

CoStA Open Meet LEVEL 3

Affiliated to the ASA East Region
(Under ASA Laws and Regulations and ASA Technical
Rules of Swimming)
License No 3ER161417



To be held at Westminster Lodge, Holywell Hill, St Albans.

Programme of Events

Day 1 Saturday 26th November 2016

Session 1 - Sign in 12:00-12:30 Warm Up 12:30 Start 13:30			Session 2 - Sign in 16:00-16:30 Warm Up 16:30 Start 17:30		
1	Female	400m IM	9	Female	200m IM
2	Male	200m Free	10	Male	400m Free
3	Female	200m Fly	11	Female	200m Back
4	Male	50m Fly	12	Male	200m Breast
5	Female	50m Free	13	Female	50m Breast
6	Male	100m Back	14	Male	50m Back
7	Female	100m Breast	15	Female	100m Free
8	Male	100m IM	16	Male	100m Fly

Day 2 Sunday 27th November 2016

Session 3 - Sign in 12:00-12:30 Warm Up 12:30 Start 13:30			Session 4 - Sign in 16:00-16:30 Warm Up 16:30 Start 17:30		
17	Male	400m IM	25	Male	200m IM
18	Female	200m Free	26	Female	400m Free
19	Male	200m Fly	27	Male	200m Back
20	Female	50m Fly	28	Female	200m Breast
21	Male	50m Free	29	Male	50m Breast
22	Female	100m Back	30	Female	50m Back
23	Male	100m Breast	31	Male	100m Free
24	Female	100m IM	32	Female	100m Fly

Sessions 2 & 4 are 'No Earlier than' times.
Approx finish for Sessions 2 & 4 is 20:30.