

Teamipswich Swimming

(Affiliated to ASA East Region)

Summer Sprints

(Under ASA Laws and ASA Technical Rules)

At Crown Pools, Ipswich

License number 3ER0392 refers, times can be used for County and Regional qualifying.

PROGRAMME OF EVENTS

Sunday 11th July 2010

Sunday

Session 1 - Warm-up 08:30, Start 09:30,

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

Session 2 - Warm-up TBA

7	Female 50m Butterfly	10	Male 50m Backstroke
8	Male 100 Breaststroke	11	Female 100m Butterfly
9	Female 100m Backstroke	12	Male 100m I.M.

Session 3 - Warm-up TBA

13	Male 50m Breaststroke	16	Female 100m Freestyle
14	Female 50m Backstroke	17	Female 50m Breaststroke
15	Male 100m Freestyle	18	Male 50m Butterfly

Age groups for events are: 9, 10, 11/12, 13/14, 15+

Note 9 year olds can only enter 50's and 100I.M.

Age eligibility: - Age at 11th July 2010

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