

# Northampton Swimming Club Ltd Winter Festival Open Meet

(Affiliated to the ASA East Midland Region)

(Held under ASA Law and ASA Technical Rules)

**Corby East Midlands, International Swimming Pool Fri 4<sup>th</sup>, Sat 5<sup>th</sup> and Sun 6<sup>th</sup> Dec 2009**

## Level 1 Meet (1EM9565)

### To Club Entries Officers!

Thank you for your interest in our Open Meet. It's a great pleasure to send you the Meet Information Pack. You should find enclosed:

- Programme of Events (below)
- Meet information
- Official entry forms
- Coaches Pass Application form

Programme of Events					
<b>Session 1 – Friday 4<sup>th</sup> December – Warm up TBC</b>					
101	Male 1500m Freestyle	All ages	102	Female 1500m Freestyle	All ages
<b>Session 2 - Sat 5<sup>th</sup> December 2009 – Warm up TBC</b>					
201	Male 800m Freestyle	11/u-14	202	Female 800m Freestyle	11/u-13
<b>Session 3 - Sat 5<sup>th</sup> December 2009- Warm up TBC</b>					
301	Male 200m IM	All ages	302	Female 400m IM	All ages
303	Male 200m Butterfly	All ages	304	Female 100m Butterfly	10/over
305	Male 100m Freestyle	10/over	306	Female 50m Freestyle	All ages
<b>Session 4 – Sat 5<sup>th</sup> December 2009- Warm up TBC</b>					
401	Female 200m Freestyle	All ages	402	Male 400m Freestyle	All ages
403	Female 100m Breaststroke	10/over	404	Male 200m Breaststroke	All ages
405	Female 200m Backstroke	All ages	406	Male 100m Backstroke	10/over
<b>Session 5 – Sun 6<sup>th</sup> December 2009- Warm up TBC</b>					
501	Male 800m Freestyle	15-17+	502	Female 800m Freestyle	14-17+
<b>Session 6 – Sun 6<sup>th</sup> December 2009- Warm up TBC</b>					
601	Female 200m IM	All ages	602	Male 400m IM	All ages
603	Female 200m Butterfly	All ages	604	Male 100m Butterfly	10/over
605	Female 100m Freestyle	10/over	606	Male 50m Freestyle	All ages
<b>Session 7 - Sun 6<sup>th</sup> December 2009- Warm up TBC</b>					
701	Male 200m Freestyle	All ages	702	Female 400m Freestyle	All ages
703	Male 100m Breaststroke	10/over	704	Female 200m Breaststroke	All ages
705	Male 200m Backstroke	All ages	706	Female 100m Backstroke	10/over

### Friday 4<sup>th</sup> December 2009

Session 1 (Boys/Girls) warm up TBC

### Saturday 5<sup>th</sup> December 2009

Session 2 warm up TBC

Session 3 warm up TBC

Session 4 warm up TBC

### Sunday 6<sup>th</sup> December 2009

Session 5 (Boys/Girls) warm up TBC

Session 6 warm up TBC

Session 7 warm up TBC