

# 3 Towers Open Meet

## PROGRAMME OF EVENTS

**Saturday 23<sup>rd</sup> October 2010**

### Session 1 – Warm up 8.30am – Start 9am

|         |       |             |               |     |
|---------|-------|-------------|---------------|-----|
| Event 1 | Girls | 10 and over | 400 Freestyle | HDW |
| Event 2 | Boys  | 10 and over | 400 IM        | HDW |

### Session 2 – Warm up 10.30am – Start 11.30am

|         |       |             |                  |     |
|---------|-------|-------------|------------------|-----|
| Event 3 | Girls | 9 and over  | 200 IM           | HDW |
| Event 4 | Boys  | 9 and over  | 200 Freestyle    | HDW |
| Event 5 | Girls | 11 and over | 100 Breaststroke | HDW |
| Event 6 | Boys  | 12 and over | 100 Backstroke   | HDW |
| Event 7 | Girls | 9 and over  | 50 Breaststroke  | HDW |
| Event 8 | Boys  | 9 and over  | 50 Backstroke    | HDW |

### Session 3 – Warm up 2pm – Start 3pm

|          |       |             |                  |     |
|----------|-------|-------------|------------------|-----|
| Event 9  | Girls | 9 and over  | 200 Backstroke   | HDW |
| Event 10 | Boys  | 9 and over  | 200 Breaststroke | HDW |
| Event 11 | Girls | 11 and over | 100 Butterfly    | HDW |
| Event 12 | Boys  | 12 and over | 100 Freestyle    | HDW |
| Event 13 | Girls | 9 and over  | 200 Butterfly    | HDW |
| Event 14 | Boys  | 9 and over  | 50 Butterfly     | HDW |
| Event 15 | Girls | 9 and over  | 50 Freestyle     | HDW |

**Sunday 24<sup>th</sup> October 2010**

### Session 4 – Warm up 8.30am – Start 9am

|          |       |             |               |     |
|----------|-------|-------------|---------------|-----|
| Event 16 | Boys  | 10 and over | 400 Freestyle | HDW |
| Event 17 | Girls | 10 and over | 400 IM        | HDW |

### Session 5 – Warm up 10.30am – Start 11.30am

|          |       |             |                  |     |
|----------|-------|-------------|------------------|-----|
| Event 18 | Boys  | 9 and over  | 200 IM           | HDW |
| Event 19 | Girls | 9 and over  | 200 Freestyle    | HDW |
| Event 20 | Boys  | 12 and over | 100 Breaststroke | HDW |
| Event 21 | Girls | 11 and over | 100 Backstroke   | HDW |
| Event 22 | Boys  | 9 and over  | 200 Butterfly    | HDW |
| Event 23 | Girls | 9 and over  | 50 Backstroke    | HDW |
| Event 24 | Boys  | 9 and over  | 50 Breaststroke  | HDW |

### Session 6 – Warm up 2pm – Start 3pm

|          |       |             |                  |     |
|----------|-------|-------------|------------------|-----|
| Event 25 | Girls | 9 and over  | 200 Breaststroke | HDW |
| Event 26 | Boys  | 9 and over  | 200 Backstroke   | HDW |
| Event 27 | Girls | 11 and over | 100 Freestyle    | HDW |
| Event 28 | Boys  | 12 and over | 100 Butterfly    | HDW |
| Event 29 | Girls | 9 and over  | 50 Butterfly     | HDW |
| Event 30 | Boys  | 9 and over  | 50 Freestyle     | HDW |