

Suffolk County ASA Championships 2010 Order of Events

Sessions 3 - 15 to be held at Crown Pools, Ipswich

Session 1 - Long Distance 13th February @ UEA					
1	F	800 Free	Warm Up 4:00PM		
2	M	1500 Free	(to be confirmed with Norfolk)		
Session 3 - Saturday 6th of March; Warm Up 2:00					
5	F	50 Back	6	M	50 Breast
7	F	200 Fly HDW	8	M	200 Back HDW
Session 4 - Saturday 6th of March; Warm Up TBA					
9	F	400 IM HDW	10 to 17	M	50 Breast Finals
18 to 24	F	50 Back Finals	25	M	200 Free HDW
Session 5 - Sunday 7th of March; Warm up 8:30					
26	F	50 Free	27	M	50 Fly
28	F	100 Fly	29	M	100 Breast
30	F	200 Breast HDW			
Session 6 - Sunday 7th of March; Warm Up TBA					
31	F	100 IM HDW	32 to 39	M	50 Fly Finals
40 to 46	F	50 Free Finals	47	M	100 Free
48	F	100 Back			
Session 7 - Sunday 7th of March; Warm Up TBA					
49 to 53	F	100 Fly Finals	54 to 58	M	100 Breast Finals
59 to 63	F	100 Back Finals	64 to 68	M	100 Free Finals
69	F	200 IM HDW			
Session 13 - Sunday 21st of March; Warm Up 10:30					
135	F	400 Free HDW	136	M	400 Free HDW
Session 14 - Sunday 21st of March; Warm Up TBA					
	F	SKINS - 50 Free		M	SKINS - 50 Free
137	F	15/16 Free Relay	138	M	15/16 Medley Relay
139	F	13/14 Free Relay	140	M	13/14 Medley Relay
141	F	11/12 Free Relay	142	M	11/12 Medley Relay
143	F	9/10 Free Relay	144	M	9/10 Medley Relay
145	F	Open Free Relay	146	M	Open Medley Relay

Session 2 - Long Distance 20th February @ UEA					
3	M	800 Free	Warm Up 4:00PM		
4	F	1500 Free	(to be confirmed with Norfolk)		
Session 8 - Saturday 13th of March; Warm Up 2:00					
70	M	50 Back	71	F	50 Breast
72	M	200 Fly HDW	73	F	200 Back HDW
Session 9 - Saturday 13th of March; Warm Up TBA					
74	M	400 IM HDW	75 to 81	F	50 Breast Finals
82 to 89	M	50 Back Finals	90	F	200 Free HDW
Session 10 - Sunday 14th of March; Warm Up 8:30					
91	M	50 Free	92	F	50 Fly
93	M	100 Fly	94	F	100 Breast
95	M	200 Breast HDW			
Session 11 - Sunday 14th of March; Warm Up TBA					
96	M	100 IM HDW	97 to 103	F	50 Fly Finals
104 to 111	M	50 Free Finals	112	F	100 Free
113	M	100 Back			
Session 12 - Sunday 14th of March; Warm Up TBA					
114 to 118	M	100 Fly Finals	119 to 123	F	100 Breast Finals
124 to 128	M	100 Back Finals	129 to 133	F	100 Free Finals
134	M	200 IM HDW			
Session 15 - Sunday 21 of March; Warm Up TBA					
147	M	15/16 Free Relay	148	F	15/16 Medley Relay
149	M	13/14 Free Relay	150	F	13/14 Medley Relay
151	M	11/12 Free Relay	152	F	11/12 Medley Relay
153	M	9/10 Free Relay	154	F	9/10 Medley Relay
155	M	Open Free Relay	156	F	Open Medley Relay

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Any queries please contact Kathy Korth, korth@btinternet.com



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