

CoStA Winter Open Meet 2018

(Level3) License No 3ER182062



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 1 st DECEMBER 2018		
	Event No.	Event
SESSION 1 Warm Up 12:30 pm / Start 1:30 pm	1	Boys 400m IM
	2	Girls 200m IM
	3	Boys 50m Breaststroke
	4	Girls 100m Backstroke
	5	Boys 100m Butterfly
	6	Girls 50m Freestyle
	7	Boys 200m Back
	8	Girls 400m Freestyle
SESSION 2 Warm Up No earlier than 4.45pm Racing No earlier than 5.30pm	9	Boys 200m Butterfly
	10	Girls 200m Breaststroke
	11	Boys 100m Freestyle
	12	Girls 50m Backstroke
	13	Boys 100m Breaststroke
	14	Girls 100m IM
	15	Boys 50m Butterfly
	16	Girls 200m Freestyle

SUNDAY 2 nd DECEMBER 2018		
	Event No.	Event
SESSION 3 Warm Up 12:30 pm / Start 1:30 pm	17	Girls 400m IM
	18	Boys 200m IM
	19	Girls 50m Breaststroke
	20	Boys 100m Backstroke
	21	Girls 100m Butterfly
	22	Boys 50m Freestyle
	23	Girls 200m Back
	24	Boys 400m Freestyle
SESSION 4 Warm Up No earlier than 4.45pm Racing No earlier than 5.30pm	25	Girls 200m Butterfly
	26	Boys 200m Breaststroke
	27	Girls 100m Freestyle
	28	Boys 50m Backstroke
	29	Girls 100m Breaststroke
	30	Boys 100m IM
	31	Girls 50m Butterfly
	32	Boys 200m Freestyle