

teamipswich Swimming

(Affiliated to SCASA and ASA East Region)

13th Licensed Open Meet

(Under ASA Laws and ASA Technical Rules)

At Crown Pools, Ipswich – 22nd and 23rd October 2011

License number 2ER1483 refers, times gained at level 2 meets will qualify for Regional and National championships

EVENTS AND SESSIONS

AGE AS AT 23rd OCTOBER 2011

Day 1 Saturday 22nd OCTOBER 2011

Session 1 – Warm up 13:30 - Start 14:30

1.	Female 400m Freestyle	2.	Male 200m Freestyle
3.	Female 200m Breaststroke	4.	Male 50m Backstroke
5.	Female 50m Butterfly	6.	Male 100m Butterfly

Session 2 – Warm up tba

7.	Male 400m Individual Medley	8.	Female 200m Butterfly
9.	Male 50m Freestyle	10.	Female 50m Breaststroke
11.	Male 100m Breaststroke	12.	Female 100m Backstroke

Day 2 Sunday 23rd OCTOBER 2011

Session 3 – up 08:30 - Start 09:30

13.	Female 400m Individual Medley	14.	Male 200m Individual Medley.
15.	Female 50m Freestyle	16.	Male 100m Freestyle
17.	Female 100m Breaststroke	18.	Male 200m Backstroke

Session 4 – Warm up tba

19.	Male 400m Freestyle	20.	Female 200m Freestyle
21.	Male 200m Breaststroke	22.	Female 50m Backstroke
23.	Male 50m Butterfly	24.	Female 100m Butterfly

Session 5 – Warm up tba

25.	Female 200m Individual Medley	26.	Male 200m Butterfly
27.	Female 100m Freestyle	28.	Male 50m Breaststroke
29.	Female 200m Backstroke	30.	Male 100m Backstroke

Age as at 23rd October 2011,

(Entrants must be aged 9yrs by 23rd October 2011)

50m, 200m & 400m events	9, 10,11, 12,13/14, 15+
100m events	10,11, 12,13/14, 15+

CLOSING DATE: 23rd SEPTEMBER 2011

Email promoter@ipswichswimming.org

Download from our website at www.teamipswichswimming.org