

CITY OF PLYMOUTH ANNUAL SWIM MEET 2010

DAY 1 PROGRAMME – SATURDAY 02 OCTOBER 2010

DOORS OPEN 08:00

WARM UP 08:30 to 09:30
Warm up 1 – Girls 11 yrs and under 08:30 to 08:45
Warm up 2 – Girls 12 yrs and over 08:45 to 09:00
Warm up 3 – Boys 11 yrs and under 09:00 to 09:15
Warm up 4 – Boys 12 yrs and over 09:15 to 09:30

Warm ups will be 10 minutes continuous swim followed by 5 minutes sprints.

SESSION 1 START 09:30

Event 1 Girls 10 & Over 100m Freestyle
Event 2 Boys 11 & Over 100m Backstroke
Event 3 Girls 9 & Over 200m Breaststroke
Event 4 Boys 9 & Over 200m Butterfly
Event 5 Girls 9 & Over 50m Backstroke
Event 6 Boys 10 & Over 400m Freestyle

Event 7 Girls 100m Freestyle Championship Final
Event 8 Boys 100m Backstroke Championship Final

LUNCH OFFICIALS 12:00 – 13:30
SWIMMERS 12:00 – 12:30 (then warm up as below)

WARM UP 12:30 to 13:30
Warm up 1 – Boys 11 yrs and under 12:30 to 12:45
Warm up 2 – Boys 12 yrs and over 12:45 to 13:00
Warm up 3 – Girls 11 yrs and under 13:00 to 13:15
Warm up 4 – Girls 12 yrs and over 13:15 to 13:30

Warm ups will be 10 minutes continuous swim followed by 5 minutes sprints.

SESSION 2 START 13:30

Event 9 Boys 11 & Over 100m Butterfly
Event 10 Girls 9 & Over 100m Ind. Medley
Event 11 Boys 9 & Over 50m Backstroke
Event 12 Girls 9 & Over 50m Freestyle
Event 13 Boys 9 & Over 200m Breaststroke
Event 14 Girls 9 & Over 200m Butterfly

Event 15 Boys 100m Butterfly Championship Final
Event 16 Girls 100m Ind. Medley Championship Final

DAY 1 FINISH 17:00

All timings above are approximate and provided as a guide for coach/team manager planning purposes only.

Session 2 will not start earlier than the advertised time.

Time permitting, it is hoped to have a 10 minute rest period before the morning and afternoon Championship Finals to allow swimmers time to recover from previous event.

CITY OF PLYMOUTH ANNUAL SWIM MEET 2010

DAY 2 PROGRAMME – SUNDAY 03 OCTOBER 2010

DOORS OPEN 08:00

WARM UP 08:30 to 09:30

Warm up 1 – Boys 11 yrs and under 08:30 to 08:45

Warm up 2 – Boys 12 yrs and over 08:45 to 09:00

Warm up 3 – Girls 11 yrs and under 09:00 to 09:15

Warm up 4 – Girls 12 yrs and over 09:15 to 09:30

Warm ups will be 10 minutes continuous swim followed by 5 minutes sprints.

SESSION 3 START 09:30

Event 17 Boys 11 & Over 100m Breaststroke

Event 18 Girls 10 & Over 100m Butterfly

Event 19 Boys 9 & Over 200m Backstroke

Event 20 Girls 9 & Over 200m Backstroke

Event 21 Boys 11 & Over 400m Ind. Medley

Event 22 Girls 10 & Over 400m Freestyle

Event 23 Boys 100m Breaststroke Championship Final

Event 24 Girls 100m Butterfly Championship Final

LUNCH

OFFICIALS 12:00 – 13:30

SWIMMERS 12:00 – 12:30 (then warm up as below)

WARM UP

12:30 to 13:30

Warm up 1 – Girls 11 yrs and under 12:30 to 12:45

Warm up 2 – Girls 12 yrs and over 12:45 to 13:00

Warm up 3 – Boys 11 yrs and under 13:00 to 13:15

Warm up 4 – Boys 12 yrs and over 13:15 to 13:30

Warm ups will be 10 minutes continuous swim followed by 5 minutes sprints.

SESSION 4 START 13:30

Event 25 Girls 10 & Over 100m Backstroke

Event 26 Boys 9 & Over 100m Ind. Medley

Event 27 Girls 9 & Over 50m Breaststroke

Event 28 Boys 9 & Over 50m Freestyle

Event 29 Girls 9 & Over 200m Ind. Medley

Event 30 Boys 9 & Over 200m Freestyle

Event 31 Girls 100m Backstroke Championship Final

Event 32 Boys 100m Ind. Medley Championship Final

DAY 2 FINISH 17:00

All timings above are approximate and provided as a guide for coach/team manager planning purposes only.

Session 2 will not start earlier than the advertised time.

Time permitting, it is hoped to have a 10 minute rest period before the morning and afternoon Championship Finals to allow swimmers time to recover from previous event.

CITY OF PLYMOUTH ANNUAL SWIM MEET 2010

DAY 3 PROGRAMME – SATURDAY 23 OCTOBER 2010

DOORS OPEN	08:30	
WARM UP	09:00 to 09:30	
	Warm up 1 – All Boys	09:00 to 09:15
	Warm up 2 – All Girls	09:15 to 09:30

Note: Warm up is for those swimmers competing in morning session only.

Warm ups will be 10 minutes continuous swim followed by 5 minutes sprints.

SESSION 5 START 09:30

Event 33 Boys 9 & Over 50m Breaststroke
Event 34 Girls 9 & Over 50m Butterfly
Event 35 Boys 200m Freestyle Relay
Event 36 Girls 200m Freestyle Relay

Relay Presentations

Event 37 Boys 11 & Over 1500m Freestyle
Event 38 Girls 10 & Over 800m Freestyle

LUNCH OFFICIALS 12:00 – 13:30
SWIMMERS 12:00 – 12:30 (then warm up as below)

WARM UP	12:30 to 13:15	
	Warm up 1 – All Boys	12:30 to 12:45
	Warm up 2 – Girls 11 yrs and under	12:45 to 13:00
	Warm up 3 – Girls 12 yrs and over	13:00 to 13:15

Warm ups will be 10 minutes continuous swim followed by 5 minutes sprints.

SESSION 6 START 13:15

Event 39 Boys 11 & Over 100m Freestyle
Event 40 Girls 10 & Over 100m Breaststroke
Event 41 Boys 9 & Over 50m Butterfly
Event 42 Girls 9 & Over 200m Freestyle
Event 43 Boys 9 & Over 200m Ind. Medley
Event 44 Girls 11 & Over 400m Ind. Medley

Event 45 Boys 100m Freestyle Championship Final
Event 46 Girls 100m Breaststroke Championship Final

BAGCAT PRESENTATIONS

DAY 3 FINISH 17:00

All timings above are approximate and provided as a guide for coach/team manager planning purposes only. Session 2 will not start earlier than the advertised time.

Time permitting, it is hoped to have a 10 minute rest period before the morning and afternoon Championship Finals to allow swimmers time to recover from previous event.