

Affiliated to Essex County ASA & the ASA East Region

# COLCHESTER SWIMMING CLUB



## Club Championships 2019 Schedule of Events

(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

<b>Saturday 14<sup>th</sup> September 2019 Session 1. Warm-up 13.00 hrs. Start 13.15 hrs.</b>			
<b>Session</b>	<b>Event Number</b>	<b>Description</b>	<b>Who May Enter</b>
1	1	400m Freestyle - Boys	All Squads
1	2	400m Freestyle - Girls	All Squads
1	3	50m Freestyle - Boys	Academy/Junior/Young Potential only
1	4	50m Freestyle - Girls	Academy/Junior/Young Potential only
1	5	100m Butterfly - Boys	All Squads
1	6	100m Butterfly - Girls	All Squads
<b>35 minute break</b>			
<b>Saturday 14<sup>th</sup> September 2019 Session 2. Warm-up TBA Start TBA</b>			
2	7	200m IM - Boys	All Squads
2	8	200m IM - Girls	All Squads
2	9	50m Butterfly - Boys	Academy/Junior/Young Potential only
2	10	50m Butterfly - Girls	Academy/Junior/Young Potential only
2	11	100m Breaststroke - Boys	All Squads
2	12	100m Breaststroke - Girls	All Squads
<b>Saturday 14<sup>th</sup> September 2019 Session 3. Warm-up TBA Start TBA</b>			
3	13	800m Freestyle combined	No Academy or Junior squads swimmers
<b>Saturday 21<sup>st</sup> September 2019 Session 4. Warm-up 13.00 hrs. Start 13.15 hrs.</b>			
4	14	400m IM - Boys	All Squads
4	15	400m IM - Girls	All Squads
4	16	50m Backstroke - Boys	Academy/Junior/Young Potential only
4	17	50m Backstroke - Girls	Academy/Junior/Young Potential only
4	18	100m Freestyle - Boys	All Squads
4	19	100m Freestyle - Girls	All Squads
<b>35 minute break</b>			
<b>Saturday 21<sup>st</sup> September 2019 Session 5. Warm-up TBA Start TBA</b>			
5	20	100m IM - Boys	All Squads
5	21	100m IM - Girls	All Squads
5	22	50m Breaststroke - Boys	Academy/Junior/Young Potential only
5	23	50m Breaststroke - Girls	Academy/Junior/Young Potential only
5	24	100m Backstroke - Boys	All Squads
5	25	100m Backstroke - Girls	All Squads
<b>Saturday 21<sup>st</sup> September 2019 Session 6. Warm-up TBA Start TBA</b>			
6	26	1500m Freestyle combined	No Academy or Junior squads swimmers

