

# City of St Albans Spring Open Meet 2017

A LEVEL 3 Licensed meet No 3ER170507  
Affiliated to the ASA East Region  
(Under ASA Laws & ASA Technical Rules of Swimming)

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

## Programme of Events

**Sunday 26th March 2017**

<b>Event Number</b>	<b>Session 1</b> Warm up - 12:30 Start - 13:30	<b>Event Number</b>	<b>Session 2</b> Warm up - No Earlier than 16:30 Start - No Earlier than 17:30
1	Male 200 Free	11	Male 200m IM
2	Female 200 Free	12	Female 200m IM
3	Male 50 Back	13	Male 50m Breast
4	Female 50 Back	14	Female 50m Breast
5	Male 100m Fly	15	Male 100 Free: Sponsored by Jex Family
6	Female 100m Fly	16	Female 100 Free
7	Male 50m Free	17	Male 50m Fly: Sponsored by Ritchie Family
8	Female 50m Free: Sponsored by Dye Family	18	Female 50m Fly
9	Male 100m Breast: Sponsored by Ritchie Family	19	Male 100m Back
10	Female 100m Breast	20	Female 100m Back

Age categories: 9,10,11,12,13,14,15,16,17& over.

Age at date of meet.

All events are Heat Declared Winner