

# LINCOLN VULCANS SWIMMING CLUB



&

# GRANTHAM SWIMMING CLUB

(AFFILIATED TO LINCOLNSHIRE ASA AND THE ASA EAST MIDLAND REGION)

## SHORT COURSE LICENSED LEVEL 3 OPEN MEET 2017

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

### PROGRAMME OF EVENTS

SUNDAY 11<sup>TH</sup> JUNE 2017

#### PROGRAMME OF EVENTS:

<b>Event</b>	Session 1 – Warm-Up 9.30 am – Start 10.15 am
11	Girls 200m Individual Medley
12	Boys 200m Backstroke
13	Girls 100m Breaststroke
14	Boys 200m Freestyle
15	Girls 200m Butterfly
16	Boys 100m Backstroke
17	Girls 50m Freestyle
18	Boys 100m Individual Medley
19	Girls 50m Backstroke
<b>Event</b>	Session 2 – Warm-Up 13.15 pm – Start 14.00 pm
21	Boys 200m Individual Medley
22	Girls 200m Backstroke
23	Boys 100m Breaststroke
24	Girls 200m Freestyle
25	Boys 200m Butterfly
26	Girls 100m Backstroke
27	Boys 50m Freestyle
28	Girls 100m Individual Medley
29	Boys 50m Backstroke
<b>Event</b>	Session 3 – Warm-Up 17.00 pm – Start 17.45 pm
31	Girls 100m Butterfly
32	Boys 100m Butterfly
33	Girls 200m Breaststroke
34	Boys 200m Breaststroke
35	Girls 100m Freestyle
36	Boys 100m Freestyle
37	Girls 50m Butterfly
38	Boys 50m Butterfly
39	Girls 50m Breaststroke
40	Boys 50m Breaststroke

AGE AT 11<sup>TH</sup> JUNE 2017