



WATFORD SWIMMING CLUB INVITATION MIDDLE DISTANCE OPEN

Affiliated to the East Region
(Under ASA Laws and Technical Rules of Swimming)
(Level 2 license applied for)

Saturday 28th November 2009

SESSION ONE

Warm up & sign in 13.00pm Start 14.00pm

EVENT No	Event
1	Male 11 & Over 400 Freestyle
2	Female 11 & Over 400m IM
3	Male 9 & Over 200m IM
4	Female 9 & Over 200m Freestyle
5	Male 9 & Over 200m Breaststroke
6	Female 9 & Over 200m Backstroke
7	Male 9 & Over 200m Butterfly

SESSION TWO

Warm up & sign in 17.00pm Start 18.00pm

EVENT No	Event
8	Female 11 & Over 400 Freestyle
9	Male 11 & Over 400m IM
10	Female 9 & Over 200m IM
11	Male 9 & Over 200m Freestyle
12	Female 9 & Over 200m Breaststroke
13	Male 9 & Over 200m Backstroke
14	Female 9 & Over 200m Butterfly