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STAFFORD APEX SWIMMING CLUB
(Affiliated to ASA Midland District and Staffordshire ASA)



2009 LONG DISTANCE OPEN MEET

FRIDAY 4TH SATURDAY 5TH and SUNDAY 6TH DECEMBER
License Number 2WM9471

PROGRAMME OF EVENTS

FRIDAY 4th DECEMBER

SESSION ONE

Warm up 18.15 Start 18.45

- Event 1 Mixed 800 M Freestyle
- Event 2 Mixed 1500 M Freestyle

SATURDAY 5th DECEMBER

SESSION TWO

Warm up 08.30 Start 09.30

- Event 3 Boys 400 M Freestyle
- Event 4 Girls 200 M Individual Medley
- Event 5 Boys 100 M Backstroke
- Event 6 Girls 100 M Freestyle
- Event 7 Boys 200 M Breaststroke
- Event 8 Girls 200 M Breaststroke

SESSION THREE

Warm up 13.30 Start 14.30

- Event 9 Girls 400 M Individual Medley
- Event 10 Boys 200 M Backstroke
- Event 11 Girls 100 M Backstroke
- Event 12 Boys 100 M Ind. Medley
- Event 13 Girls 200 M Butterfly
- Event 14 Boys 100 M Freestyle

SUNDAY 6th DECEMBER

SESSION FOUR

Warm up 08.30 Start 09.30

- Event 15 Girls 400 M Freestyle
- Event 16 Boys 200 M Freestyle
- Event 17 Girls 100 M Breaststroke
- Event 18 Boys 100 M Butterfly
- Event 19 Girls 200 M Backstroke
- Event 20 Boys 200 M Individual Medley

SESSION FIVE

Warm up 13.30 Start 14.30

- Event 21 Boys 400 M Individual Medley
- Event 22 Girls 200 M Freestyle
- Event 23 Boys 100 M Breaststroke
- Event 24 Girls 100 M Individual Medley
- Event 25 Boys 200 M Butterfly
- Event 26 Girls 100 M Butterfly