



LINCOLN VULCANS SWIMMING CLUB

(AFFILIATED TO LINCOLNSHIRE ASA AND SWIM ENGLAND EAST MIDLAND REGION)

LONG COURSE LICENSED OPEN MEET 2017

(HELD UNDER ASA LAWS AND ASA TECHNICAL RULES OF SWIMMING)

PROGRAMME OF EVENTS SATURDAY 7TH OCTOBER 2017

PROGRAMME OF EVENTS:

Event Session 1 – Warm-Up 8.30 am – Start 9.30 am

- 11 Girls 800m Freestyle
- 12 Boys 200m Backstroke
- 13 Girls 100m Breaststroke
- 14 Boys 200m Freestyle
- 15 Girls 200m Individual Medley
- 16 Boys 200m Butterfly
- 17 Girls 400m Freestyle

Event Session 2 – Warm-Up 12.45 pm – Start 1.40 pm

- 21 Boys 1500m Freestyle
- 22 Girls 200m Backstroke
- 23 Boys 100m Breaststroke
- 24 Girls 200m Freestyle
- 25 Boys 200m Individual Medley
- 26 Girls 200m Butterfly
- 27 Boys 400m Freestyle

Event Session 3 – Warm-Up 4.45 pm – Start 5.40 pm

- 31 Girls 50m Freestyle
- 32 Boys 50m Freestyle
- 33 Girls 100m Butterfly
- 34 Boys 100m Butterfly
- 35 Girls 200m Breaststroke
- 36 Boys 200m Breaststroke
- 37 Girls 100m Backstroke
- 38 Boys 100m Backstroke
- 39 Girls 100m Freestyle
- 40 Boys 100m Freestyle

AGE AT 31ST DECEMBER 2017