

City of Rochester Swimming & Lifeguard Club

Affiliated to S.E.R.A.S.A., K.C.A.S.A., M.A.S.A. & RLSS UK)

16th Annual Swimming Open

Saturday 30th October 2010

Held at the Medway Park, Mill Road, Gillingham.

(Under ASA Laws & ASA Technical Rules)

Session 1 Morning

Warm up : 8.30am, First Event : 9.15am

Event 1:	Girls	9/10 years	50 m	Freestyle	HDW
Event 2:	Boys	9/10 years	50 m	Freestyle	HDW
Event 3:	Girls	11/12 years	50 m	Breaststroke	HDW
Event 4:	Boys	11/12 years	50 m	Breaststroke	HDW
Event 5:	Girls	13/14 years	100m	Butterfly	HDW
Event 6:	Boys	13/14 years	100m	Butterfly	HDW
Event 7:	Girls	Open	100m	Backstroke	HDW
Event 8:	Boys	Open	100m	Backstroke	HDW
Event 9:	Girls	9/10 years	50 m	Butterfly	HDW
Event 10:	Boys	9/10 years	50 m	Butterfly	HDW
Event 11:	Girls	11/12 years	50 m	Backstroke	HDW
Event 12:	Boys	11/12 years	50 m	Backstroke	HDW
Event 13:	Girls	13/14 years	100m	Breaststroke	HDW
Event 14:	Boys	13/14 years	100m	Breaststroke	HDW
Event 15:	Girls	Open	100m	Freestyle	HDW
Event 16:	Boys	Open	100m	Freestyle	HDW

Session 2 Afternoon

Warm up : 1.45pm, First Event : 2.30pm

Event 17:	Girls	9/10 years	50 m	Backstroke	HDW
Event 18:	Boys	9/10 years	50 m	Backstroke	HDW
Event 19:	Girls	11/12 years	50 m	Butterfly	HDW
Event 20:	Boys	11/12 years	50 m	Butterfly	HDW
Event 21:	Girls	13/14 years	100m	Freestyle	HDW
Event 22:	Boys	13/14 years	100m	Freestyle	HDW
Event 23:	Girls	Open	100m	Butterfly	HDW
Event 24:	Boys	Open	100m	Butterfly	HDW
Event 25:	Girls	9/10 years	50 m	Breaststroke	HDW
Event 26:	Boys	9/10 years	50 m	Breaststroke	HDW
Event 27:	Girls	11/12 years	50 m	Freestyle	HDW
Event 28:	Boys	11/12 years	50 m	Freestyle	HDW
Event 29:	Girls	13/14 years	100m	Backstroke	HDW
Event 30:	Boys	13/14 years	100m	Backstroke	HDW
Event 31:	Girls	Open	100m	Breaststroke	HDW
Event 32:	Boys	Open	100m	Breaststroke	HDW