



SUMMER SPRINTASTIC - SUNDAY 13TH July 2025

Withdrawals: Please email any withdrawals ASAP to meetentries.granthamsc@gmail.com

NO ACCESS TO THE POOLSIDE UNTIL 10:45

Session 1 Warm up 11:00 – 11:40
Lane 1: Vulcans
Lane 2: Vulcans
Lane 3: Boston & Skegness
Lane 4: March
Lane 5: Gainsborough
Lane 6: Grantham
Lane 7: Grantham
Lane 8: Melton Mowbray (5), Retford (2) Pentaqua (2), Leander (1), Ely (1), Warwick (1), Oadby & Wigston (1)

Session 2 Warm up 14:45 – 15:25
Lane 1: Vulcans
Lane 2: Vulcans
Lane 3: Boston & Skegness
Lane 4: March
Lane 5: Gainsborough
Lane 6: Grantham
Lane 7: Grantham
Lane 8: Melton Mowbray (5), Retford (2) Pentaqua (2), Leander (1), Ely (1), Warwick (1), Oadby & Wigston (1), Calverton & Bingham (1)

Session 1	
Event No.	Event
101 Open/Male	100m Individual Medley
102 Female	100m Butterfly
103 Open/Male	100m Butterfly
104 Female	50m Breaststroke
105 Open/Male	50m Breaststroke
106 Female	100m Backstroke
107 Open/Male	100m Backstroke
108 Female	100m Freestyle
109 Open/Male	50m Freestyle
Session ends approximately 14:00	

Session 2	
Event No.	Event
201 Female	100m Individual Medley
202 Open/Male	50m Backstroke
203 Female	50m Backstroke
204 Open/Male	100m Breaststroke
205 Female	100m Breaststroke
206 Open/Male	50m Butterfly
207 Female	50m Butterfly
208 Open/Male	100m Freestyle
209 Female	50m Freestyle
Session ends approximately 18:15	