



LINCOLN VULCANS SWIMMING CLUB

(AFFILIATED TO LINCOLNSHIRE ASA AND THE EAST MIDLAND REGION)

SHORT COURSE LICENSED OPEN MEET 2018

(HELD UNDER ASA LAWS AND ASA TECHNICAL RULES OF SWIMMING)

PROGRAMME OF EVENTS

SATURDAY 6TH OCTOBER 2018

PROGRAMME OF EVENTS:

Event Session 1 – Warm-Up 8.30 am – Start 9.30 am

- 11 Girls 200m Individual Medley
- 12 Boys 200m Backstroke
- 13 Girls 100m Breaststroke
- 14 Boys 200m Freestyle
- 15 Girls 200m Butterfly
- 16 Boys 100m Backstroke
- 17 Girls 400m Freestyle

Event Session 2 – Warm-Up 12.45 pm – Start 1.40 pm

- 21 Boys 200m Individual Medley
- 22 Girls 200m Backstroke
- 23 Boys 100m Breaststroke
- 24 Girls 200m Freestyle
- 25 Boys 200m Butterfly
- 26 Girls 100m Backstroke
- 27 Boys 400m Freestyle

~~**Event** Session 3 – Warm Up 4.45 pm – Start 5.40 pm~~

- ~~31 Girls 50m Freestyle~~
- ~~32 Boys 50m Freestyle~~
- ~~33 Girls 100m Butterfly~~
- ~~34 Boys 100m Butterfly~~
- ~~35 Girls 200m Breaststroke~~
- ~~36 Boys 200m Breaststroke~~
- ~~37 Girls 100m Freestyle~~
- ~~38 Boys 100m Freestyle~~

AGE AT 31ST DECEMBER 2018