



Affiliated to ASA East Region

# HITCHIN OPEN MEET

(Under ASA Laws and ASA Technical Rules)

Sunday 29<sup>th</sup> November 2009

## PROGRAMME OF EVENTS

### SESSION 1 Start 10.00 am

**WARM-UP** Girls: 9.00am - 9.25am Boys 9.25am – 9.50am

1	GIRLS	11 years and under	100m	INDIVIDUAL MEDLEY
2	BOYS	11 years and under	100m	INDIVIDUAL MEDLEY
3	GIRLS	12+ years	100m	BUTTERFLY
4	BOYS	12+ years	100m	BUTTERFLY
5	GIRLS	11 years and under	50m	FREESTYLE
6	BOYS	11 years and under	50m	FREESTYLE
7	GIRLS	12+ years	100m	BREASTSTROKE
8	BOYS	12+ years	100m	BREASTSTROKE
9	GIRLS	11 years and under	50m	BACKSTROKE
10	BOYS	11 years and under	50m	BACKSTROKE

### SESSION 2 Start 2.30pm

**WARM-UP** Girls 1.30pm - 1.55pm Boys 1.55pm - 2.20pm

11	GIRLS	12+ years	200m	INDIVIDUAL MEDLEY
12	BOYS	12+ years	200m	INDIVIDUAL MEDLEY
13	GIRLS	11 years and under	50m	BUTTERFLY
14	BOYS	11 years and under	50m	BUTTERFLY
15	GIRLS	12+ years	100m	BACKSTROKE
16	BOYS	12+ years	100m	BACKSTROKE
17	GIRLS	11 years and under	50m	BREASTSTROKE
18	BOYS	11 years and under	50m	BREASTSTROKE
19	GIRLS	12+ years	100m	FREESTYLE
20	BOYS	12+ years	100m	FREESTYLE