



SUDBURY & DISTRICT SWIMMING CLUB

(Affiliated to Suffolk County ASA & ASA East Region)

RECESSION OPEN MEET

(Held Under ASA Law and Technical Rules)

Saturday 24th OCTOBER 2009

Kingfisher Leisure Centre, Sudbury



SCHEDULE OF EVENTS

SESSION 1 - SATURDAY 24th OCTOBER 2009

WARM UP 12:15 – 13:00

START 13:00

	GIRLS		BOYS
Event 1	200m I.M.	Event 2	200m I.M.
Event 3	100m Backstroke	Event 4	100m Backstroke
Event 5	200m Butterfly	Event 6	200m Butterfly
Event 7	100m Breaststroke	Event 8	100m Breaststroke
Event 9	200m Freestyle	Event 10	200m Freestyle

SESSION 2 - SATURDAY 24th OCTOBER 2009

WARM UP 17:00 - 17:45

START 17:45

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