



## **SHREWSBURY ASC Evolution OPEN MEET**

**4<sup>th</sup> December 2010**

### **PROGRAMME**

Licensed (Level 3) 3WM0623

#### **SESSION ONE**

Warm up 8.30am

- |           |                               |
|-----------|-------------------------------|
| Event 1:  | Boys 200m Backstroke          |
| Event 2:  | Girls 200m Butterfly          |
| Event 3:  | Boys 50m Freestyle            |
| Event 4:  | Girls 50m Freestyle           |
| Event 5:  | Boys 200m Breaststroke        |
| Event 6:  | Girls 200m Backstroke         |
| Event 7:  | Boys 50m Butterfly            |
| Event 8:  | Girls 50m Breaststroke        |
| Event 9:  | Boys 200 IM                   |
| Event 10: | Girls 200 IM                  |
| Event 11: | Boys 14/u 4x50m Medley Relay  |
| Event 12: | Girls 13/u 4x50m Medley Relay |

#### **SESSION TWO**

To be advised

- |           |                                  |
|-----------|----------------------------------|
| Event 13: | Boys 14/u 4x50m Freestyle Relay  |
| Event 14: | Girls 13/u 4x50m Freestyle Relay |
| Event 15: | Boys 200m Freestyle              |
| Event 16: | Girls 200m Freestyle             |
| Event 17: | Boys 50m Backstroke              |
| Event 18: | Girls 50m Butterfly              |
| Event 19: | Boys 200m Butterfly              |
| Event 20: | Girls 200m Breaststroke          |
| Event 21: | Boys 50m Breaststroke            |
| Event 22: | Girls 50m Backstroke             |
| Event 23: | Boys 100 IM                      |
| Event 24: | Girls 100IM                      |