

Affiliated to Essex County ASA & the ASA East Region

# COLCHESTER

## SWIMMING CLUB



### REGIONAL PREPARATION MEET

This licensed meet shall be subject to Swim England Laws and Regulations and Swim England Technical Rules of Racing and to these criteria.

**Saturday - Sunday 22<sup>nd</sup> & 23<sup>rd</sup> February 2020**

Braintree Swimming & Fitness Centre, Level 3 Licence 3ER200096

### Programme of Events

Saturday 22 <sup>nd</sup> February 2020	Saturday 22 <sup>nd</sup> February 2020	Sunday 23 <sup>rd</sup> February 2020	Sunday 23 <sup>rd</sup> February 2020	Sunday 23 <sup>rd</sup> February 2020
Session 1	Session 2	Session 3	Session 4	Session 5
<b>Warm up 13.00 Start 14.00</b>	<b>Warm up 16.00 Start 16.45</b>	<b>Warm up 08.00 Start 08.50</b>	<b>Warm up 10.30 Start 11.15</b>	<b>Warm up 13.25 Start 14.10</b>
Event 1 Boys 200m Backstroke Event 2 Girls 200m Backstroke Event 3 Boys 100m Freestyle Event 4 Girls 100m Freestyle Event 5 Boys 50m Breaststroke Event 6 Girls 50m Breaststroke	Event 7 Boys 200m Freestyle Event 8 Girls 200m Freestyle Event 9 Boys 50m Butterfly Event 10 Girls 50m Butterfly Event 11 Boys 400m IM Event 12 Girls 400m IM	Event 13 Boys 200m Butterfly Event 14 Girls 200m Butterfly Event 15 Boys 100m Breaststroke Event 16 Girls 100m Breaststroke Event 17 Boys 50m Freestyle Event 18 Girls 50m Freestyle	Event 19 Boys 200m IM Event 20 Girls 200m IM Event 21 Boys 100m Butterfly Event 22 Girls 100m Butterfly Event 24 Boys 50m Backstroke Event 24 Girls 50m Backstroke	Event 25 Boys 200m Breaststroke Event 26 Girls 200m Breaststroke Event 27 Boys 100m Backstroke Event 28 Girls 100m Backstroke Event 29 Boys 400m Freestyle Event 30 Girls 400m Freestyle