



Deben Swimming Club

www.debenswimmingclub.co.uk

Chairman: Carol Naunton

Secretary: Karen Whight

Affiliated to ASA East Region Suffolk County ASA

DEBEN SWIMMING CLUB LICENSED OPEN MEET

13 November 2015

21-22 November 2015

Deben Pool Woodbridge

Held under ASA Laws and ASA Technical Rules

SCHEDULE OF EVENTS - License 3ER152015 and 3ER152016

| SESSION 1 - Friday 13 November | | | | | | | | | | | |
|--------------------------------|----------|--------|-----------|-------|---------|------------|-----|-----------|--------|-----------|--|
| No | Event | Gender | Age Group | 18.30 | Warm Up | Approx end | No | Event | Gender | Age Group | |
| 101 | 800 Free | F | 10yrs+ | 19.00 | Start | TBA | 102 | 1500 Free | M | 10yrs+ | |

| SESSION 2 - Saturday 21 November | | | | | | SESSION 3 - Saturday 21 November | | | | | |
|----------------------------------|------------|--------|-----------|-------|------------|----------------------------------|-----|-----------|--------|-----------|--|
| No | Event | Gender | Age Group | 08.30 | Warm Up | TBA | No | Event | Gender | Age Group | |
| 201 | 400 Free | F | 9yrs+ | 09.30 | Start | TBA | 301 | 400 Free | M | 9yrs+ | |
| 202 | 50 Back | M | 9yrs+ | TBA | Approx end | TBA | 302 | 50 Breast | F | 9yrs+ | |
| 203 | 50 Back | F | 9yrs+ | | | | 303 | 50 Breast | M | 9yrs+ | |
| 204 | 100 Breast | M | 9yrs+ | | | | 304 | 100 Back | F | 9yrs+ | |
| 205 | 100 Breast | F | 9yrs+ | | | | 305 | 100 Back | M | 9yrs+ | |
| 206 | 200 IM | M | 9yrs+ | | | | 306 | 200 IM | F | 9yrs+ | |
| 207 | 200 Fly | F | 9yrs+ | | | | 307 | 200 Fly | M | 9yrs+ | |

| SESSION 4 - Saturday 21 November | | | | | | | | | |
|----------------------------------|--------|--------|-----------|-----|------------|-----|----------|--------|-----------|
| No | Event | Gender | Age Group | TBA | Warm Up | No | Event | Gender | Age Group |
| 401 | 100 IM | F | 9yrs+ | TBA | Start | 403 | 200 Free | F | 9yrs+ |
| 402 | 100 IM | M | 9yrs+ | TBA | Approx end | 404 | 200 Free | M | 9yrs+ |

| SESSION 5 - Sunday 22 November | | | | | | SESSION 6 - Sunday 22 November | | | | | |
|--------------------------------|----------|--------|-----------|------|------------|--------------------------------|-----|------------|--------|-----------|--|
| No | Event | Gender | Age Group | 8.30 | Warm Up | TBA | No | Event | Gender | Age Group | |
| 501 | 400 IM | M | 9yrs+ | 9.30 | Start | TBA | 601 | 400 IM | F | 9yrs+ | |
| 502 | 50 Fly | F | 9yrs+ | TBA | Approx end | TBA | 602 | 100 Fly | M | 9yrs+ | |
| 503 | 50 Fly | M | 9yrs+ | | | | 603 | 100 Fly | F | 9yrs+ | |
| 504 | 200 Back | F | 9yrs+ | | | | 604 | 200 Breast | M | 9yrs+ | |
| 505 | 200 Back | M | 9yrs+ | | | | 605 | 200 Breast | F | 9yrs+ | |
| 506 | 100 Free | F | 9yrs+ | | | | 606 | 50 Free | M | 9yrs+ | |
| 507 | 100 Free | M | 9yrs+ | | | | 607 | 50 Free | F | 9yrs+ | |