



LINCOLN VULCANS SWIMMING CLUB

(AFFILIATED TO THE LINCOLNSHIRE AND EAST MIDLANDS REGION)

LONG COURSE LICENSED OPEN MEET 2007

(HELD UNDER ASA LAWS AND ASA TECHNICAL RULES OF SWIMMING)

PROGRAMME OF EVENTS

SATURDAY 20th OCTOBER 2007

PROGRAMME OF EVENTS:

Event Session 1 – Warm-Up 8.30 am – Start 9.30 am

11 Girls 200 I/M
12 Boys 200 Bc
13 Girls 100 Br
14 Boys 200 Fc
15 Girls 200 Fly
16 Boys 100 Bc
17 Girls 50 Fc

Event Session 2 – Warm-Up 12.45 pm – Start 1.40 pm

21 Boys 200 I/M
22 Girls 200 Bc
23 Boys 100 Br
24 Girls 200 Fc
25 Boys 200 Fly
26 Girls 100 Bc
27 Boys 50 Fc

Event Session 3 – Warm-Up 4.45 pm – Start 5.40 pm

31 Girls 100 Fly
32 Boys 100 Fly
33 Girls 200 Br
34 Boys 200 Br
35 Girls 100 Fc
36 Boys 100 Fc

AGE AT 20th OCTOBER 2007