

Teamipswich Swimming Novice Season Opener

(Under ASA Laws and ASA Technical Rules)

At Crown Pools, Ipswich

License Number 4ER9361 refers; times can be used for County qualifying.

PROGRAMME OF EVENTS

Sunday 13th September 2009

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| Session 1 – Warm-up 11:30 Start 12:30 | |
| 1. Male 200 I.M. 3. Male 50 Free 5. Male 200 Back 7. Male 50 Breast 9. Male 200 Fly | 2. Female 200 Free 4. Female 50 Back 6. Female 200 Breast 8. Female 50 Fly |
| Session 2 - Warm-up TBA | |
| 10. Female 200 I.M. 12. Female 50 Free 14. Female 200 Back 16. Female 50 Breast 18. Female 200 Fly | 11. Male 200 Free 13. Male 50 Back 15. Male 200 Breast 17. Male 50 Fly |

Age groups for events are: 9/10, 11/12, 13/14, 15+

Age eligibility: - **Age at 13th September 2009**

Entries on an Ipswich gala entry form by **Friday 26th June**

Entry fees £4 per event