

# Guildford City SC

Long Distance Open Meet - 18 December 2010

Race Schedule



<b>Long Distance Open Meet</b>					
<b>Saturday 18 December 2010</b>					
<b>Warm up 11.00 for 11.30 AM Start</b>					
<b>Session 1 - LEVEL 3</b>					
<b>Event 1</b>	Girls	9 and over	800m Freestyle		<b>HDW</b>
<b>Event 2</b>	Boys	9 and over	1500m Freestyle		<b>HDW</b>
	Warm up				
<b>Event 3</b>	Girls	9 and over	1500m Freestyle		
<b>Event 4</b>	Boys	9 and over	800m Freestyle		<b>HDW</b>
					<b>HDW</b>
<b>Warm up 3.30 PM for 4.00 PM Start</b>					
<b>Session 2 - LEVEL 1</b>					
<b>Event 5</b>	Girls	9 and over	800m Freestyle		<b>HDW</b>
<b>Event 6</b>	Boys	9 and over	1500m Freestyle		<b>HDW</b>
	Warm up				
<b>Event 7</b>	Girls	9 and over	1500m Freestyle		
<b>Event 8</b>	Boys	9 and over	800m Freestyle		<b>HDW</b>
					<b>HDW</b>

## **Warm up :-**

**Coaches are asked to ensure swimmers leave water by the side, and do not climb over the timing pads.  
Sprint Lanes will be announced if necessary**

**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  
Under 11, 12/13, 14/15, 16 & Over  
The 'One Start' rule will apply to all events**

**Age of swimmers will be as at 18 December 2010**