINALS	FINALS
Session 2: 17:00	Session 4: 17:00	Session 6: 17:00	Session 8: 17:00
W 100m Freestyle M 100m Freestyle W 200m Individual Medley M 200m Individual Medley	W 100m Backstroke M 100m Backstroke W 50m Breaststroke M 50m Breaststroke W 100m Breaststroke	W 50m Butterfly M 50m Butterfly W 400m Freestyle M 400m Freestyle W 200m Freestyle M 200m Freestyle	W 50m Freestyle M 50m Freestyle W 100m Butterfly M 100m Butterfly



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W 150m Individual Medley M 150m Individual Medley	M 100m Breaststroke W 50m Backstroke M 50m Backstroke		
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