



## West Suffolk May Open Meet 2011.

Licensed by the ASA for entry into Regional and National Championships (no: 2ER1197)

### Programme of Events.

Age is at 8<sup>th</sup> May 2011

#### SESSION 1 : Friday 6<sup>th</sup> May. Warm up 6pm. Start 6.45 pm. Est. Finish 8.45pm

| Event | Male                   | Event | Female                 |
|-------|------------------------|-------|------------------------|
| 1     | 400m Freestyle         | 2     | 400m Freestyle         |
| 3     | 400m Individual Medley | 4     | 400m Individual Medley |

#### SESSION 3 : Saturday 7<sup>th</sup> May. Warm up: 7.50am, Start 9.00am

| Event | Male                     | Event | Female                 |
|-------|--------------------------|-------|------------------------|
| 5     | 200m Freestyle           | 6     | 200m Individual Medley |
| 7     | 50m Breaststroke         | 8     | 50m Backstroke         |
| 9     | 100m Butterfly (12+ yrs) |       |                        |

#### SESSION 4 : Saturday 7<sup>th</sup> May. To be confirmed.

| Event | Male                     | Event | Female                     |
|-------|--------------------------|-------|----------------------------|
|       |                          | 10    | 100m Breaststroke (11+yrs) |
| 11    | 200m Butterfly           | 12    | 200m Backstroke            |
| 13    | 100m Backstroke (12+yrs) | 14    | 100m Butterfly (11+yrs)    |

#### SESSION 5 : Saturday 7<sup>th</sup> May. To be confirmed.

| Event | Male              | Event | Female         |
|-------|-------------------|-------|----------------|
| 15    | 200m Breaststroke | 16    | 200m Butterfly |
| 17    | 50m Freestyle     | 18    | 50m Freestyle  |
|       |                   |       |                |

#### SESSION 6 : Sunday 8<sup>th</sup> May. Warm up: 8.20am, Start 9.30am

| Event | Male                       | Event | Female                   |
|-------|----------------------------|-------|--------------------------|
| 19    | 200m Individual Medley     | 20    | 50m Breaststroke         |
| 21    | 50m Backstroke             | 22    | 100m Backstroke (11+yrs) |
| 23    | 100m Breaststroke (12+yrs) | 24    | 200m Freestyle           |

#### SESSION 7 : Sunday 8<sup>th</sup> May. To be confirmed.

| Event | Male                    | Event | Female                  |
|-------|-------------------------|-------|-------------------------|
| 25    | 200m Backstroke         | 26    | 50m Butterfly           |
| 27    | 50m Butterfly           | 28    | 200m Breaststroke       |
| 29    | 100m Freestyle (12+yrs) | 30    | 100m Freestyle (11+yrs) |

Any female swimmer aged 10 or male swimmer aged 11 on 8<sup>th</sup> May 2011 and 11 (female) or 12 (male) before midnight on 12<sup>th</sup> June 2011 (East Region Championships) will be permitted to enter 100m events providing they have entered the 200m event for that stroke.