

Braintree & Bocking Swimming Club

(Affiliated to ASA East Region)

License Number 3ER1426 refers.

(Under ASA Laws and ASA Technical Rules)

at Braintree Swimming Pool, Freeport, Braintree – Sunday 6th November 2011

Programme of Events

Session 1 - Warm Up starts @ 8.30 for 50 mins.

Boys	Girls
200m Backstroke	200m Butterfly
200m Breaststroke	200m Freestyle
200m Ind Medley	

Session 2 – Warm Up starts @ 13:30 for 50 mins

Boys	Girls
	200m Ind Medley
200m Butterfly	200m Breaststroke
200m Freestyle	200m Backstroke

Swimmers must be on poolside by 8.25am for session one and 1.25pm for session two.