



SUFFOLK ASA COUNTY CHAMPIONSHIPS 2009

Saturday 21st March

Licence Nos: CC9001, CC9002, CC9003



DAY TWO REVISED SCHEDULE

ADMISSION WILL BE FREE AND PROGRAMMES WILL BE AVAILABLE AT A REDUCED COST OF £1. SPECTATORS WILL STILL NEED TO SIGN THE VIDEO / CAMERA LOG AT THE ENTRANCE CONTROL.

IN ORDER THAT SWIMMERS ARE GIVEN THE OPPORTUNITY TO ACHIEVE REGIONAL AND NATIONAL QUALIFYING TIMES, IN THE TIME WE HAVE BEEN ABLE TO SECURE, THE 50M & 100M EVENTS WILL BE HEAT DECLARED WINNER AND NOT HEATS AND FINALS. THIS WILL APPLY ONLY TO THE 50'S & 100'S ORIGINALLY SCHEDULED FOR DAY 2. MEDALS WILL BE AWARDED TO THE FIRST THREE IN EACH AGE GROUP IN THE 50'S AND 100'S ONLY AND TO NON-BAGCAT AGE GROUPS IN THE 200M EVENTS AS IS THE NORM. SESSION TIMES ARE SHOWN BELOW. EVENT NUMBERS REMAIN THE SAME AS IF THERE WERE FINALS.

SESSION THREE

Warm Up	1230
Start	1330
Estimated Finish	16:15

Event	Female	Event	Male
21	50m Freestyle (All Ages)	22	50m Freestyle (All Ages)
23	100m Butterfly (11 & Over)	24	100m Butterfly (12 & Over)
25	200m Breaststroke (All Ages)	26	200m Breaststroke (All Ages)

SESSIONS FOUR & FIVE COMBINED

Warm Up	16:30
Start	17:30
Estimated Finish	19:30

Event	Female	Event	Male
		27	100m IM (9,10 & 11)
43	100m Backstroke (11 & Over)	44	100m Backstroke (12 & Over)
55	200m Freestyle (All Ages)		