

Affiliated to Essex County ASA & the ASA East Region

COLCHESTER

SWIMMING CLUB



Club Championships 2019

(This licensed meet shall be subject to ASA Laws and Regulations and ASA Technical Rules of Racing and to the ASA Open Meet Licensing criteria.) Level 4, Licence No: 4ER191197 & 4ER190460

Saturday 14th September 2019 Session 1 13.00 hrs. warm-up

15 minute Warm-up

400m Freestyle - Boys and Girls - All Squads
50m Freestyle - Boys and Girls - Academy/Junior/Young Potential only
100m Butterfly - Boys and Girls - All Squads

45 minute break

Saturday 14th September 2019 Session 2 TBA

15 minute Warm-up

200m IM - Boys and Girls - All Squads
50m Butterfly - Girls and Boys - Academy/Junior/Young Potential only
100m Breaststroke - Boys and Girls - All Squads

Saturday 14th September 2019 Session 3 TBA

15 minute Warm-up

800m Freestyle combined – No Academy or Junior squads swimmers

Saturday 21st September 2019 Session 4 13.00 hrs. warm-up

15 minute Warm-up

400m IM - Boys and Girls - All Squads
50m Backstroke - Girls and Boys - Academy/Junior/Young Potential only
100m Freestyle - Boys and Girls - All Squads

45 minute break

Saturday 21st September 2019 Session 5 TBA

15 minute Warm-up in

100m IM - Girls and Boys - All Squads
50m Breaststroke - Girls and Boys - Academy/Junior/Young Potential only
100m Backstroke - Girls and Boys - All squads

Saturday 21st September 2019 Session 6 TBA

15 minute Warm-up in

800m Freestyle combined – No Academy or Junior squads swimmers