



CITY OF DERBY SWIMMING CLUB

Affiliated to ASA East Midland Region and Derbyshire ASA
Under ASA Laws and ASA Technical Rules of Swimming
at Ponds Forge International Pool Sheffield

Long Course Licensed Open Meet 2010

Saturday 9th January 2010

Sunday 10th January 2010

Session 1 Warm-Up 8:30am Start 9:30am

Session 3 Warm-Up 8:30am Start 9:30am

Evt	B/G	Description
1	Girls	09/10, 11/12 200m I.M.
2	Boys	13/14, 15/Over 200m I.M.
3	Girls	10, 11/12, 13/14, 15/Over 100m Breaststroke
4	Boys	10, 11/12, 13/14, 15/Over 100m Backstroke
5	Girls	13/14, 15/Over 200m Freestyle HDW
6	Boys	9/10, 11/12 200m Fly HDW
7	Girls	Open 50m Backstroke HDW
8	Boys	Open 50m Breaststroke HDW
9	Girls	9/10, 11/12 200m Fly HDW
10	Boys	13/14, 15/Over 200m Freestyle HDW
11	Girls	Final 15/Over 100m Breaststroke
12	Girls	Final 13/14 years 100m Breaststroke
13	Boys	Final 15/Over 100m Backstroke
14	Boys	Final 13/14 years 100m Backstroke

Evt	B/G	Description
32	Girls	13/14, 15/Over 200m I.M.
33	Boys	9/10, 11/12 200m I.M.
34	Girls	10, 11/12, 13/14, 15/Over 100m Backstroke
35	Boys	10, 11/12, 13/14, 15/Over 100m Breaststroke
36	Girls	13/14, 15/Over 200m Fly HDW
37	Boys	9/10, 11/12 200m Freestyle HDW
38	Girls	Open 50m Breaststroke HDW
39	Boys	Open 50m Backstroke HDW
40	Girls	9/10, 11/12 200m Freestyle HDW
41	Boys	13/14, 15/Over 200m Fly HDW
42	Girls	Final 15/Over 100m Backstroke
43	Girls	Final 13/14 years 100m Backstroke
44	Boys	Final 15/Over 100m Breaststroke
45	Boys	Final 13/14 years 100m Breaststroke

Session 2 Session start times to be confirmed.
(Estimated Warm-Up 2:00pm Start 3:00pm)

Session 4 Session start times to be confirmed.
(Estimated Warm-Up 2:00pm Start 3:00pm)

Evt	B/G	Description
15	Boys	Final 15/Over years 200m I.M.
16	Boys	Final 13/14 years 200m I.M.
17	Girls	Final 11/12 years 200m I.M.
18	Girls	Final 9/10 years 200m I.M.
19	Boys	9/10, 11/12, 13/14, 15/Over 400m Free
20	Girls	10, 11/12, 13/14, 15/Over 100m Freestyle
21	Boys	10, 11/12, 13/14, 15/Over 100m Fly
22	Girls	13/14, 15/Over 200m Backstroke HDW
23	Boys	9/10, 11/12 200m Breaststroke HDW
24	Girls	Open 50m Fly HDW
25	Boys	Open 50m Freestyle HDW
26	Girls	9/10, 11/12 200m Breaststroke HDW
27	Boys	13/14, 15/Over 200m Backstroke HDW
28	Girls	Final 15/Over 100m Freestyle
29	Girls	Final 13/14 years 100m Freestyle
30	Boys	Final 15/Over 100m Fly
31	Boys	Final 13/14 years 100m Fly

Evt	B/G	Description
46	Girls	Final 15/Over years 200m I.M.
47	Girls	Final 13/14 years 200m I.M.
48	Boys	Final 11/12 years 200m I.M.
49	Boys	Final 9/10 years 200m I.M.
50	Girls	9/10, 11/12, 13/14, 15/Over 400m Free
51	Boys	10, 11/12, 13/14, 15/Over 100m Freestyle
52	Girls	10, 11/12, 13/14, 15/Over 100m Fly
53	Boys	9/10, 11/12 200m Backstroke HDW
54	Girls	13/14, 15/Over 200m Breaststroke HDW
55	Boys	Open 50m Fly HDW
56	Girls	Open 50m Freestyle HDW
57	Boys	13/14, 15/Over 200m Breaststroke HDW
58	Girls	9/10, 11/12 200m Backstroke HDW
59	Boys	Final 15/Over 100m Freestyle
60	Boys	Final 13/14 years 100m Freestyle
61	Girls	Final 15/Over 100m Fly
62	Girls	Final 13/14 years 100m Fly

Estimated finish time 6:45pm

Estimated finish time 6:45pm

Warm-up will be Girls followed by Boys, except session Two which will be Boys followed by Girls. Warm-up must be supervised by Coaches. The promoters reserve the right to change the order of events within a session should this be necessary.

Please note our other competition dates for 2010 - both at at Queen's Leisure Centre, Derby

Short Course Level 2 Licensed Open Meet
24-25th April 2010 (2EM0020)

B Grade Level 3 Licensed Open Meet
3rd July 2010 (3EM0021)