

Braintree & Bocking Swimming Club

(Affiliated to ASA East Region)

License Number 3ER1247 refers.

(Under ASA Laws and ASA Technical Rules)

at Braintree Swimming Pool, Freeport, Braintree – Sunday 3rd July 2011

Session 1 - Warm Up starts @ 8:30 for 50 mins.

Boys	Girls
50m Butterfly	50m Breaststroke
50m Backstroke	50m Freestyle
100m Ind Medley	

Session 2 – Warm Up starts @ 1:30 for 50 mins

Boys	Girls
	100m Ind Medley
50m Breaststroke	50m Butterfly
50m Freestyle	50m Backstroke

Swimmers must check in by the start of the warm up for each session