



Deben Swimming Club

www.debenswimmingclub.co.uk

Chairman: Ian Cotton
Secretary: Elaine Claydon

Affiliated to ASA East Region Suffolk County ASA

DEBEN SWIMMING CLUB OPEN MEET

7th-8th October 2017

Crown Pools, Ipswich

Held under ASA Laws and ASA Technical Rules

SCHEDULE OF EVENTS - License 171625

SESSION 1 - Saturday									
No	Event	Gender	Age Group	2:30pm	Warm Up	No	Event	Gender	Age Group
101	400 Free	F	9yrs+	3:20pm	Start	109	100 Fly	F	9yrs+
102	400 Free	M	9yrs+	6:30pm	Approx end	110	100 Fly	M	9yrs+
103	50 Fly	F	9yrs+			111	100 Breast	F	9yrs+
104	50 Fly	M	9yrs+			112	100 Breast	M	9yrs+
105	50 Back	F	9yrs+			113	100 Free	F	9yrs+
106	50 Back	M	9yrs+		There will be a 20	114	100 Free	M	9yrs+
107	200 IM	F	9yrs+		minute break between				
108	200 IM	M	9yrs+		events 108 and 109				

SESSION 2 - Sunday						SESSION 3 - Sunday				
No	Event	Gender	Age Group	9:30am	Warm Up	12:45pm	No	Event	Gender	Age Group
201	400 IM	M	9yrs+	10:20am	Start	1:35pm	301	100 IM	M	9yrs+
202	400 IM	F	9yrs+	12:00pm	Approx end	3:30pm	302	100 IM	F	9yrs+
203	100 Back	M	9yrs+				303	200 Back	F	9yrs+
204	100 Back	F	9yrs+				304	200 Back	M	9yrs+
205	50 Breast	M	9yrs+				305	200 Breast	F	9yrs+
206	50 Breast	F	9yrs+				306	200 Breast	M	9yrs+
207	200 Free	M	9yrs+				307	200 Fly	F	9yrs+
208	200 Free	F	9yrs+				308	200 Fly	M	9yrs+
							309	50 Free	F	9yrs+
							310	50 Free	M	9yrs+

26-Sep-17