

Sudbury and District Swimming Club

(Affiliated to ASA East Region & Suffolk ASA)

Last Chance Time Trial

(Under ASA Laws and Technical Rules of Racing)

This is a Level 4 Licensed Meet – License Number - 4ER9106

Saturday January 10th 2009 – Kingfisher Leisure Pool, Sudbury

PROGRAMME OF EVENTS

SESSION 1 WARM UP 13.00pm START 13.30pm

Event 1	Male	200m Backstroke
Event 2	Female	200m Backstroke
Event 3	Male	50m Breaststroke
Event 4	Female	50m Breaststroke
Event 5	Male	100m Freestyle
Event 6	Female	100m Freestyle
Event 7	Male	100m IM
Event 8	Female	100m IM
Event 9	Male	200m Butterfly
Event 10	Female	200m Butterfly

SESSION 2 WARM UP TBA START TBA

Event 11	Male	50m Freestyle
Event 12	Female	50m Freestyle
Event 13	Male	100m Breaststroke
Event 14	Female	100m Breaststroke
Event 15	Male	200m Freestyle
Event 16	Female	200m Freestyle
Event 17	Male	50m Butterfly
Event 18	Female	50m Butterfly
Event 19	Male	100m Backstroke
Event 20	Female	100m Backstroke

SESSION 3 WARM UP TBA START TBA

Event 21	Male	200m Breaststroke
Event 22	Female	200m Breaststroke
Event 23	Male	200m IM
Event 24	Female	200m IM
Event 25	Male	50m Backstroke
Event 26	Female	50m Backstroke
Event 27	Male	100m Butterfly
Event 28	Female	100m Butterfly