

SportsAid Open Meet 2012

Saturday 12th May 2012

Session One

Warm-up 8am – Start 9am

Girls 10–13 years 400m Freestyle
Boys 10-13 years 400m Freestyle
Girls 14 & over 200m Breaststroke
Boys 14 & over 200m Breaststroke
Girls 10-13 years 50m Backstroke
Boys 10-13 years 50m Backstroke
Girls 14 & over 50m Backstroke
Boys 14 & over 50m Backstroke
Girls 10-13 years 100m Butterfly
Boys 11-13 years 100m Butterfly
Girls 14 & over 100m Freestyle
Boys 14 & over 100m Freestyle
Girls 10-13 years 200m Breaststroke
Boys 10-13 years 200m Breaststroke

Session Two

Warm-up 1pm – Start 2pm

Girls 14 & over 400m I.M.
Boys 14 & over 400m I.M.
Girls 10-13 years 50m Butterfly
Boys 10-13 years 50m Butterfly
Girls 14 & over 50m Freestyle
Boys 14 & over 50m Freestyle
Girls 10-13 years 200m Backstroke
Boys 10-13 years 200m Backstroke
Girls 14 & over 200m Butterfly
Boys 14 & over 200m Butterfly
Girls 10-13 years 100m Breaststroke
Boys 11-13 years 100m Breaststroke
Girls 14 & over 100m Breaststroke
Boys 14 & over 100m Breaststroke
Girls 10-13 years 200m Freestyle
Boys 10-13 years 200m Freestyle
Girls 14 & over 200m Backstroke
Boys 14 & over 200m Backstroke

Sunday 13th May 2012

Session Three

Warm-up 8am – Start 9am

Girls 10–13 years 400m I.M.
Boys 10-13 years 400m I.M.
Girls 14 & over 200m Freestyle
Boys 14 & over 200m Freestyle
Girls 10-13 years 50m Breaststroke
Boys 10-13 years 50m Breaststroke
Girls 14 & over 100m Backstroke
Boys 14 & over 100m Backstroke
Girls 10-13 years 100m Freestyle
Boys 11-13 years 100m Freestyle
Girls 14 & over 50m Butterfly
Boys 14 & over 50m Butterfly

Session Four

Warm-up 1pm – Start 2pm

Girls 10-13 years 200m Butterfly
Boys 10-13 years 200m Butterfly
Girls 14 & over 400m Freestyle
Boys 14 & over 400m Freestyle
Girls 10-13 years 50m Freestyle
Boys 10-13 years 50m Freestyle
Girls 14 & over 200m I.M.
Boys 14 & over 200m I.M.
Girls 10-13 years 100m Backstroke
Boys 11-13 years 100m Backstroke
Girls 14 & over 50m Breaststroke
Boys 14 & over 50m Breaststroke
Girls 10-13 years 200m I.M.
Boys 10-13 years 200m I.M.
Girls 14 & over 100m Butterfly
Boys 14 & over 100m Butterfly