



Deben Swimming Club
 www.debenswimmingclub.co.uk
 Affiliated to ASA East Region Suffolk County ASA

DEBEN SWIMMING CLUB OPEN MEET

20-21 October 2018

Crown Pools, Ipswich

Held under ASA Laws and ASA Technical Rules

SCHEDULE OF EVENTS - License 3ER182242

SESSION 1 - Saturday									
No	Event	Gender	Age Group	2:30pm	Warm Up	No	Event	Gender	Age Group
101	400 Free	M	9yrs+	3:05pm	Start	107	100 Fly	M	9yrs+
102	400 Free	F	9yrs+	6:30pm	Approx end	108	100 Fly	F	9yrs+
103	50 Back	M	9yrs+			109	100 Breast	M	9yrs+
104	50 Back	F	9yrs+		There will be a 20	110	100 Breast	F	9yrs+
105	200 IM	M	9yrs+		minute break between	111	100 Free	M	9yrs+
106	200 IM	F	9yrs+		events 106 and 107	112	100 Free	F	9yrs+

SESSION 2 - Sunday						SESSION 3 - Sunday				
No	Event	Gender	Age Group	8:30am	Warm Up	11:00am	No	Event	Gender	Age Group
201	400 IM	F	9yrs+	9:05am	Start	11:35am	301	200 Free	M	9yrs+
202	400 IM	M	9yrs+	10:30am	Approx end	1:40pm	302	200 Free	F	9yrs+
203	200 Back	F	9yrs+				303	50 Fly	M	9yrs+
204	200 Back	M	9yrs+				304	50 Fly	F	9yrs+
205	50 Breast	F	9yrs+				305	100 IM	M	9yrs+
206	50 Breast	M	9yrs+				306	100 IM	F	9yrs+

SESSION 4 - Sunday									
No	Event	Gender	Age Group	2:00pm	Warm Up	No	Event	Gender	Age Group
401	100 Back	F	9yrs+	2:30pm	Start	405	200 Fly	F	9yrs+
402	100 Back	M	9yrs+	4:00pm	Approx end	406	200 Fly	M	9yrs+
403	200 Breast	F	9yrs+			407	50 Free	F	9yrs+
404	200 Breast	M	9yrs+			408	50 Free	M	9yrs+