

Guildford City SC
Open Meet - 5/6 December 2009
Race Schedule



SESSION 1 Saturday 5 December 2009			
Warm up 8.00 for 9.00 AM Start			
Registration Close 8.00 AM			
Event 1	Boys	400m Freestyle	HDW
Event 2	Girls	400m I.Medley	HDW

SESSION 4 Sunday 6 December 2009			
Warm up 8.00AM for 9.00 AM Start			
Registration Close 8.00 AM			
Event 18	Girls	400m Freestyle	HDW
Event 19	Boys	400m I.Medley	HDW

SESSION 2 Saturday 5 December 2009			
Warm up 11.00 AM for 12.00 PM Start			
Registration Close 10.45 AM			
Event 3	Boys	200m I.Medley	HDW
Event 4	Girls	200m Freestyle	HDW
Event 5	Boys	100m Backstroke	HDW
Event 6	Girls	100m Breaststroke	HDW
Event 7	Boys	50m Freestyle	HDW
Event 8	Girls	50m Butterfly	HDW
Event 9	Boys	200m Butterfly	HDW

SESSION 5 Sunday 6 December 2009			
Warm up 11.00 AM for 12.00 PM Start			
Registration Close 10.45 AM			
Event 20	Girls	200m Breaststroke	HDW
Event 21	Boys	200m Breaststroke	HDW
Event 22	Girls	50m Freestyle	HDW
Event 23	Boys	50m Butterfly	HDW
Event 24	Girls	200m Butterfly	HDW
Event 25	Boys	100m Freestyle	HDW
Event 26	Girls	50m Backstroke	HDW

SESSION 3 Saturday 5 December 2009			
Warm up 3.45 PM for 4.45 PM Start			
Registration Close 3.30 PM			
Event 10	Boys	200m Backstroke	HDW
Event 11	Girls	200m I.Medley	HDW
Event 12	Boys	100m I.Medley	HDW
Event 13	Girls	100m Butterfly	HDW
Event 14	Boys	100m Butterfly	HDW
Event 15	Girls	50m Breaststroke	HDW
Event 16	Boys	50m Breaststroke	HDW
Event 17	Girls	100m Backstroke	HDW

SESSION 6 Sunday 6 December 2009			
Warm up 3.45 PM for 4.45 PM Start			
Registration Close 3.30 PM			
Event 27	Girls	100m Freestyle	HDW
Event 28	Boys	200m Freestyle	HDW
Event 29	Girls	200m Backstroke	HDW
Event 30	Boys	100m Breaststroke	HDW
Event 31	Girls	100m I.Medley	HDW
Event 32	Boys	50m Backstroke	HDW

Notes :- All ages swim together
All Events are Heat Declared Winners
Swimmers from each of following age groups will be taken according to submitted / consideration times
9, 10, 11, 12, 13, 14, 15, 16, 17+
The 'One Start' rule will apply to all events

Winners Medals can be collected as soon as official results are published
Top Boy's, Top Girl's, and Top Visiting Club trophies will be presented at the end of the Meet

Warm up :-
Boys/girls will have 25 mins each
Coaches are asked to ensure swimmers leave water by the side, and do not climb over the timing pads.

PRESENTATIONS:
TOP JUNIOR BOY
TOP JUNIOR GIRL
TOP SENIOR BOY
TOP SENIOR GIRL
TOP VISITING CLUB

Age of swimmers will be as of 6 December 2009