



# LINCOLN VULCANS SWIMMING CLUB

(AFFILIATED TO LINCOLNSHIRE ASA AND THE EAST MIDLAND REGION)

## SHORT COURSE LICENSED OPEN MEET 2018

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

### PROGRAMME OF EVENTS

**SATURDAY 6<sup>TH</sup> OCTOBER 2018**

#### PROGRAMME OF EVENTS:

**Event**                      Session 1 – Warm-Up 8.30 am – Start 9.30 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 400m Freestyle

**Event**                      Session 2 – Warm-Up 12.45 pm – Start 1.40 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 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 Freestyle
- 38                      Boys 100m Freestyle

**AGE AT 31<sup>ST</sup> DECEMBER 2018**