



Under ASA Laws and ASA Technical Rules of Swimming. Licence No 1EM170259

11th Level 1 - Long Course Open Meet Ponds Forge International Pool, Sheffield Friday 7th - Sunday 9th April 2017

SCHEDULE OF EVENTS

Friday

Session 1

Warm Up 5.00pm **Start** 6.00pm **Expected Finish** 9.00pm

Event	101	Female	800	Free
	102	Male	1500	Free

Saturday

Session 2

Warm Up 8:00am
Start 9.00am
Expected Finish 12.30pm

Event	201	Female	200	IM
	202	Male	50	Free
	203	Female	50	Breast
	204	Male	200	Fly
	205	Female	100	Back
	206	Male	100	Breast
	207	Female	400	Free
	208	Male	200	Back

Sunday

Session 4

Warm Up 8:00am
Start 9.00am
Expected Finish 12.30pm

Event	401	Male	200	IM
	402	Female	50	Free
	403	Male	50	Breast
	404	Female	200	Fly
	405	Male	100	Back
	406	Female	100	Breast
	407	Male	400	Free
	408	Female	200	Back

Saturday

Session 3

Warm Up 13:00pm EST TBC
Start 14.00pm EST TBC
Expected Finish 17.30pm

Event	301	Female	200	Breast
	302	Male	50	Back
	303	Female	50	Fly
	304	Male	200	Free
	305	Female	100	Free
	306	Male	400	IM
	307	Female	100	Fly

Sunday

Session 5

Warm Up 13:00pm EST TBC
Start 14.00pm EST TBC
Expected Finish 17.30pm

Event	501	Male	200	Breast
	502	Female	50	Back
	503	Male	50	Fly
	504	Female	200	Free
	505	Male	100	Free
	506	Female	400	IM
	507	Male	100	Fly