

# teamipswich Swimming

(Affiliated to SCASA and ASA East Region)

## *25th Licensed Junior Open Meet*

(Under ASA Laws and ASA Technical Rules)

License 2ER0394 refers. This meet will qualify for Regional and National Times for 2011

**At Crown Pools, Ipswich Saturday 23<sup>rd</sup> and 24th October 2010**

### EVENTS AND SESSIONS

### AGE AS AT 24<sup>th</sup> October 2010

<b>Girls</b>		<b>Boys</b>	
<b>Day 1</b>			
<b>Session 1 Warm up 08:30</b>			
1	200 I.M 12/U	2	200 I.M 12/U
3	13/14 years 100m Breaststroke	4	13/14 years 100m Breaststroke
5	15/16 years 100m Breaststroke	6	15/16 years 100m Breaststroke
7	9/10 years 50m Breaststroke	8	9/10 years 50m Breaststroke
9	11 years 50m Freestyle	10	11 years 50m Freestyle
11	12 years 100m Butterfly	12	12 years 100m Butterfly
13	200 Fly 13/OV	14	200 Fly 13/OV
<b>Session 2 Warm up TBA</b>			
15	200 Breaststroke 12/U	16	200 Breaststroke 12/U
17	9/10 years 50m Backstroke	18	9/10 years 50m Backstroke
19	11 years 50m Butterfly	20	11 years 50m Butterfly
21	12 years 100m Freestyle	22	12 years 100m Freestyle
23	200 I.M 13/OV	24	200 I.M 13/OV
<b>Session 3 Warm up TBA</b>			
25	200 Fly 12/U	26	200 Fly 12/U
27	13/14 years 100m Freestyle	28	13/14 years 100m Freestyle
29	15/16 years 100m Freestyle	30	15/16 years 100m Freestyle
31	200 Breaststroke 13/OV	32	200 Breaststroke 13/OV
<b>Day 2</b>			
<b>Session 4 Warm up 08:30</b>			
33	200 Backstroke 12/U	34	200 Backstroke 12/U
35	13/14 years 100m Butterfly	36	13/14 years 100m Butterfly
37	15/16 years 100m Butterfly	38	15/16 years 100m Butterfly
39	9/10 years 50m Freestyle	40	9/10 years 50m Freestyle
41	11 years 50m Backstroke	42	11 years 50m Backstroke
43	12 years 100m Breaststroke	44	12 years 100m Breaststroke
45	200 Backstroke 13/OV	46	200 Backstroke 13/OV
<b>Session 5 Warm up TBA</b>			
47	200 Free 12/U	48	200 Free 12/U
49	13/14 years 100m Backstroke	50	13/14 years 100m Backstroke
51	15/16 years 100m Backstroke	52	15/16 years 100m Backstroke
53	9/10 years 50m Butterfly	54	9/10 years 50m Butterfly
55	11 years 50m Breaststroke	56	11 years 50m Breaststroke
57	12 years 100m Backstroke	58	12 years 100m Backstroke
59	200 Free 13/OV	60	200 Free 13/OV