



SUFFOLK ASA COUNTY CHAMPIONSHIPS 2009 - (Age as at March 22nd 2009)

License Nos: CC9001, CC9002, CC9003 - March 7th, 8th, 14th, 15th & 22nd 2009



SCHEDULE OF EVENTS

CLOSING DATE FOR ENTRIES - TUESDAY JANUARY 27th 2009

WEEKEND ONE						WEEKEND TWO												
Session 1 - Saturday 7.3.09						Session 6 - Saturday 14.3.09												
1	50 Back	F	2	50 Back	M	14:00	Warm Up	14:00	66	50 Breast	F	67	50 Breast	M				
3	200 Fly (HDW)	F	4	200 Fly (HDW)	M	15:00	Start	15:00	68	200 Back (HDW)	F	69	200 Back (HDW)	M				
5	400 IM (HDW)	F									F	70	400 IM (HDW)	M				
Session 2 - Saturday 7.3.09						Session 7 - Saturday 14.3.09												
50 Back Finals x 7			F	50 Back Finals x 8			M	TBA	Warm Up	TBA	50 Breast Finals x 7			F	50 Breast Finals x 8			M
								TBA	Start	TBA								
Session 3 - Sunday 8.3.09						Session 8 - Sunday 15.3.09												
21	50 Free	F	22	50 Free	M	08:30	Warm Up	08:30	81	50 Fly	M	82	50 Fly	F				
23	100 Fly	F	24	100 Fly	M	09:30	Start	09:30	83	100 Breast	M	84	100 Breast	F				
25	200 Breast (HDW)	F	26	200 Breast (HDW)	M				85	200 Free (HDW)	M							
Session 4 - Sunday 9.3.09						Session 9 - Sunday 15.3.09												
				27	100 IM (9,10,11) (HDW)	M	TBA	Warm Up	TBA				85	100 IM (9,10,11) (HDW)	F			
50 Free Finals x 7			F	50 Free Finals x 8			M	TBA	Start	TBA	50 Fly Finals X 7			M	50 Fly Finals X 8			F
43	100 Back	F	44	100 Back	M				101	100 Free	M	102	100 Free	F				
Session 5 - Sunday 9.3.09						Session 10 - Sunday 15.3.09												
100 Fly Finals x 5			F	100 Fly Finals x 5			M	TBA	Warm Up	TBA	100 Breast Finals X 5			F	100 Breast Finals X 5			M
55	200 Free (HDW)	F	100 Back Finals x 5			M	TBA	Start	TBA	113	200 IM (HDW)	F	114	200 IM (HDW)	M			
100 Back Finals x 5			F							100 Free Finals X 5			F	100 Free Finals X 5			M	

WEEKEND THREE																			
Session 11 - Sunday 22.3.09							Session 13 - Sunday 22.3.09												
115	400 Free (HDW)	F	116	400 Free (HDW)	M	10:00	Warm Up	TBA	127	9/10 Medley Relay	F	128	9/10 Free Relay	M					
							10:45	Start	TBA	129	11/12 Free Relay	F	130	11/12 Medley Relay	M				
										131	13/14 Medley Relay	F	134	13/14 Free Relay	M				
Session 12 - Sunday 22.3.09																			
50m Skins			F	50m Skins			M	14:00	Warm Up	133 15/16 Free Relay					F	136 15/16 Medley Relay			M
117	9/10 Free Relay	F	118	9/10 Medley Relay	M	15:15	Start	135 Open Medley Relay					F	138 Open Free Relay			M		
119	11/12 Medley Relay	F	120	11/12 Free Relay	M			<p align="center">CLOSING DATE FOR THESE EVENTS - Tuesday 27.1.09 License Nos: CC9001, 9002, 9003</p>											
121	13/14 Free Relay	F	122	13/14 Medley Relay	M														
123	15/16 Medley Relay	F	124	15/16 Free Relay	M														
125	Open Free Relay	F	126	Open Medley Relay	M														

800 & 1500 EVENTS														
DISTANCE - Saturday 7.2.09 (UEA Long Course)														
800m Free (HDW)			F	1500m Free (HDW)			M	16:00	Warm Up	<p align="center">CLOSING DATE FOR THESE EVENTS - Tuesday 6.1.09 License Nos: TBA</p>				
DISTANCE - Saturday 14.2.09 (UEA Long Course)														
1500m Free (HDW)			F	800m Free (HDW)			M	16:00	Warm Up					