

SUFFOLK COUNTY ASA DEVELOPMENT CHAMPIONSHIPS

June 19th & 20th 2010 - Crown Pools, IPSWICH

LEVEL THREE LICENSED MEET - License No: 3ER0343

Held under ASA Laws and ASA Technical Rules

SCHEDULE OF EVENTS (All Heat Declared Winner)

SESSION 1 - Saturday June 19th June 2010 - Warm Up 2.30pm - Start 3.15pm			
Event	Male	Event	Female
1	50 Freestyle	2	200 Backstroke
3	100 Butterfly	4	100 Butterfly
5	200 Backstroke	6	50 Freestyle

SESSION 2 - Saturday June 19th 2010 - Warm Up TBA			
7	100 Individual Medley	8	200 Butterfly
9	200 Butterfly	10	100 Individual Medley

SESSION 3 - Sunday June 20th 2010 - Warm Up 8.30am - Start 9.15am			
11	50 Backstroke	12	200 Breaststroke
13	100 Freestyle	14	100 Freestyle
15	200 Breaststroke	16	50 Backstroke

SESSION 4 - Sunday June 20th 2010 - Warm Up TBA			
17	200 Individual Medley	18	100 Backstroke
19	50 Breaststroke	20	50 Breaststroke
21	100 Backstroke	22	200 Individual Medley

SESSION 5 - Sunday June 20th 2010 - Warm Up TBA			
23	50 Butterfly	24	200 Freestyle
25	100 Breaststroke	26	100 Breaststroke
27	200 Freestyle	28	50 Butterfly