



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

STAFFORD APEX SUMMER OPEN MEET 2024
(Swim England Regulations and World Aquatic Technical Rules of Swimming)

PROGRAMME OF EVENTS

SATURDAY 22ND JUNE

SESSION ONE
Warm up 11:30 Start 12:30

- Event 1 Female 200 M Freestyle
- Event 2 Open/Male 200 M Freestyle
- Event 3 Female 100 M Breaststroke
- Event 4 Open/Male 100 M Breaststroke
- Event 5 Female 50 M Butterfly
- Event 6 Open/Male 50 M Freestyle
- Event 7 12 Years & Under Female 4 x 50 M Freestyle Relay
- Event 8 13 Years & Over Female 4 x 50 M Freestyle Relay
- Event 9 12 Years & Under Open/Male 4 x 50 M Freestyle Relay
- Event 10 13 Years & Over Open/Male 4 x 50 M Freestyle Relay

SESSION TWO
Warm up 15:30 Start 16:30

- Event 11 Open/Male 200 M Backstroke
- Event 12 Female 200 M Backstroke
- Event 13 Open/Male 100 M Freestyle
- Event 14 Female 100 M Freestyle
- Event 15 Open/Male 50 M Breaststroke
- Event 16 Female 50 M Breaststroke
- Event 17 Open/Male 200 M Butterfly
- Event 18 Female 200 M Butterfly

SUNDAY 23RD JUNE

SESSION THREE
Warm up 08.30 Start 09:30

- Event 19 Female 200 M Ind. Medley
- Event 20 Open/Male 200 M Ind. Medley
- Event 21 Female 100 M Backstroke
- Event 22 Open/Male 100 M Backstroke
- Event 23 Female 50 M Freestyle
- Event 24 Open/Male 50 M Butterfly
- Event 25 12 Years & Under Female 4 x 50 M Medley Relay
- Event 26 13 Years & Over Female 4 x 50 M Medley Relay
- Event 27 12 Years & Under Open/Male 4 x 50 M Medley Relay
- Event 28 13 Years & Over Open/Male 4 x 50 M Medley Relay

SESSION FOUR
Warm up 12:15 Start 13:15

- Event 29 Open/Male 200 M Breaststroke
- Event 30 Female 200 M Breaststroke
- Event 31 Open/Male 100 M Butterfly
- Event 32 Female 100 M Butterfly
- Event 33 Open/Male 50 M Backstroke
- Event 34 Female 50 M Backstroke
- Event 35 Open/Male 100 M Ind. Medley
- Event 36 Female 100 M Ind. Medley

****Please note session times may change due to the number of entries received****