

Epsom District SC Short Course Inaugural Open Meet Saturday 26 June & Sunday 27 June 2010

SESSION 1 Saturday 26 June 2010 Warm up: 2.00-2.30pm, Start 2.30pm Registration 1.15-1.45pm				SESSION 3 Sunday 27 June 2010 Warm up: 2.00-2.30pm, Start 2.30pm Registration 1.15-1.45pm			
Event 1	Boys	200m I.Medley	HDW	Event 11	Girls	200m Breaststroke	HDW
Event 2	Girls	200m Freestyle	HDW	Event 12	Boys	100M Freestyle	HDW
Event 3	Boys	100m Backstroke	HDW	Event 13	Girls	50m Freestyle	HDW
Event 4	Girls	100m Breaststroke	HDW	Event 14	Boys	200m Breaststroke	HDW
Event 5	Boys	200m Butterfly	HDW	Event 15	Girls	200m Butterfly	HDW
SESSION 2 Saturday 26 June 2010 Warm up: 5.00-5.30pm, Start 5.30pm Registration 4.15-4.45pm				SESSION 4 Sunday 27 June 2010 Warm up: 5.00-5.30pm, Start 5.30pm Registration 4.15-4.45pm			
Event 6	Girls	200m I.Medley	HDW	Event 16	Boys	200m Freestyle	HDW
Event 7	Boys	200m Backstroke	HDW	Event 17	Girls	200m Backstroke	HDW
Event 8	Girls	100m Butterfly	HDW	Event 18	Boys	50m Freestyle	HDW
Event 9	Boys	100m Butterfly	HDW	Event 19	Girls	100m Freestyle	HDW
Event 10	Girls	100m Backstroke	HDW	Event 20	Boys	100m Breaststroke	HDW

Warm up:

Boys/girls will have 15 minutes each

Coaches are asked to ensure swimmers leave water by the side and do not climb over the timing pads

Notes: All ages swim together

All events are heat declared winners

Swimmers from each of the following age groups will be taken according to submitted/consideration times

9, 10, 11, 12, 13, 14, 15, 16, 17+years

The 'One Start' rule will apply to all events

Winners Medals can be collected as soon as official results are published.

Top Boy's, Top Girl's and Top Visiting Club trophies will be presented at the end of the Meet

Presentations:

TOP JUNIOR BOY

TOP JUNIOR GIRL

TOP SENIOR BOY

TOP SENIOR GIRL

TOP VISITING CLUB

AGE OF SWIMMERS WILL BE AS AT 27th JUNE 2010

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