



# Worcester County Swimming Association Worcester County Sprints

(Under ASA Laws and Technical Rules)

Open to Clubs affiliated to  
Worcester County Swimming Association

Sunday 4<sup>th</sup> October 2009 at Wolverhampton

## Program of Events

Session 1	
Event Number	Event
1	Girls 100m IM
2	Boys 100m FC
3	Girls 50m Backstroke
4	Boys 50m Breaststroke
5	Girls 100m Freestyle
6	Boys 100m Butterfly
7	Girls 50m Breaststroke
8	Boys 50m Backstroke
9	Girls 100m Butterfly
10	Girls Open Mixed Stroke Skins

Session 2	
Event Number	Event
11	Boys 100m IM
12	Girls 100m Backstroke
13	Boys 50m Freestyle
14	Girls 50m Butterfly
15	Boys 100m Backstroke
16	Girls 100m Breaststroke
17	Boys 50m Butterfly
18	Girls 50m Freestyle
19	Boys 100m Breaststroke
20	Boys Open Mixed Stroke Skins

The Promoter reserves the right to further restrict entries for good Gala management

Age as at 4<sup>th</sup> October 2009.

Closing Date - Friday 18<sup>th</sup> September 2009.

All entries must be submitted through your Club's Swimming Representative



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Session Lengths

Session 1

Warm Up: 09:30 – 10:30  
Session: 10:30 – 13:30 (3Hrs)

Session 2

Warm 14:30 – 15:30  
Session: 15:30 – 18:30 (3Hrs)