



# Telford Aqua SC Club Championships 2021



<p><b>Saturday 2nd October</b></p> <p><b>Session 1</b>                      8.00-9.30 400M FREESTYLE</p> <p><b>20min Rest break</b></p> <p><b>Session 2</b>                      10-12.30 25M BUTTERFLY 100M BACKSTROKE 25M FREESTYLE 200M I.M.</p> <p><b>Lunch break</b></p> <p><b>Session 3</b>                      1.30pm-5pm 25M BACKSTROKE 100M FREESTYLE 25M BREASTSTROKE 200M BREASTSTROKE 50M FREESTYLE</p>	<p><b>Sunday 3rd October</b></p> <p><b>Session 4</b>                      8.00 - 9.00 400M I.M.</p> <p><b>20min Rest break</b></p> <p><b>Session 5</b>                      9.30 - 12.30 50M BUTTERFLY 200 BACKSTROKE 50M BREASTSTROKE 200 FREESTYLE 100M I.M.</p> <p><b>Lunch break</b></p> <p><b>Session 6</b>                      1.30pm-5pm 100 BREAST 50 BACK 100 FLY</p> <p><b>20min Rest break</b> 50M FREESTLYE SKINS*</p>
<p><b>Session 7</b> <b>Tuesday 5th October</b> <b>7.30-9pm</b>  200M BUTTERFLY</p>	<p><b>Session 8</b> <b>Thursday 7th October</b> <b>7.30-9pm</b>  800M FREESTYLE</p>
<p><b>Session 9</b> <b>Sunday 10th October</b> <b>6.00-9pm</b>  1500M FREESTYLE</p>	