

# CoStA Winter Open Meet (Level3)

License No 3ER171804



Affiliated to the ASA East Region (Under ASA Laws & Regulations & ASA Technical Rules of Swimming). To be held at Westminster Lodge, Holywell Hill, St Albans.

## PROGRAMME OF EVENTS

SATURDAY 2 <sup>nd</sup> DECEMBER 2017		
	Event No.	Event
<b>SESSION 1</b> <i>Warm Up 12:30 pm / Start 1:30 pm</i>	1	Girls 400m IM
	2	Boys 200m IM
	3	Girls 100m Butterfly
	4	Boys 100m Backstroke
	5	Girls 50m Breaststroke
	6	Boys 100m Freestyle
	7	Girls 200m Back
	8	Boys 400m Freestyle
<b>SESSION 2</b> <i>Warm Up - No Earlier than 16:30, Start No Earlier than 17:30</i>	9	Girls 200m Butterfly
	10	Boys 200m Breaststroke
	11	Girls 50m Freestyle
	12	Boys 50m Backstroke
	13	Girls 100m Breaststroke
	14	Boys 100m IM
	15	Girls 50m Butterfly
	16	Boys 200m Freestyle

SUNDAY 3 <sup>rd</sup> DECEMBER 2017		
	Event No.	Event
<b>SESSION 3</b> <i>Warm Up 12:30 pm / Start 1:30 pm</i>	17	Boys 400m IM
	18	Girls 200m IM
	19	Boys 100m Butterfly
	20	Girls 100m Backstroke
	21	Boys 50m Breaststroke
	22	Girls 100m Freestyle
	23	Boys 200m Back
	24	Girls 400m Freestyle
<b>SESSION 4</b> <i>Warm Up - No Earlier than 16:30, Start No Earlier than 17:30</i>	25	Boys 200m Butterfly
	26	Girls 200m Breaststroke
	27	Boys 50m Freestyle
	28	Girls 50m Backstroke
	29	Boys 100m Breaststroke
	30	Girls 100m IM
	31	Boys 50m Butterfly
	32	Girls 200m Freestyle